

Goal

I will have a positive self-esteem, I will be positive when Wendy (wife) gets home from work.

Rationale

I have become a negative individual, my negative self-esteem has leaked into my families perception of me. When I am depressed or moody when Wendy gets home it she has a hard time wanting to talk to me. The negative labels I give others influences my mood. I feel that if I see my self more positive Wendy will be more willing to approach me.

Strategies

I will greet Wendy with a smile and be approachable 80% of the time.

- (1) I will engage in positive Intrapersonal communication (Beebe, 2014, p. 48). Every morning I will smile, tell myself that I am important to my family, and I am happy.
- (2) I will let go of the past and consider life from another perspective. The way my parents raised me has nothing to do with how Wendy treats me.
- (3) I will not compare my self to others (Beebe, 2014, p. 48). I will give only positive character attributes to people I care about.
- (4) I will manage my jealousy . (Beebe, 2014, p. 296-297).

Implementation

I will start September 27, 2007, with positive Intrapersonal communication. However, this is a Sunday Wendy does not work. Therefore, starting Monday I will begin to pay more attention to my mood when she gets home from work. I will tally days that I feel positive and days that I do not. Also, I will journal how that mood influenced my approachability by asking Wendy. I will consider how I interact with Wendy and how my self-esteem interferes with our communication.

Works Cited

Beebe, Steven A., Susan J. Beebe, and Mark V. Redmond. *Interpersonal Communication: Relating to Others*. 7th ed. Harlow: Pearson Education, 2014. Print. Al A Carte.