

Interpersonal Activity Journal

Choose five of the items listed below. In order to earn credit you **MUST** do five of them as completely as possible. Make sure you look at the entire assignment. For each of the five you selected you must write up an entry in this interpersonal journal. Each entry should be approximately one page, some may be longer.

1. Go to one of your classes but do not sit where you normally sit. Instead pick another seat - does anyone notice? How do you feel? Describe what you did, and how everyone reacted to your change. Describe any nonverbal messages that you notice from others. You cannot do this in OUR classroom.
2. Ride an elevator or on an escalator - but face the wrong direction. Strike up a conversation with the strangers around you. Describe how you felt, was it uncomfortable? How did they react? Describe any nonverbal messages that you notice from others.
3. Go to a public place and do some people watching. See if you can figure out the relationships of others - are they mad at each other, are they sharing happy news, What does their nonverbal communication tell you? Do they talk at all or are they having separate conversations on cell phones. Is there any eye contact, what is their body orientations - describe what you see and what you think it means. Make sure to use terms from our textbook.
4. Go shopping - but when you are in line stand a bit too close to the person in front of you. Do they notice? How do you feel? Was it hard to have someone in your personal space or did it matter? Describe what you did and any reaction you felt or received.
5. The next person that serves you in some way - make eye contact - true eye contact. Talk to them - if they have a name tag on, say their name (if not ask their name), "Thank you Nancy, I can't wait to eat my french fries" - "Hi Sam, sure is odd weather we are having" - do you get better service? Did you get a smile? Did it make you feel good? Did you notice any nonverbal changes in the person?
6. Do a random act of kindness - pick a flower for someone, or buy one - leave a note for someone you love to find. Open a door for someone older, leave a quarter on the ground where a young child can find it, rake a neighbor's yard. Do any random act, describe it and explain how it made you feel to be an ego booster - did you see their reaction? If so describe it.
7. When someone talks to you avoid eye contact, look around - make it appear that you are uninterested - maybe even say "yeah, yeah, yeah" to rush them along - how do they react to you? Did they cut the conversation short? Did they turn and talk to someone else? Describe what you did and how they reacted - but also how you felt.

8. Choose a store to go shopping - you will go twice - the first time I want you to dress really dumpy - hair messy, torn or dirty clothes - make a purchase. Describe how you were treated. On another day go shopping at the same place but this time get totally dressed up - church clothes, nice hair, the whole nine yards... how were you treated. Describe both experiences and how the events were different. Did your outward appearance make a difference?

9. For one day examine your listening skills. Choose three conversations from that day - did you listen? How well? Who was speaking to you? What was the conversation about? Do you remember any of it? Did you really listen? What was the person wearing? Where were you at? How much of the conversation do you honestly remember?

10. Introduce yourself to someone you see all the time but never knew their name - for example the janitor or gardener or the clerk at the grocery store - someone you have seen over and over but never really KNEW. Take the time to LEARN their name - tell them that you appreciate them and the job they do but never had an opportunity to say that - again you will be the ego booster. Describe what happened, who are they? How did it make you feel? How did they react?

11. When you go to bed at night for one full week, take a piece of paper with you. Jot down three events during each day where you were happy - it doesn't have to be "I won the lottery" happy - it can be anything. (e.g. I felt happy when my dog ran up to me when I got home. My son gave me a big hug and said he loved me. I got a random phone call from an old friend. Someone whistled as I walked by.) Just list three times you were happy during each day - do this for one full week prior to going to sleep. After the week think about your week - did it make a difference? Did you start to notice more happy events than sad or depressing ones? Did it get easier to see happiness around you? Did anyone else notice?

12. Have a conversation with someone and DO NOT use any nonverbal movements - or at least try not to. You can do a phone conversation or a face to face conversation - it is totally up to you if you are going to let your friend in on what you are doing. Either way - How did it go? Was it easy? or Was it horrible? How did they react? Did they notice or did you tell them? You may want to have two friends one who KNOWS what you are doing and one who does not so you can get a good reaction from both of them.