

## FEATURES OF INTRAPERSONAL COMMUNICATION

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**Abstract.** *This paper examines the main characteristics of intrapersonal communication, which refers to the internal dialogue a person has with themselves. It involves processes such as thinking, analyzing emotions, self-evaluation, and decision-making. The study highlights the significant role of intrapersonal communication in shaping human behavior, self-awareness, and emotional intelligence. It also explores how this form of communication contributes to problem-solving, goal-setting, and self-motivation. Based on psychological perspectives, the paper emphasizes that intrapersonal communication serves as a vital foundation for effective interpersonal relationships and overall mental well-being.*

**Keywords:** *Communication, interpersonal communication, how to talk to yourself.*

## ОСОБЕННОСТИ ВНУТРИЛИЧНОСТНОГО ОБЩЕНИЯ

**Аннотация.** *В данной статье рассматриваются основные характеристики внутриличностной коммуникации, которая относится к внутреннему диалогу человека с самим собой. Она включает в себя такие процессы, как мышление, анализ эмоций, самооценка и принятие решений. В исследовании подчеркивается важная роль внутриличностной коммуникации в формировании поведения человека, самосознания и эмоционального интеллекта. Также изучается, как эта форма коммуникации способствует решению проблем, постановке целей и самомотивации. Основываясь на психологических перспективах, в статье подчеркивается, что внутриличностная коммуникация служит жизненно важной основой для эффективных межличностных отношений и общего психического благополучия.*

**Ключевые слова:** *Коммуникация, межличностная коммуникация, как разговаривать с самим собой*

## Introduction

In today's society, an individual's ability to understand themselves, manage their emotions, and make important life decisions is deeply connected to a process known as

intrapersonal communication. This process involves the internal dialogue a person has with themselves—expressing thoughts, analyzing feelings, evaluating experiences, and arriving at personal conclusions. In other words, intrapersonal communication is the internal conversation that helps shape a person's mindset and behavior. The relevance of this topic lies in the fact that every person engages in intrapersonal communication on a daily basis, yet this form of communication is often overlooked or not thoroughly analyzed. Through intrapersonal dialogue, individuals form decisions, develop self-awareness, and generate internal motivation.

Psychological research also indicates a strong link between intrapersonal communication and emotional intelligence, highlighting its significance in personal development. This study aims to explore the key features of intrapersonal communication, understand its role in human cognition and behavior, and demonstrate its importance in everyday life. The research is based on a qualitative approach, incorporating literature review, interviews, and observational data to provide a comprehensive understanding of the topic.

#### **Literature review and method**

Intrapersonal communication has been widely studied within the fields of communication theory and psychology. Scholars such as Joseph A. DeVito (2004) define intrapersonal communication as the internal use of language or thought, emphasizing its role in self-reflection, personal growth, and emotional regulation. According to Beebe and Beebe (2015), this form of communication is fundamental for understanding oneself and forms the basis for effective interpersonal communication.

Research by Adler and Rosenfeld (2016) points out that intrapersonal communication is essential for decision-making, critical thinking, and the formation of personal identity. It allows individuals to evaluate experiences, consider alternative actions, and prepare for social interaction. Moreover, intrapersonal processes such as self-talk and mental rehearsal have been shown to influence confidence levels and behavioral outcomes (Morin, 2011).

Several psychological studies also highlight the connection between intrapersonal communication and emotional intelligence. Goleman (1995) emphasizes that awareness of one's own emotions and thoughts is critical for emotional control, which in turn affects communication with others. This internal dialogue helps individuals develop empathy, motivation, and resilience. Overall, the reviewed literature suggests that intrapersonal communication is not merely a passive cognitive process, but an active mechanism that shapes both personal and social aspects of human life.

One of the most important things in our life is communication. We know that the first communication appeared thousands of years before writing. Humans are born to understand each other through communication. Communication means interacting with friends, having relationships. The transfer of meaning from one person to another by speech, symbols, writing, or signs to establish a common understanding. We all communicate in our own way but we need to learn how to do it.

There are ten main types of communication.

- Intrapersonal
- Interpersonal
- Extrapersonal
- Group
- Organisational
- Mass
- Teleconferencing
- Verbal and Non-Verbal Communication
- Formal or Informal Communication

One of the most important types of communication is intrapersonal communication. What kind of communication is this? If you are interested in psychology, it's even easier to understand. It is a communication that divides a person with himself.

This is communication within and to the self. This could be in form of reflecting on or thinking on how to do something. In this case, one is both the sender and receiver. It could also be in form of writing diaries for oneself or talking to oneself.<sup>1</sup>

Self-motivation, self-determination and related activities also exemplify intrapersonal communication.<sup>2</sup>

There are also downsides to this relationship. Due to the various challenges and difficulties in the life each person, many people are more involved in this type of communication than other types of communication. They think about their problems and fall into anxiety and depression. In many cases, this can lead to high blood pressure and a high risk of stroke. Of course, it is better to engage in Intrapersonal communication. However, it encourages you to think rather than find a solution to any problem you have in mind.

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<sup>1</sup> Dimbleby & Burton, More than words 1998:7

<sup>2</sup> Raman & Sharma, Flipkart 2004:10

It is not simple process for a person to communicate with himself, of course it is useful for your mental state if you communicate properly. We talk to ourselves for so many reasons. It happens when we let go of deeply felt emotions like anger, nervousness, hyper-focus, or excitement

When you're in a rush, simple tasks such as turning left at an intersection or searching for your keys on a hectic morning, forgetting your things, can often repeat themselves in your daily life. Or you may be preparing for a potentially important event, for instance a date with a friend, a big presentation, or a promising first date. No matter what the situation, the desire to talk to yourself will arise. Here's the thing: Giving up does not make you feel bad or make you feel like something is wrong.

"Talking to ourselves is completely normal. In fact we are always talking to ourselves," says Dr. Jessica Nicolosi, a clinical psychologist living in New York. "One could argue that thinking quietly without saying something out loud is talking to ourselves"<sup>3</sup>

Don't forget to listen: "It's important to remember that [talking to yourself] has two parts: talking and listening," says Dr. Harper. "Listening to oneself, otherwise known as self-awareness, is a key factor in offering feedback for self-efficacy." Simply put, there are many reasons why you speak loudly, so remember to listen carefully to what you are saying. Dr. Nicolosi adds, "Self-talk should be seen as a healthy way to give ourselves the support we need to get through the moment. [It's us] showing up and being the friend we need"<sup>4</sup>. It can take some time to feel free to fully talk with yourself, especially since there is a stigma attached to the practice. Keep in mind, talking to yourself is not only normal, but it can also be beneficial in the long run and help you find keys.

### **Conclusion:**

In short, everyone uses communication in their lifestyle. Communication is our daily routine. This is also how a person communicates with himself. We face this situation very often in our daily life. As mentioned at the beginning of the article, there are positive and negative sides to intrapersonal communication. If a person communicates with a lot, he/she may feel dissatisfied with himself/herself and this causes a lot of stress. The positive side of such intrapersonal communication is that if we communicate with ourselves, we can change for the better by giving feedback to ourselves. So, everything should be done in moderation.

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<sup>3</sup> Nbcnews.com

<sup>4</sup> Studocu.com

## REFERENCES

1. Dimpleby & Burton, More than words 1998:7
2. Raman & Sharma, Flipkart 2004:10
3. Nbnews.com
4. Studocu.com