Communication Change Challenge

March 2020

Communication Change Challenge

## 1A. “I Can’t” List

Challenge 1: I can’t say no to my 10-years old son when he asks for things.

Description 1: Recently, I have to leave my son at home whenever I want to go to the supermarket to buy groceries for use since he has this habit of wanting things that he admires at the mall. He puts on a charming face or sometimes cry, only that the outcome is always I feel like I have to buy him these items. This is also the same at home, he asks for favors such as treats and I can’t just say no to him.

Challenge 2: I can’t put my son on punishment when he does something wrong.

Description 2: I love my son so much and seeing him sad often makes me sad too. This makes it hard to punish him whenever he does something wrong. For instance, he nearly fell down while jumping on chairs and tables inside the house. I had warned him about this behavior. I wanted to whoop him and give him a tongue-lashing but just couldn’t.

Challenge 3: I can’t stop offering help to friends who are going through challenging times.

Description 3: Whenever my friends share the hard times they have, I often feel obliged to offer help in any way I can. For instance, most of my friends bring their children to my place whenever they want to go out at night or have commitments.

Challenge 4: I can’t stop myself from sneering when people are boastful and loud-mouthed.

Description 4: Whenever we are having a group conversation, and suddenly one of the participants become boastful about money, or experiences they have had, I make this face to my friends that is either mocking or disdainful about the other person. I believe that people should always be modest.

## 1B. “I Won’t” List

Challenge 1: I won’t stop offering help to friends who are going through challenging times.

Explanation 1: The above statement is about helping one another, a virtue that I believe in.

Narrative 1: Since a young age, my parents taught my siblings and yours truly, that we should always look out for each other when they are not around. For instance, if a friend has an interview but does not know have a nanny, it is good to look after his/her child till they come back. Everybody needs a shoulder to lean on once in a while.

## 1C. “Don’t Know” List

Challenge 1: I don’t know how to say no to my 10-years old son when he asks for things.

Narrative 1: I realize that whenever a kid asks for something, it is prudent to listen and think first, before answering. As the adult, I have to think about the financial costs and possible effects of buying the product before buying him something. For instance a bike, I say no and offer an explanation that he does not know how to ride and might get injured. But I want to always see him happy, and will of course, get him anything he wants.

Challenge 1: I don’t know how to put my son on punishment when he does something wrong.

Narrative 1: My son ignores and warning or consequences that I tell him. I am afraid that he will grow up to be a delinquent or a bully. However, I am trying to change this by ensuring that we talk out differences and teach him about boundaries. I have also decided to use gifts as way of rewarding him whenever he does good actions. This will eventually help him understand that it is good behave well (McLean, 2018).

## 1D. Issue Selection

**I selected the issue:** I don’t know how to say no to my 10-years old son when he asks for things

The other I don’t know statement about punishment is a problem that I believe I can handle with the strategies discussed above. The problem is how I will improve communicating a definite no to his requests while I am trying to teach him that he can get any gift he wants if he is a good boy.

## 1E. Project Statement

I don’t know how to say no to my 10-years old son when he asks for things.

Works Cited

McLean, Scott. "Exploring Interpersonal Communication." (2018).