

# Course N°09 Intrapersonal communication

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Communication sociology-24-25**

# 1- Introduction

- Intrapersonal communication is the process of communicating with oneself. It is an essential component of human communication that allows individuals to reflect on their thoughts, feelings, and behavior.



- This type of communication is significant in developing self-awareness and personal growth. In this course, we will explore what intrapersonal communication is, its types, examples, and advantages.



## 2- Definition

- Intrapersonal communication is a vital aspect of human communication that involves a person communicating with themselves, **either spoken, written, or thought.**
- It is a self-talk process that helps individuals understand their **thoughts, emotions, and behavior.**

- **Intrapersonal communication** can be anything from solving a complex problem in your mind to thinking about what to wear today or what to have for breakfast.

This can be **talking to your self, reading aloud, writing, thinking, meditating, singing, and analyzing** for instance. This "internal" dialogue can play an important role in developing your **Emotional Intelligence**.

**If you read an article or watch a video online –  
what do you think about it?**

- **External stimuli** often set you off thinking and  
before you know it you are engaging in a deep  
thinking discussion with yourself, i.e.  
**intrapersonal communication.**

- All intrapersonal communication is triggered (activated) by external or internal stimuli.
- All the rethinking and musings with oneself, and having conversations with yourself in imaginary scenarios are part of intrapersonal communication!

### 3- Different forms of intrapersonal communication

1. Self-concept or self-awareness

2. Perception

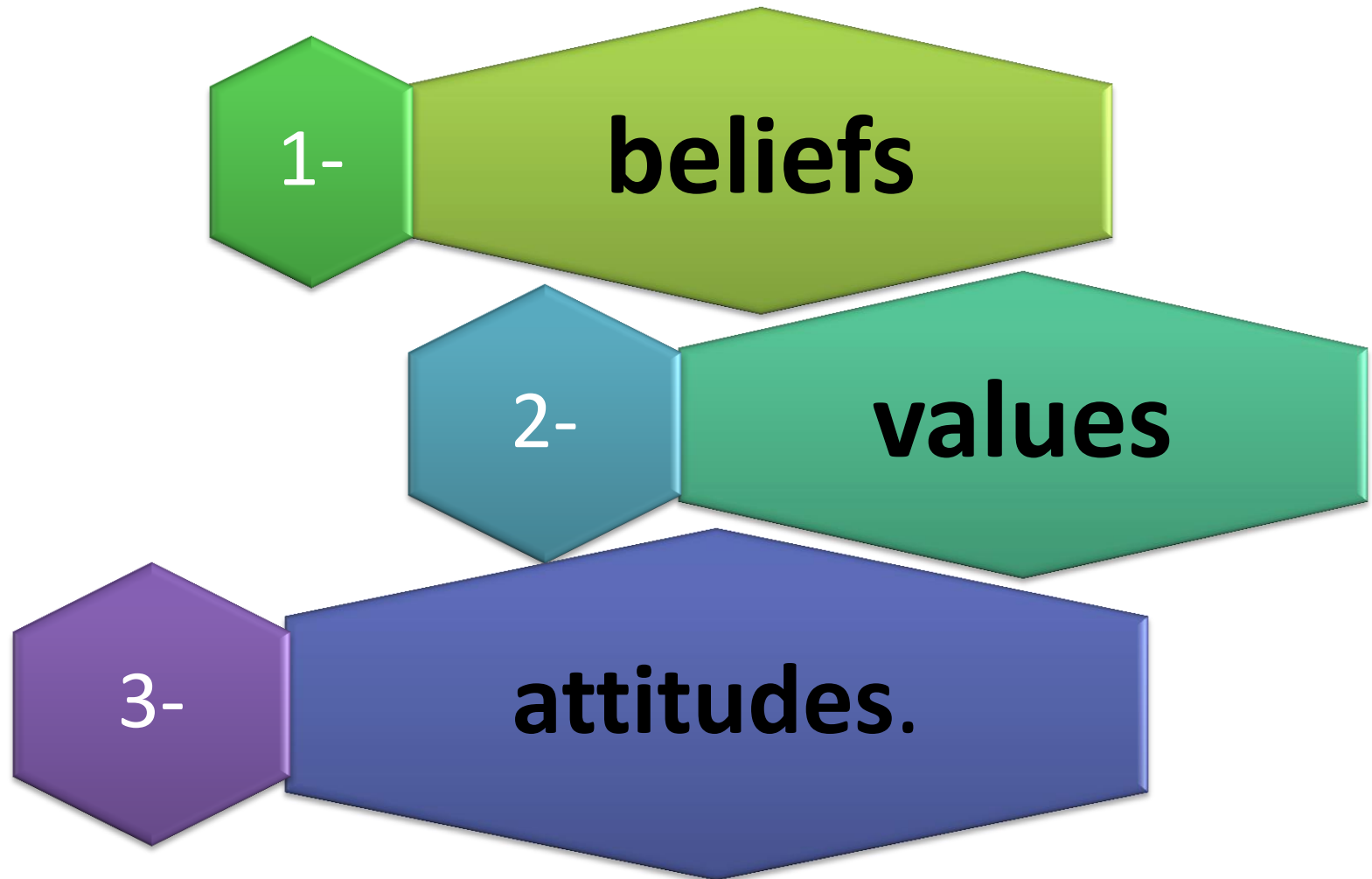
3. Expectations



**1. Self-concept or self-awareness**

**How you see yourself in relation  
to other people?**

# 1. Self-concept or self-awareness



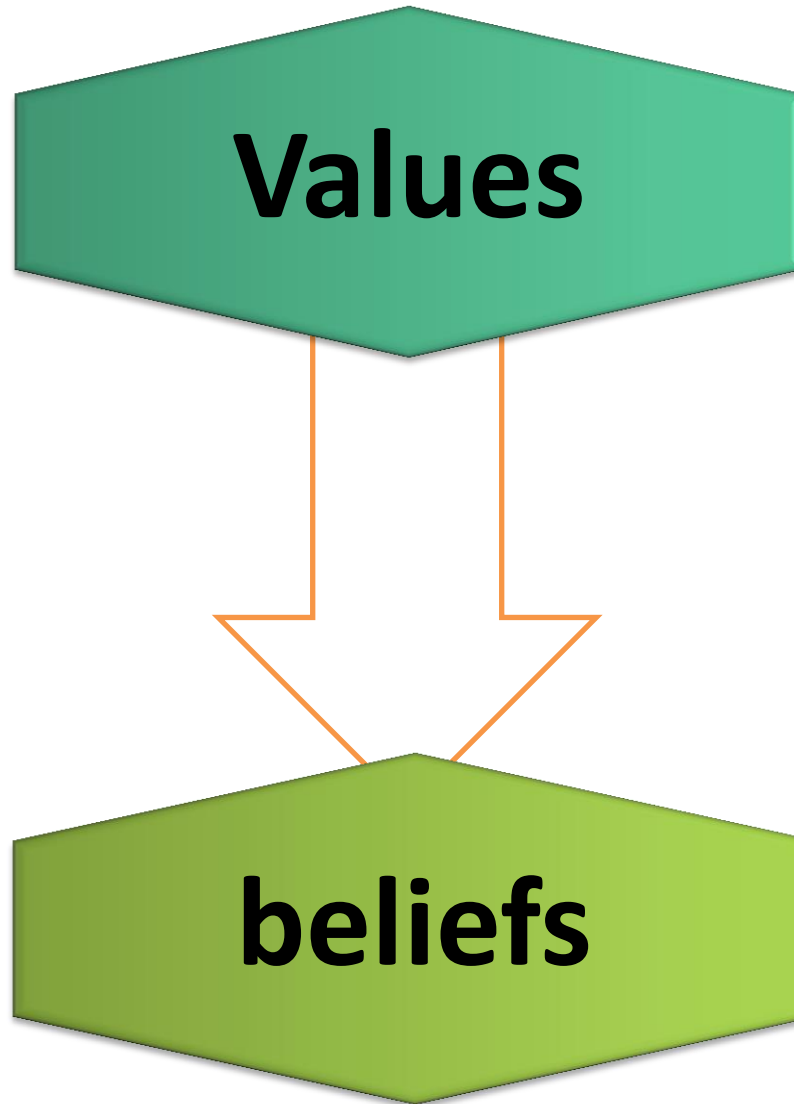
**Attitudes.**



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graph TD; A[Attitudes.] --> B[Values]
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A conceptual diagram illustrating the relationship between attitudes and values. At the top is a blue hexagonal box with the word "Attitudes." in bold black text. Below it, two orange lines descend and converge into a single arrow pointing to a green hexagonal box at the bottom, which contains the word "Values" in bold black text. The boxes have a slight 3D effect with shadows.

**Values**



## 2. Perception

How you perceive other people  
and the world?

a framework of judging parameters

### **3. Expectations**

**What do you expect  
of your own future and  
the future of others?**