

Part I: Comprehensive video

Line 8: Why did the author mention that intrapersonal communication is essential? To please your teacher Messaoud?

Actually not because intrapersonal communication shapes yourself and is the onset of the communication as a whole. As he mentioned in his video, if I'm not able to be conscious, to describe what is going on inside of me, or to know myself (who I am!), how can I explain myself or to build my own personality, to show myself, to have a place in a society, and to face different situations.

Line 12: "one of the limiting factors is how connected I am with myself". Why does this factor is limiting? What could be the other factors?

This factor is related to the type of connection I have with myself. If I don't know or I don't have a tool or a manner to be connected with myself, It would be very difficult or impossible to know myself, to increase the ability to communicate with myself and thus I won't be in peace with myself. Notice that the "self connection" is essential to create not only a bond but also to develop self confidence, which is a key for the life success.

Line 13: Explain how knowing him/herself is essential to share what's going on inside of him/her?

This has a connection with previous questions. We can add that finding the suitable/appropriate vocabularies and feelings to describe what is inside of me makes easier for the other person to understand you.

Line 16-17: Explain with examples.

A trade-off between being physically present and being mentally absent.

Line 26-29: Do you agree with the author? What would be the factors, controlling it?

I mostly agree with the author because it depends on people and situation. Manage feelings and emotions. Try to figure out if the mistake is serious or not and think about how to overcome and fix it.

Line 33-34: Do you think that intrapersonal communication could be a cure for our well-being?

Of course since it is used in psychology. To know better about ourselves brings a higher opportunity to be in peace.

Line 38-56: Since intrapersonal communication focuses on ourselves, what vocabulary about feelings and needs have to do with it? Explain in your own words.

In fact, being able to describe exactly what is going on inside of us by using suitable words is a better way to do a good diagnostic.

Line 60-88: What was the most important thing for him?

It is summarized in four elements (self-empathy, self honestly + self-awareness, self-responsibility).

Line 93-116: What do you think about the author's reaction? Do you think it is the best way to overcome the situation?

His reaction proves that he is a wise person and don't react as most people. Controlling himself is the bedrock to overcome the situation in a best way.

Line 120-137: What did the author mean by "black belt"?

As in martial art, having a "black belt" means that the person is an expert. In the context, it indicates that the author is an expert in communication skills and thus is able to manage easily the situation and to lead the interpersonal communication.