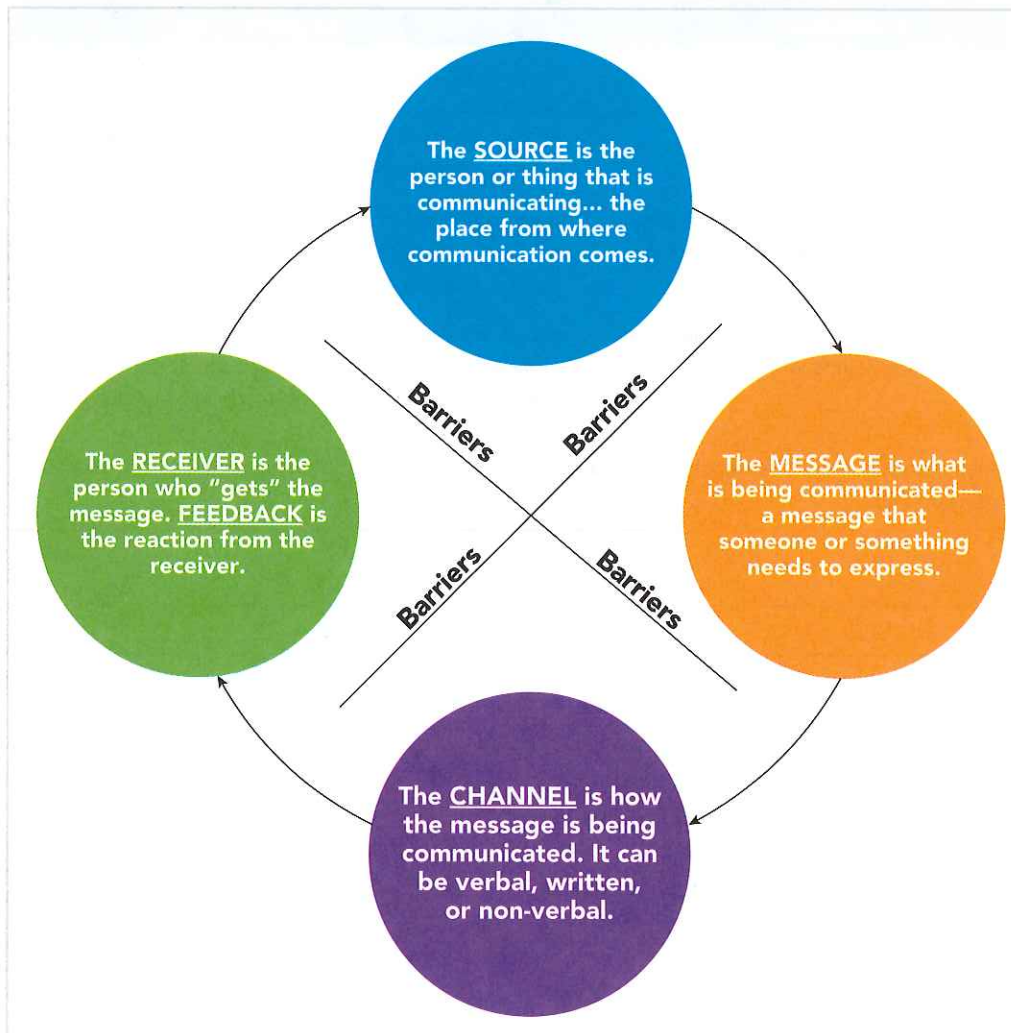


Figure 13.1 Six Elements of Communication

What Is the Role of Interpersonal Communication in Everyday Life?

Interpersonal communication is a part of the greater communication spectrum. It is “a dynamic form of communication between two (or more) people in which the messages exchanged significantly influence their thoughts, emotions, behaviors, and relationships” (McCornack, 2007). The messages in interpersonal communication are not necessarily static like the words in a book, a written letter, or a text message; they are fluid and constantly changing, potentially causing your relationships to change along with them. Texting and e-mails are components of interpersonal communication, as well as computer-mediated interpersonal communication, which we will discuss later in this chapter.

Steven McCornack, in his book, *Reflect and Relate* (2007), suggests that there are three *interpersonal communication goals*, as shown in Figure 13.2: **self-presentation goals**, **instrumental goals**, and **relationship goals**.

Later in this chapter, we will discuss how to use interpersonal communication to your best advantage in understanding and learning from others, building lasting relationships, and dealing with inevitable conflicts both in person and through technology.