

INTRAPERSONAL COMMUNICATION

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- Communication that takes place within an individual is called intrapersonal communication. The individual function here as the source and receiver. It includes our reflection, meditation, our inner monologues etc. In intrapersonal communication the starting point and destination of messages are within the same person. The principle functions carried in this communication are commonly referred to as thinking and feeling. We use intrapersonal communication as a means of self assurance, of confidence building, of confidence maintaining as well as of self discovery.