

relationship. Validated perceptions between the nurse and the client are essential to goal setting and achievement. The nurse must constantly be aware of the power and influence of perception on the outcomes of a communication, regardless of its form.

Self-Concept and Interpersonal Relationships

The relationships among participants greatly affect communication. The self-concept of each participant largely determines the nurse–client relationship. When nurses and clients have healthy self-concepts, both parties respect each other. Nurses and clients recognize and value the contributions made by each person, thereby setting the stage for true collaboration, mutual goal setting, individualization of nursing interventions, and recognition of the effectiveness of the interpersonal relationship. Clients receiving care from a nurse who has low self-esteem will question the nurse’s competence and actions more frequently, whereas clients receiving care from a confident, self-assured nurse will feel more comfortable.

According to Brill (1990, p. 7), “In dealing with people it is essential that workers possess awareness of themselves, their own needs, the ways in which they satisfy these needs, (and) the ways in which they use themselves in relationship with others.” In addition to self-awareness, other factors involved in the