(INTRO TO INTERPERSONAL COMMUICATION) (THIS IS A FINAL EXAM Plan/ PAPER THINGY ) Interpersonal barriers are any negative patterns of behavior that hinder you from communicating or discourage others from communicating with you. In many cases, miscommunication results from unintentional verbal or non-verbal cues. List one interpersonal barrier that you exhibit. Reflect upon what you have learned about your own cultural identity and interpersonal competency within and across co-cultures or cultures. Consider how your current communication behaviors contribute to and/or detract from environments of belonging and inclusion given what you have learned about specific communication behaviors (i.e. perception, verbal and nonverbal messages and listening). Using these communication strategies, develop and describe a specific and measurable action plan that will help you to improve your personal intercultural communication skills in a way that will contribute to environments of inclusion and belonging. Tip! To demonstrate mastery, be sure that your action plan is specific and measurable and include personal examples and class terminology in your response. An action plan is a detailed plan outlining actions needed to reach one or more goals. Alternatively, it can be defined as a "sequence of steps that must be taken, or activities that must be performed well, for a strategy to succeed" please if possible complete the assigment if possible a little informaton about my self that might help i have ADHD my wife is a catholic arabic immigrant i am american so the culture diffrences play a roll in our marrage and my adhd effects my day to day life drasticly please inquire on any info i can provide