**Intra-Personal communication**

The word “intra” means inside or within. Intrapersonal communication can be defined as communication with one’s self, and that may include self-talk, acts of imagination and visualization, and even memory. It can easily be understood as self-talk involving the process of thinking and feeling. It is the inner speech.

Intra-personal communication can help in overcoming emotional distress and negative feelings. Effective intrapersonal communication relates to the art of thinking, planning and interpreting ideas and messages in a positive manner. Intrapersonal communication would also relate to the voice of conscience.

One cannot really communicate effectively with the outside world, unless one masters the art of communicating effectively with oneself. In that sense, intrapersonal communication is a necessary precondition for effective interpersonal communication. Good communication depends upon positive outlook. Self-talk prepares the ground for this. One cannot really communicate effectively with the outside world, unless one masters the art of communicating effectively with oneself. In that sense, intrapersonal communication is a necessary precondition for effective interpersonal communication. Good communication depends upon positive outlook. Self-talk prepares the ground for this.

**Body Language**

Body language is the type of non-verbal communication in which the physical behaviour is used to express or convey the message. Such behaviour include gesture, body posture, facial expression, eye movement, touch and the use of space.

It is the unspoken elements of communication we use to convey or express our true feelings and emotions. Knowing to read this signs would help us understand and interpret the message in a better way.