I would say that physical needs are met just through communicating at all. I communicate with my family and friends almost every day. There have been times where I haven’t spoken to my friends in a few days or a week because I’ve been busy and I definitely feel that it affects me. I tend to get more serious and broody, but then as soon as I’m able to talk with them again I go back to normal. Identity needs is an interesting one because I have different identities that I show to different people. A good example and one that I always come back to is humor. When I’m with my family vs. my high school friends or even vs. my college friends I have a different sense of humor. You show different parts of yourself to different people and I think having a variety of different kinds of people that you talk to is important to be able to express your identity. I would say social needs is similar to physical as it’s really just being able to communicate at all. The one difference I would say is when I play games with my high school friends I have a lot more fun than when I’m working with my college friends. So the way we interact is different but it still fulfills the same need. Practical needs is interesting. For example I have many practical needs from my college friends/teammates because I need them to do certain things for our project. But with my high school friends I rarely have any practical needs from them.

A recent example is when I was hanging out with my high school friends and showed them in-depth what my course load was and how it was crazy. They knew beforehand that Digipen was very difficult, and I had to work very hard but they didn’t know the details of how much we’re expected to do. Before I had exposed the breadth of how much I had to deal with school, but by showing them that I made them aware of the actual depth of it.

I have two obvious examples of convergence and divergence. For convergence myself and my high school friend group refer to the group as “The Boys” whenever we talk about the group. So when I tell my parents I’m going to go hang out with “The Boys” they know exactly who that is because that’s a very specific group of people. My example of divergence is whenever I’m hanging out with the boys and I’m working on a programming thing. I’ll try to explain what I’m doing but I have to dumb it down and use more common words and phrases so that they can understand what I’m doing. If I say “I’m using a while loop to iterate through a singly-linked list,” they’ll have no idea what I’m saying.

I engage in mindless listening when someone is talking about something that I’m not interested in or that I already know about. But if someone is talking about something important or that I’m fascinated by then I’ll give my full attention.

An interesting example of this is my friend Tristan’s parent’s house. They live in a relatively small house that’s old and kind of run down. When you first walk in you see things that give the impression of a “lived in” house. They have jackets hung up and an area for shoes. You can see their dog’s crate and the slight mess in the kitchen. It gives the image of an average family home. You would never guess that they’re actually upper class and make quite a bit of money.