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# **Chapter 3 Assignment**

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Betwixt transparent and opaque is where you will find every relationship. Whether it be between a mother and her daughter, a manager and their employee, or a man and his dog, there will always be more to a thought than can be communicated; if it is intended to be communicated at all. One thing that is certain in any relationship, though, is that some things are just simply difficult to talk about – not the least of which is the relationship itself. Because these conversations can put undue stress on a relationship at any given time, it is important to have them when time and place are appropriate. When a relationship is romantic in nature, these considerations should be emphasized.

In the situation of wanting to take my relationship to the next level, I would naturally want to avoid the embarrassment that could come from rejection. Fundamentally, there are two ways to go about this. First, to avoid rejection, and with it, the potential for embarrassment. I could do by waiting until I have a better understanding of her feelings before expressing to her my own. Or second, to avoid the embarrassment by preparing myself emotionally to handle the possible rejection.

I think that it would be best, at least at first, to wait before confessing my feelings for her. After all, one thing I know about myself is that I tend to be a little bit impetuous when it comes to love; and if I were to come on too strongly, it could come as a bit of a surprise to her due to the fact that I usually keep that side of me to myself (a characteristic of my Hidden Self). She has also told me that in her past relationships, she has had men become overly possessive after just a few months. She especially disliked how they would frequently get upset with her whenever she would forget to reply to their text messages, leading her to feel smothered and uncomfortable. Although I don’t see myself as someone that would make her feel that way, the last thing I want is for her to interpret that I am moving too fast, and for her recall the her schema of possessive men. The similarity could cause her to end things prematurely, even though I am consistently the one who forgets to text her back.

If after a couple more months I found myself feeling the same way, and she has not yet indicated to me that the feeling is mutual, I would then turn to avoiding embarrassment by preparing for a potentially awkward conversation. The first step I would take in my preparation would be to talk to a close friend about my scenario. By seeking out people who make me feel good about myself (nourishing people), I would effectively enhance my self-esteem, and in turn likely be less worried about the possible embarrassment. Additionally, my boosted self-esteem could show her that I am confident in our potential relationship. My lack of doubt would hopefully indicate to her that I am able to move forward without the need for reassurance every time that she falls asleep watching Netflix without texting me back. Talking to my friend could also bring to light things within my Blind Self that would help to not feel embarrassed. They have likely witnessed me fail or be rejected before and could remind me that I got through it just fine; thereby helping me to realize that I possess the emotional fortitude to be told no without getting embarrassed.

Luckily, I don’t foresee a time where I will be having a “take the relationship to the next level” conversations. However, one thing that I learned in Chapter 3 that I would have benefitted from knowing about during my casual dating stage is Impostor Phenomenon. In retrospect, I recall a couple of times where this happened during casual relationships – especially when I was younger- that I would be dating a woman and would start to feel as though I did not deserve them. Call it the epitome of Perceptual Accentuation, as I would grow closer to them, I would hold them in a higher regard. Eventually, so high that I considered them to be too good for me; despite them and my friends telling me otherwise.

**718 Words**