Conflict Log

Friday 4/6: Bumped into Austin on my way to Natural Hazards class. We ended our long-term relationship two weeks prior. We have been taking space and not talking. He asked to have a civil meeting to exchange some shirts of mine he found at his place. I was hesitant, but he was persistent and I did have clothes to return as well so I agreed and set a time for later after class. We met up and had a productive and mature conversation setting boundaries for the future. He felt he got some closure from the conversation. I think it was a good idea that we got together and that it positively influenced the long-term outcome of our communication relationship.

Saturday 4/7: Early on in the evening I was hanging out and talking with my friend and asked him to let me know if he and his roommate, my other friend, were planning on going out to our friends place that night. He said that they weren’t but that he would let me know if the plans were to change. Later that night I went to his room and he, and his roommate- our other friend-was nowhere to be found. I called him, and the call went to voicemail early. He said the next day that his phone died and that he was just out at his car quick, but I knew he had been gone for several hours and didn’t come home for several hours afterward (I was playing ping pong with another friend in the main lobby so if he were to come home I would have seen him.) I didn’t really mind that he went out because he can do whatever he wants, and I was hanging out with a different, closer friend anyway. It isn’t a big deal if he wants to do his own thing; we have a big friend group. I was hurt that he didn’t just let me know that he didn’t want to hang out straight up. I would have been fine if he would have just told me he wanted to do his own thing instead of being shady. I just let it go and didn’t talk to him about it. There is no long-term outcome for this one-night conflict.

Sunday 4/8:

Monday 4/9:

Tuesday 4/10: Was supposed to hear back about a job interview today. Never heard back, neither did anyone else I knew had applied. They were late and didn’t send out any notification of a delayed response. I was annoyed but restrained from emailing them so as to be patient and respectful. I avoided the conflict. I ended up hearing the next day around 2. (I got the job)

Wednesday 4/11: It had now been 1 full week since Mr. John Marshall had assured me he would set up an email, and never did so. I decided to let it sit for two more days just in case it was a busy week. I planned to confront him this Friday.

Thursday 4/12:

Friday 4/13:

Emailed John Marshall regarding his lack of follow-up. I used several I statements and tried to seem very genuine and non-aggressive. Here is that message:

*“ Good Afternoon Mr. John Marshall,*

*I am contacting you today to express my uneasiness and contempt with your lack of follow-up and subsequent lack of respect for me and my efforts. I was assured- by you- at the ASG meeting last Wednesday, April 4th, that you would be following up with me in regards to my campus safety concern. I expected you would take that assurance seriously as well as my concerns seriously. Having not received any follow-up in over 1 week, I am now certain that you, nor your assistant, will be contacting me.*

*I feel hurt that you explicitly said you were contacting your assistant as you were texting in front of me while I was expressing my anxieties- which took a lot of courage- and then you never actually followed through; it makes me unsure you were listening to me at all or contacting your assistant in the first place. I feel your actions were unprofessional and disrespectful to me and definitely did not leave me feeling like you, the Vice President of Student affairs, were taking my student affairs seriously.*

*Regardless of your lack of follow-up, I continued my efforts. After contacting the Fire Department and several members of our faculty, a solution has been decided that I have been assured will be implemented promptly. I no longer request a meeting with you.*

*I am disappointed with the lack of support I had from you on my concern, but in the end, I am just glad that I was able to find people that could support me through this endeavor.*

*Thank you for listening to my complaint.*

*Your Student,*

*Bryn Loftness*

*“*

I felt I was assertive about my emotions and thoughts without coming off rude. I hope that this does not create conflict, and instead opens his eyes and we have a better communication relationship in the future.