**Chapter 10 Reflection**

**Summary of Findings:**

I scored a 10 in positivity maintenance behaviors, meaning my partner is generally positive toward me but doesn’t go over the top with it. My understanding maintenance score was an 11, indicating that my partner is fairly understanding but not always fully open. My self-disclosure score was an 8, meaning they don’t share their feelings much. My relationship talk score was a 10, so we talk about our relationship, but not in depth. My assurances score was a 9, so my partner expresses how much I mean to them but not all the time. My tasks maintenance score was a 12, meaning they help out when needed.

**Perception and Experiences:**

My partner and I generally get along well, but we don’t engage in deep conversations all the time. They’re supportive, but I don’t always know how they’re feeling. As far as other responsibilities, they do their share, which I am grateful for, but again, we don’t really mix our group of friends much. We check in on our relationship here and there, but we don’t sit down and have long conversations about it. All seems in balance, though we could certainly be more open.

**Changes Moving Forward:**

I need to start having real conversations instead of assuming we both just know how things are going. Showing more appreciation and actually making plans together instead of just letting things happen might help. It might also be good to start including our friends more instead of keeping those parts of our lives separate. If we can work on all that, we’d probably have a stronger relationship overall.

**Chapter 11 Reflection**

**Satisfaction with Score:**

I scored a 23 in conversation orientation, which means my family talks about emotions, plans, and opinions pretty openly. My conformity orientation score was 21, meaning my family values following certain rules, but there’s still room for personal opinions. That makes sense since my family values communication but also expects respect for traditions and authority.

**Perception and Experiences:**

These results make sense. My family does talk about emotions and future plans, but some topics are more open than others. I can share my opinions, but sometimes it feels like certain views aren’t really up for debate. There’s still an expectation to follow certain rules,

but I have space to express myself. My parents are supportive, but they can be pretty firm on their opinions sometimes.

**Changes Moving Forward:**

I should work harder to discuss tough topics with my family in a patient, clear way. I need to avoid saying things with a sense of avoidance, rather, I need to say a thing I mean in such a way that I can keep the conversation open instead of it becoming an argument. Maybe it will help us when I can work to both understand their stand and be more confident in my own. If I could improve there, I think our discussions would likely go better overall.