I had a different approach to the Aggressiveness Scale. I decided to do this test two times. The first time was keeping my “2 year ago self” in mind and the other was keeping my current self-mind. For the first test, I scored 73 points and the next one, I scored 57. From this, it is rather evident that I used to have an immature and aggressive side to conversations and interactions I would experience. I can vividly tell that I would enforce my presence to demonstrate a possible state of an alpha male and try to put down the other with whom I would feel threaten by. In fact, a simple handshake from another male would make me dive in a judgement like state to dictate where I stand with the other person.

Now, I see that I have become more dormant. I believe that I still possess the necessary aggressive nature when it comes to resolving drastic or important fights where such an aggressive behavior is necessary. In retrospect, I think that my perception to treating and being treated with aggression has changed. I believe that this is because I have become more self-aware of what I want out of relationships in general and how I want to feel in a kind of a relationship, which includes friendship, in a family or with my significant other. Its essentially narrowing down to the fact “is it worth it and why?”. This simple process of identifying a given situation of conflict has allowed me to reason out opposing views, misunderstandings, and negligence with a better aptitude of knowing what is needed out of the talk rather than the need to show that I am better than the person.

I can vividly remember that there have been several circumstances that my best friend and I have fought. Nearly all of them have been directly on misunderstandings where we both are meaning the exact same thing; however, it gets perceived the wrong way, it gets understood the wrong way as well. Initially, I would take “my stand” by claiming how I am correct and that I am always correct. Later, as time went on, I came to realize what really mattered and that my focus had been wrong the entire time. Due to the fact, my aggression was also focused to what was important, that is maintaining the integrity of the friendship and not who is correct or better than the other. This in turn helped most of our conversations. There is still some strong work that needs to be put. For example, implementing the Flooding styling of dealing with conflict as that seems to be the most rewarding. Each one comes to their senses and can talk out the problems rather than yelling it out to each other.