Upon a great amount of retrospection, I answered the questions that were proposed in the Relational Maintenance Scale. Overall, my top scores were from positivity, understanding and self-disclosure. Out of the two, one thing that I have realized now is that I don’t share much. In fact, I usually listen. It is my significant other that usually offers things to share. I have realized that I don’t willingly decide that I want to share things. I am not a very emotional person and whenever it comes to situations that involve a sense of vulnerability, I usually shut down to an extent. I don’t think that this means that I am cutting out from my significant other, but if anything, I am just not sure what to say and that kind of behavior happens to be a reflexive action. I find vulnerability “too much” to let loose.

I have been in a relationship for over four years now. My relationship is primarily based on long distance; thus this naturally involves a great deal of communication. The last relationship that I had lasted for nearly a month. It was safe to say that I did not know many things about what it meant to “make time” or to “give attention” or to be there for the other person. I also realized that there are some fundamental differences between people and how much one wants company of the other person. My significant other and I are different too. As I continued the relationship, I started to realize this difference and started to understand what it takes to be in a relationship. Then came the reality of the bond, that is to maintain it. Relational maintenance is a bond where the two parties are in equilibrium with each other in terms of emotional and physical well0being, if there is any involved in it. There are several aspects that are required to ensure such a dynamic to flow undisturbed. Currently, I can say that my relational maintenance is not flowing smoothly. There is a great amount of disturbance in it, mainly because of me. It being my last semester, there are few other things like securing a job and ensuring that my GPA stays on top of its game. As a result, with the amount of work that has been laid out for me, in order to ensure that there is no stone being left unturned, it becomes hard to care and notice the ones around you that are just waiting to hear from you.

Since there are many factors that depend on the start, maintenance and longevity of a relationship, few prime features that come to mind are as follows: Communication and Proactiveness. Since my relational experience is primarily long distance, for me these happen to be the greatest factors that one should be looking into to maintain a good and happy relationship, that is other than the physical touch. Meeting a certain sweet spot of communication, where both the parties are comfortable, is not only difficult but crucial. It is important to talk but not over do it where the other one feels burdened to respond. It is important to give space but not so much that the other one feels like they are being left or forgotten. Next is being proactive. This, in my opinion is a wholesome word that goes about defining attentiveness and want of the other person. It is crucial to maintain the proactive level up. This essentially implies that if there was something to share, an experience, a situation, ask for help the first approach would usually be the significant other. This makes the other think that they are always being thought of and that the person is trying to make time for them to talk to them. The “want” feeling is important as it allows the two parties to naturally engage with one another so that they do not get bored from each other.