

THE BARE MINIMUM

Communication Privacy Management Theory

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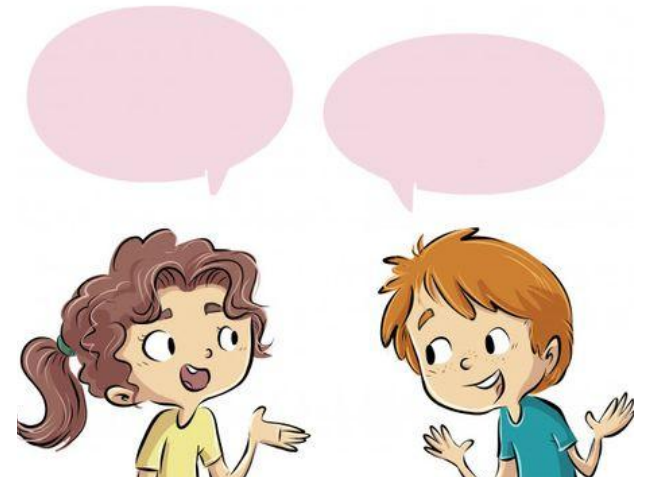
Communication Privacy Management

- This theory is more on understanding and respecting an individual's privacy and boundaries.
- It focuses on how people deal with private information from other people.
- It measures each other's trust in how you give and receive such information, whether to keep it or disclose it.



Communication Privacy Management

- Protecting each other's private information builds strong bonds between you and your significant other.
- This theory is dominant. It applies to various types of relationships including: Parent/child, friendships, long-distance relationships.



REFLECTION

"What happens between us, stays between us"

This quote goes to everyone. It doesn't matter what relationship you have with other people. Just keep it between the two of you no matter what happens. Setting boundaries and respecting them is a bare minimum thing. It is a basic skill that most people do not have. You don't need to spread it to everyone; you don't need to let everyone know your business. It is a golden rule.



If you are constantly begging for bare minimum things such as respect, love, and privacy control, it is time to leave the table. This is what I did to my ex-partner. He does not know how to respect the boundaries I have set, even if I told him so many times that it is bothering me. I left with no hesitation because I got fed up with everything he got me through. He doesn't even know how to reciprocate. Everything that he shares with me, I kept it to myself. He is spreading rumors and letting his friends know about our business. It's the opposite and unfair. Disclosure of private information to third parties is really beyond my boundaries. It is disrespectful on my part.



That's why this theory is crucial, especially if you have a significant other. It does not only create a strong bond between the two of you, but it also measures both of your trust in how responsible you are in keeping such private information. It is not just about how good you are at keeping a secret. It is beyond that because you are also showing loyalty and respect for your significant other with this simple gesture. With this, it makes your relationship grow.

