Dr. Shira Schwartz

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Robbie Knowles

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I define most of my relationships by the trust: I want my friends to rely on me for **emotional support.** *Emotional support is an ideal indicator of trust to me in my relationships, and because of this, I feel that when I can be of emotional support to the people around me, they truly trust me. Albeit I do not necessarily want to rely on them - I trust that I can. Ultimately*, I believe that trust plays a deeper role as well; It can work as a bridge that connects people more deeply than any other. Similarly, *I think it is very important in any relationship that accidental* ***relational transgressions*** *can be forgiven if no spite was intended. Every type of relationship created between two people has its own set of rules and regulations;* Some of which are negotiable between the parties, and some of which are iron clad. *I believe relational transgressions, although they are violations of these rules, can be accidental, and can be chosen to work past if both parties are willing.*

         One relationship that comes to mind is my relationship with my girlfriend, we have a very interesting **expression-privacy dialect** where we both want to share what is going on in both of our lives yet we both don’t want to apply emotional pressure onto the other person. At the same time, we have **dialectical tensions** that further complicates our **expression-privacy dialect.** For example, *she is much more creative than I and often when we get into a discussion, she places a lot more importance on emotion and psychological understanding whereas* I put a lot more emphasis on reason and logical understanding. Whenever these differences come into the spotlight, rather than arguing on our differences, we let them unite us and bring us closer together. *People should always be able to learn from each other - and when your differences between another person can connect you rather than divide and separate you, you can grow and learn together. This is how a good team collaborates together*. I think even though we have known each other for over 4 years now we are still in the **differentiating** stage. Finally, I think we both have very low **relational maintenance** as we enjoy being around each other and just talking above all else*. I believe because we have such a strong building block in our relationship, it is unnecessary to attend to maintenance as much as a person would do with a newer friend or relationship.* It shows how strong our bond truly is because we both know to rely on each other.

         Another important relationship that comes to mind is my relationship with my cross-country coach. We have a different **expression-privacy dialect,** I must tell my coach everything that’s going on physically as it could affect me and the team’s performance. We also have a very different relationship structure as stated by **social exchange theory*,*** *he expects that I sacrifice my comfort and time in return to help improve myself and the team.* He also sacrifices his time as well, and as a **comparisons level** that I will show up to practice and work my hardest.