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 relay on me for **emotional support** and while I do not necessarily want to relay on them, I trust that I can. Trust plays a deeper role as well; I think it is very important in any relationship that accidental **relational transgressions** can be forgiven if no spite was intended.

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 then I and often when we get into a discussion, she places a lot more importance on emotion and psychology whereas I put a lot more emphasis on reason and relational. 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 **relation maintenance** as we enjoy being around each other and just talking above all else.

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.