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SWK 246: Interpersonal Communication Skills

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Activity 9.2

Relational Stages

1. Two friends are telling one another about using/refusing drugs.

Relational stage illustrated:

Intensifying, moved from small talk to more self-disclosure openly discussing more sensitive and personal things.

2. Two classmates are comparing the results of their first exam.

Relational stage illustrated:

This will be at more the experimental stage of the relationship where the information passed between can be constituted as small talk and nothing of a personal nature shared.

3. Two people seated next to each other on an overseas flight begin telling one another about their past romantic involvements.

Relational stage illustrated:

This is the initiating stage of the relationship where the conversation is casual even if the content may be personal there may or may not be an investment to further develop the relationship, this is the opening stage of the relationship.

4. Two long-time friends are discussing their worries and feelings of responsibility regarding their parents' advancing age.

Relational stage illustrated:

This can be the integrating stage where the two friends find a common ground to share similar identities about their cares and emotions with regards to their respective commitments.

5. Cousins who practically lived at each other's homes as teenagers five years ago now seem to have nothing to talk about.

Relational stage illustrated:

This can be the stagnating stage of the relationship where the cousins have little in common and there is no longer any growth or commonality in the relationship.

6. A divorced couple meets briefly to discuss education and vacation plans for their children.

Relational stage illustrated:

This type of meeting can be the circumscribing stage of the relationship where the two person's relationship has decreased in both quality and quantity. The conversation would highlight the more the areas of separation than integration.

7. A man and woman who dated for six months during college ten years ago now find themselves working of the same company.

Relational stage illustrated:

The imitating stage would most possibly occur here as there might be an interest to have casual conversation because of their passed familiarity with each other, and show an interest to build on some kind of relationship.

8. A manager and employee have agreed to sit down and talk about the problems they are experiencing with each other.

Relational stage illustrated:

This can be the intensifying stage of the relationship where it has gone to pass the small talk and now the parties are going into more disclosure with the problems that they are having with each other.

9. Your example:

Relational stage illustrated:

10. Your example:

Relational stage illustrated:

Activity 9.6

Sustaining Interpersonal Relationships

1. Relationship: a newlywed couple.

Strategies: *Openness and assurances*

Description:

Husband: I am going to be out late with my friends from work tonight, we are celebrating a co-worker's birthday at the office. I wanted to let you know so you won't be worried if I'm home late.

Wife: Thank you for letting me know why you will be late so I would not think that it is for some other reason. I feel confident that I can trust you.

Effects: *The husband is open about where he is going to be and why which establishes a line of trust between the couple. The wife will know she can trust her husband and the husband can trust his wife to tell her the truth and she will be understanding.*

2. Relationship: college roommates

Strategies: *Social networks and task sharing*

Description:

1st roommate: There is a party tonight at the game hall and I know that you have been studying all week, you should take a break and come it will do you good. If you want I can help you study.

2nd roommate: I really appreciate you inviting me, I have been hitting the book pretty hard and could use a break and meet up with some other friends. Thanks for helping me study, if you do then I can go to the party.

Effects: *By helping his roommate to balance study and activates it will help him to be less stressful and therefore a more pleasant person to be around. Offering to help him will also ease his burden of studying and in the future he can expect the favor to be returned if need be.*

3. Relationship: adult brother and sister.

Strategies: *Assurances and task sharing*

Description:

Brother: Hey sis, I know that things have been tough for you lately because your car broke down and you lost your job, just let me know if you need anything, I'm here for you.

Sister: Thanks for letting know I can lean on you as a big brother. I could use a ride to go to an interview on Friday since you offered.

Effects: *The sister knows that she can be confident she can count on her brother whenever she is in trouble and the brother is there to help share in his sister's burden, fulfilling the role of being her sibling.*

4. Relationship: employee and supervisor

Strategies: *Positivity and openness*

Description:

Employee: I was a glad that you let me know that my performance on the job has been lacking of lately. I will take your advice and try not to let my personal life affect my work. I did not realize how much it was affecting me until you pointed it out. I will make sure that I focus on my job. Thank you!

Supervisor: I'm pleased that you are taking my advice. You are a good worker and I know that you usually would not be missing your deadlines unless something was wrong. You can come to me anytime you are having a problem and we will try to work it out.

Effects: *Because the employee opened up with her problems it therefore allowed her supervisor to understand why she was performing so badly on her job. Approaching the situation with a positive attitude and encouragement it saved her job and foster a better working relation with her supervisor.*

5. Relationship: romantic couple who are experiencing relationship stress.

Strategies: *Positivity and Assurances*

Description:

Man: I know that we have been fighting a lot lately but I want you to know that I still love and care for you, and I am committed to this relationship. I am willing to put aside our differences and work on the positive things that make our relationship strong.

Woman: I feel the same way, and I don't want to throw away what we have together. I feel that we can make it because I know that we love each other.

Effects: *Because the couple had a positive attitude towards the relationship and not focused on the problems, they are able to feel reassured that the relationship will last.*

6. Relationship: you and a significant relationship.

Strategies: *Openness and assurance*

Description:

Me: I was pretty angry with you when you snapped at me in front of everyone. It made me feel embarrassed because they all knew you are my best friend. But I want you to know that I forgive you because we have been friends for a long time and I know that you did not mean it in the moment.

BFF: I'm sorry that I yelled at you, I was really under a lot of stress and I took it out on you. I would never try to embarrass you intentionally, you have always been a great friend to me and I cherish that.

Effects: *By me being open and honest about how I felt when I was yelled at allowed me to unburden any un-forgiveness or resentment towards my friend, and she was able to apologize, ask for forgiveness, and know not to do those kind of things in the future.*

Activity 9.7

Repairing Damaged Relationships

1. Relationship: coworkers

Transgression: In meetings with their boss, one coworker repeatedly takes credit for the work the other person successfully completed and openly criticizes the other person.

Types: *disrespect, aggression, problematic emotions*

Relative Dimensions: *significant, deliberate, genuine repenting, and incremental*

Amends: *express regret, making restitution, requesting forgiveness, accepting responsibility*

Description: *I'm sorry that I have been dishonest when I took all the credit for the work that you did and even criticized you in front of the boss. I was threatened by you and wanted to make myself look good, I have done this to you many times in the past and I promise that I will not do it again.*

Effect: *She will accept his apology but will be skeptical since it was done repeatedly to her by him.*

2. Relationship: girlfriends

Transgression: One girlfriend feels left out and jealous of the other's new romantic relationship. She stops responding to her phone calls and texts, deliberately stands her up for a lunch date and is rude to her when they do talk.

Types: *disrespect, problematic emotions, aggression*

Relative Dimensions: *significant, social, deliberate, incremental*

Amends: *express regret, making restitution, requesting forgiveness, genuinely repent*

Description: *I'm sorry I reacted the way that I did when you started dating, I was jealous because I felt I lost my friend. I should not have cut you off like that but tell you how I felt in the first place, I'm really sorry I behaved so badly towards you by not answering you calls, texts, and being rude to you.*

Effect: *the girlfriend will forgive her and accept her apology.*

3. Relationship: student and teacher

Transgression: The student repeatedly fails to submit assignments on time, makes up stories to justify the delays, and doesn't respond to the teacher's email requests.

Types: *lack of commitment, disrespect*

Relative Dimensions: *minor, relational, deliberate, incremental*

Amends: *accept responsibility, make restitution*

Description: *I am really sorry that I have been delinquent submitting my assignments on time, I really did not take this class very seriously and I thought that I could get away with the excuses I made. If you will allow me a little extra time I promise to send in all the outstanding assignments.*

Effect: *Teacher will accept the apology and may extend him a grace period to submit the assignments.*

4. Relationship: parent and 13 years old child

Transgression: A distressed parent displays rage when the child fails to perform a task, calling the child names and slapping them across the face.

Types: *disrespect, aggression, problematic emotions*

Relative Dimensions: *significant, deliberate, one-time, social*

Amends: *Expressing regret, Accepting responsibility, genuinely repenting, Requesting forgiveness, making restitution*

Description: *I am so very sorry that I called you names and hit on the face when you couldn't do what I wanted you to do. It is my fault that I got angry with you and I promise never to hit you or call you names like that again, I will try to be more patient with you.*

Effect: *the child will be angry at first and not really accept the apology but will in time forget and forgive without much effort.*

5. **Relationship:** you and a significant relationship

Transgression: Identify a transgression you committed in one of your significant relationships.

Types: *disrespectful, problematic emotions, aggression*

Relative Dimensions: *minor, unintentional, one-time, social*

Amends: *expressing regret, genuinely repenting, requesting forgiveness,*

Description: *I am sorry that I yelled at you in front of everyone, I was stressed out because my boss yelled at me in work today and I took out my frustration on you. Please forgive me for doing that what I went through today had nothing to do with you.*

Effect: *my friend will forgive me and accept my apology because it was a rare occasion that I did that.*