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Homework three: Theories of Interpersonal Communication

From my personal experience, I think of making a request **(1)** as asking a person to do something. The last time I made a big request was last week when I had to look for someone to cover my shift at the cafeteria in Jersey City. All of us cafeteria workers are in a WhatsApp group where we communicate for different reasons, one of which is to look for potential replacements. There is always the risk of being ignored by all the other workers and not getting a response, so writing there always involves a bit of nervousness mixed with hope. I posted in the group on Wednesday, "Hey, can someone cover my breakfast shift tomorrow?" No one responded, which was a little hard, as I didn't want to work in the morning, but I ended up doing it. According to Brown and Levinson (1978), I made a request bald on record, i.e., "without redress," in a direct, clear, unambiguous, and concise manner because I really needed someone to respond and cover that shift. Something that I found interesting is that minutes after my request, another person asked to cover the night shift because he was feeling unwell, and that person did receive help, which made me think that if I had given the reasons why I wanted to be absent, maybe some other worker would have taken pity on me and would have helped me.

Before answering the second question **(2)**, I'd like to talk about my best friend. I met her this semester because we were put in a room together. At first, it was very difficult for me to connect with her because I had never seen her before, and she was a very reserved person at first, but as time went on, everything got better and better, and we became close friends, to the point that next December I will be spending Christmas with

her and her family. Relational dialectics is a theory that is used to explore ways to create good relationships. This theory has four principles: contradiction, change, wholeness, and practice. According to this theory, the contradictions in a relationship are natural; for example, in our case, we are both very introverted people, so we always need to have our space, but at the same time, we always need time together, which is very contradictory, but very true. Lauren and I always make time to hang out and talk; if we don't, we feel left out, which is terrible. This theory also says that if we want a good overview of a relationship, we have to look at the totality of factors; this helps a lot when trying to identify problems or challenges in a relationship. In the case of Lauren and I, we always try to do things in the city to get out of New Jersey, but whenever we try, there is always one factor that makes it difficult: time; since Lauren studies nursing and I study communications and work at the same time, time is a factor that we both suffer with. As a third point, the process resolves some contradictions but brings up others, as it is natural for relationships to be complex and to have to work constantly, such as the alone time that then changes to wanting to spend quality time together. Finally, there is the practice used to talk about how we behave in relationships to alleviate the tensions that exist. To this day, Lauren and I haven't fought or argued about anything, but I remember one time we had a misunderstanding, and we both committed to talking every time something similar happens. We both consider ourselves very close and know a lot about each other, which is why pride is worth much less than preserving the friendship.

Unfortunately, to answer the last question **(3)**, I don't have to go very far back to talk about how I got caught up in a rumor. About a week ago, a rumor reached the ears of the guy I'm talking to that certain people were saying that we had gone on a date, and

he confronted me by saying that he hadn't said anything to anyone and that the only way that would have spread would have been possible if I had started the rumor. I'd like to say that's a lie, but the truth, yes, I did start it, it wasn't with bad intentions, but it was a "wish rumor" because I misunderstood a hangout with a date and told my friends, who told more people and the whole Jersey City dorm ended up knowing about it. The good part of this story is that this guy really wasn't upset about what had happened; he just wanted to know if I had told anyone, i.e., he didn't misunderstand anything about our situation as friends getting to know each other. In fact, this rumor situation made us have a very deep conversation about dating, and we can understand each other more and know what each other likes and what we don't like. I could integrate this rumor thing with dialectics theory. This situation was a contradictory tension because while it is true, we both knew we liked each other, at the same time, we couldn't say we had dated because neither of us had mentioned it before as yes, that's why there was the tension, but we both knew how to work it out quickly.