

Primrose Kandare

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SWK246/285

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### Final Examination

#### True or False Questions

1. False
2. True
3. False
4. False
5. True
6. True
7. False
8. False
9. False
10. False

#### **1. Based on readings , why do we form relationships?**

We form relationships because as human beings, the relationships we form with others are very important and vital to our mental and emotional well being and also for our survival. We don't have a choice on some of our relationships which are by nature. For instance in families, like parents and children, you can not select parents or children that come naturally and to be accepted as it is, workplaces and workers are not able to choose their bosses or workmates etc. There are factors that influence the choice of our relational partners, that is similarity ; things that we may have in common and appearance which is very important in the early stages of a relationship.

#### **2. Describe the types of friendships discussed in our text.**

There are a wide variety of friendships covered in the texts and they are all categorized and influenced by different factors. From a tender age, some people can be friendly until they mature that's youthful versus mature. There can have a long lasting connection or the connection can be lost as people mature and as well change in value and relocation hence distance and other factors can minimize connection that's long term versus short term. Friendship can be found in relationships, but it's not in all relationships that people can be friendly .In some instances friendship is influenced by some shared tasks like drinking together, and shared

activities like sporting, workmates etc..The length and depth depends on how the people handle their relationship. Close friends can be close to the extent of sharing deep confidentialities about their lives which is high-disclosure and can share only general information shallowly which is low-disclosure .As much as it can be people need to be careful about self confidentiality when it comes to the levels of disclosure. As we continue with types of acquaintances , we find that some become very close and more connected to each other intimately , those very close to each other. Because they are found in different aspects of each other's lives and match every category. We have acquaintances who are always there for us who would do anything anytime and are available for our requests. We could do the same reciprocally like in our most down moments and so very happy moments, but others it's the opposite way round.

There is also this type of friendship based on sex, gender and is found on basically sex oriented people.Having a friend who is sexually oriented can be difficult, it involves people who are opposite sex, lesbian, gay, bi-sexual, straight or all mixed up one way or the other.It takes the parties to decide what they want, how they want it and not limited to gender , what influence these type of friends and in some instances they have benefits that they exchange for each other. This is apparently the worst type of relationship that seems too complicated as it seems like male partners are on the advantage of physical needs but women are emotional attention seekers.

Besides having physical acquaintances, there are social media friends or e-friends.They can be good acquaintances socially online but some of them they will never meet in person, and above all these have to be more careful because i believe in trusting someone that I see in person than I can see online.Online friendship can be risky too with all smart technology . It's just good for mind refreshing, sharing less general information about ourselves, encouraging , social support and online fun and stretching to online dating which is more of a relationship than friendship..This is mostly good for young people. The nature of friendship is not limited or limited , it varies with many different factors and how they want their friendship to be. As well our communication mostly weakens or strengthens, influences or destructs the way they relate with online acquaintances.

### **3.Explain the difference between confirming and and disconfirming messages and provide two types of each.**

A confirming message is a message that expresses respect or care for another person \ whilst a disconfirming message is the opposite: it expresses a lack of care, respect or value for another person, either by disregarding or ignoring some important part of that person's message , two types of confirming messages are

i) Recognition; recognizing the other person for instance returning a phone call or responding to a message or email. Or just to be aware of a person literally in your surroundings by recognizing them.

ii) Acknowledgement ; is acknowledging the idea and feelings of others in a stronger form of confirmation for instance, listening is the most common form of acknowledging. Listening shows we care and acknowledge someone.

The two types of disconfirming messages are

i) Impervious response ; a disconfirming response that ignores another person's attempt to communicate.

ii) Complaining ; a disagreeing message that directly or indirectly communicates dissatisfaction with another person.

#### **4. Describe 2 ways Jack Gibb offers to reduce defensiveness in others .**

The two ways offered to reduce defensiveness in others by Jack Gibb are Evaluation versus description and Control versus Problem orientation.

1) Evaluation is a judgemental assessment of another person's behavior thereby increasing the odds of creating a defensive communication climate, and description focus on the speaker's thoughts and feelings instead of judging a person, its effectiveness depends on how, when and where the language is being used. It is better to describe how the other person's behavior affects us which is likely producing better results than judgmentally attacking the person.

2) Controlling communication is where the speaker attempts to control another person, this happens when the sender seems to impose a solution regardless of the receiver's interest or needs. By so doing the people who act in controlling ways always create a defensive climate. Problem orientation focuses on finding a solution that satisfies both parties involved. This accommodates the arrangement which makes everybody ultimately a winner, that is the speaker and the other person. Problem orientation solves the issue smoothly and is different from controlling communication which is more self centered or selfish not regarding the other person's interests or needs.

#### Work Cited

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