

Journal Collection #3: Chapter 9-12

General Instructions:

- For each chapter that is listed below, you will select and respond to one or more journal prompts.
- This journal collection covers four different chapters, so for this collection you should have, at *minimum*, a total of four different journal entries.
- I expect approximately 250-500 words written for each chapter (1-2 double spaced, pages)
 - o If you complete the minimum of one entry per chapter, this would mean 1 entry that is at least 250 words long .
 - o If you cannot meet this word requirement with a single entry from each chapter, then you will complete additional journal entries in order to do so.
- All entries should adhere to college-level writing standards (logically structured, complete sentences, and proofread for clarity, grammar, and spelling).
- These entries are meant to encourage thought and apply the concepts covered in our textbook to your own life. Proofread your entries, be thorough and thoughtful in your responses, and define the necessary terms from our readings, and you should do relatively well on this assignment. ☺
- **In these entries, is not your job to make totalizing declarations of what is “right” or “wrong” human communication. To avoid this interpersonal pitfall, use “I language” and avoid global attributions.**
- I will never share what you write in these journals with your classmates.

Formatting:

- All entries should be typed, double-spaced, in a 12 point, standard font.
- There is no need for long headers on your submitted pages—just put your name and “Journal Collection #2” on the top of the first page.
- For each journal entry, include its title as it appears below (Thank you, as this helps me grade more efficiently).
- If you are going to include in your responses any word-for-word content from your textbook, then this content needs to have quotations around it and you need to include the textbook page number from which it appears.

Grading:

- DEFINITION—All required terms/concepts are *defined* accurately.
- APPLICATION—All required term/concepts are *applied* accurately.
- CLARITY/SPECIFICITY— Examples provided are described with specificity; examples provided clarify the interpersonal concept in question.
- WORD COUNT—All entries should meet the minimum **word count of 250**.
- WRITING QUALITY—All entries should adhere to **college-level writing standards**
 - o Logically structured and proofread for clarity, grammar, and spelling).
 - o I will not award a grade higher than a C, for submissions that do not meet these standards.

Journal Entry Prompts:

CHAPTER NINE

(for Chapter 9, chose and respond to at least 1 of the following journal prompts)

Journal Entry Title: “Understanding My Response to Conflict”

Journal Entry Prompt: Your textbook describes a person’s comfortability with conflict, a person’s orientation to conflict (*lose-lose*, *win-lose*, *win-win*), and a person’s preferred responses to conflict (*exit*, *voice*, *loyalty*, and *neglect*) as things that person often learns from her/his family.

Think back to your childhood and adolescence, and try to remember rules for conflict that your family modeled implicitly, and principles of conflict that your family explicitly endorsed. Did people openly disagree with each other? What was said when disagreements surfaced? Did your parents suggest that it was rude to argue? Did they encourage open discussion of differences? Were there any “rules” for how to argue? What happened if disagreements were dealt with directly? Was the conflict resolved? What was the climate in the family like after the conflict?

Specific Instructions:

First, describe to me your dominant orientation to conflict, by reflecting on the family you were brought up in (you don’t need to answer all of these above questions in your response, but you should answer some of them, either directly or indirectly). Include any terminology mentioned in the chapter that helps to explain your family’s approach to conflict. Second—by recognizing that you can edit family scripts and author your own—explain to me how you would *like* to deal with conflict in the future.

Journal Entry Title: “Responses to Conflict”

Journal Entry Prompt: Your textbook lists and describes *exit*, *voice*, *loyalty*, and *neglect* as four different responses to conflict. First, explain to me which of these styles you use most frequently and least frequently across your friend, familial, and/or romantic relationships. Additionally, describe one conflict scenario where you have personally used this response. Second, describe a conflict scenario that you were involved in where another person used one of these conflict responses toward you. How did you react to this strategy and/or how did it make you feel?

Journal Entry Title: “Productive and Unproductive Patterns of Conflict”

Journal Entry Prompt:

Describe a situation in which you had a conflict with a close friend or romantic partner and you managed to work it out constructively. Be specific in your response by analyzing how your and your partner’s behavior/responses followed or violated the productive or unproductive patterns of conflict communication (discussed in pgs 262-7 of your textbook).

CHAPTER TEN

(for Chapter 10, chose and respond to at least 1 of the following journal prompts)

Journal Entry Title: “Deteriorating Friendship”

Journal Entry Prompt: Your textbook identifies various forms of internal and external pressures that are often responsible for the deterioration of a friendship (pgs. 293-296). Your textbook also identifies a series of patterned behaviors that occur when a friendship begins its deterioration process (pg. 292).

For this journal entry, draw upon on your own life experience and reflect on a once stable friendship you were involved in, which then deteriorated (the stability of this friendship may or may not have been restored by you and your friend). First, identify the specific type of internal or external pressures that were responsible for deterioration of this friendship. Second, describe in more detail the deterioration process of this friendship. For this second portion, be sure to highlight the predictable patterns described in your textbook, and be clear as to how those patterns played out in your own personal scenario.

Journal Entry Title: “Emotional Closeness Through Dialogue Vs. ‘Doing’”

Journal Entry Prompt: Your textbook lists emotional closeness as 1 of 5 basic expectations for stable friendship, and explains how emotional closeness is created either through dialogue or shared activities (“doing”). Additionally, your textbook links these two different paths toward emotional closeness—dialogue vs. “doing”—to gendered speech communities. In other words, your textbook author Julia Wood cites research that shows how women frequently create and maintain emotional closeness through dialogue, while men frequently create and maintain emotional closeness through shared activities.

There are two parts to this journal entry: 1) Identify your own primary or preferred method for creating and maintaining emotional closeness; 2) Reflect on a friendship you have with a person of your own gender and a friendship you have with a person of another gender. To what extent does each friendship match or mis-match the gender patterns described in this chapter? (Be specific in your response, making sure to reference back to your textbook during its overview of emotional closeness through dialogue and doing).

CHAPTER ELEVEN

(for Chapter 11, chose and respond to at least 1 of the following journal prompts)

Journal Entry Title: “The Deterioration of My Romantic Relationship”

Journal Entry Prompt: Your textbook describes a five-stage sequence of romantic relationship deterioration, which involves *intrapsychic processes*, *dyadic processes*, *social support*, *grave-dressing processes*, and *resurrection processes*. Reflect on a committed romantic relationship that you have been involved in, which also deteriorated. Select at 2-3 of these five deterioration stages, and describe to me the ways in which these stages played out in the deterioration of your own romantic relationship. When responding to this entry, identify the stage you will be reflecting on, overview the textbook’s description of that stage, and then describe the communication practices and behaviors of you or your (former) romantic partner which evidence that particular stage.

Alternate assignment: If you’ve not yet had a committed romantic relationship to reflect on, then you may respond to this same journal, but reflect on the deterioration of a romantic relationship from a movie, television show, or book with which you are familiar.

Journal Entry Title: “Everyday Relationship Navigation”

Journal Entry Prompt: Your textbook discusses *relational culture*, rules and rituals, as well as *placemaking* as key components of the relationship navigation process. Reflect on a committed romantic relationship that you are currently involved in, or that you have been previously involved in, and describe to me how 1) *relational culture*, 2) rules and rituals, and/or 3) *placemaking* (have) evidence(d) themselves in this current or past relationship. Define and describe at least 2 of these concepts/practices in your response.

Alternate assignment: You may respond to this same journal, but focus on a romantic relationship from a movie or television show with which you are familiar. You may also choose to reflect on your parents/ grandparents/ aunt's and uncle's relationship when responding to this prompt.

Journal Entry Title: "Identifying Mine and Others' Love Styles"

Journal Entry Prompt: Your textbook lists three primary and three secondary love styles, and explains that most people are some combination of these different love styles. There are two parts to this journal entry: 1) Identify two styles of love that you feel best describe your particular approach to romantic relationships. Be sure to define these love styles and give specific examples or explanations that clarify why you identify with these particular styles. Explain to me what you think are advantages and disadvantages of your love style. 2) Try to identify the love style of your current or former romantic partner, and giving specific examples or an explanation as to why (If you've not yet had a committed romantic relationship to reflect on, then you may also reflect on the perceived love style of a close friend or family member, or a character from a movie, television show, or book).

CHAPTER TWELVE

(for Chapter 12, choose and respond to at least 1 of the following journal prompts)

Journal Entry Title: "The Family Life Cycle"

Journal Entry Prompt: Your textbook discusses seven different stages in the family life cycle. At what stage in the family life cycle would you place your parents as a couple, or as re-married couples if they are divorced? (If you have already started your own family, you may report on yourself, or you and your partner). How do you perceive this stage and their—or your—happiness within it? In your response, be sure to paraphrase your textbook's description of this particular stage. Also, feel free to interview your parents or partner and report their responses in your answer. You may also include reflections on their/your own joys and challenges in previous stages.

Journal Entry Title: "Relationship Types: Traditionals, Independents, and Separates"

Journal Entry Prompt: Our textbook draws on the scholarship of Fitzpatrick and Best in order to describe three different relationship types: *traditionals*, *independents*, and *separates*. Think about married or cohabiting couples you know fairly well—maybe parents, relatives, and/or longtime friends of you or your family. They may have children or not. First, use Fitzpatrick and Best's typology in order to classify each of the couples. In your response, be sure to paraphrase your textbook's description of the particular relationship types. Second, describe the communication patterns and behaviors that you notice in each couple. Explain why particular communication patterns might be more and less prominent in different types of couples.

Journal Entry Title: "Social Exchange Theory and Social Equity in My Family"

Journal Entry Prompt: Your textbook discusses the importance of maintaining fairness in family relationships, and offers two different concepts—*social exchange theory* and *equity theory*—as different approaches for assessing fairness in relationships. First define both concepts and explain how they differ from each other. Second, select a relationship—it may be familial, romantic, or friendship—that you are or were involved in, and use *social exchange theory* or *equity theory* to describe the perceived fairness of that relationship.

Journal Entry Title: “Family Communication Patterns: Conformity vs. Conversation”

Journal Entry Prompt: Your textbook describes conformity and conversation as two key dimensions that define a family’s communication style, and explains that various combinations of these two dimensions produce four basic types of family communication patterns: *consensual families*, *pluralistic families*, *protective families*, and *laissez-faire families*. In your response, first identify which type of communication pattern best characterizes the family that you were raised in. When you are identifying your family’s basic communication style, be sure to paraphrase the textbook’s definition of conformity and conversation and then move on to define the basic communication style of your family. Second, provide specific examples of communication practices or behaviors from your family that help to highlight or evidence this particular communication style.