

### 1. Helen – sister

Uniqueness	1 (Standardized, habitual)	2	3	4	5 (Unique)
Replaceability	1 (Replaceable)	2	3	4	5 (Irreplaceable)
Dependence	1 (Independent)	2	3	4	5 (Interdependent)
Disclosure	1 (Low disclosure)	2	3	4	5 (High disclosure)
Intrinsic Rewards	1 (Unrewarding)	2	3	4	5 (Rewarding)

### 2. Dad

Uniqueness	1 (Standardized, habitual)	2	3	4	5 (Unique)
Replaceability	1 (Replaceable)	2	3	4	5 (Irreplaceable)
Dependence	1 (Independent)	2	3	4	5 (Interdependent)
Disclosure	1 (Low disclosure)	2	3	4	5 (High disclosure)
Intrinsic Rewards	1 (Unrewarding)	2	3	4	5 (Rewarding)

### 3. Gloria – Co-Worker

Uniqueness	1 (Standardized, habitual)	2	3	4	5 (Unique)
Replaceability	1 (Replaceable)	2	3	4	5 (Irreplaceable)
Dependence	1 (Independent)	2	3	4	5 (Interdependent)
Disclosure	1 (Low disclosure)	2	3	4	5 (High disclosure)
Intrinsic Rewards	1 (Unrewarding)	2	3	4	5 (Rewarding)

### **What are the unique qualities of your relationships?**

My sister Helen lives in New York and we talk on the phone almost every day. We could talk on the phone for hours. I rated the uniqueness of our relationship a 5 because of how we speak to each other; we know we can tell each other and we won't get mad. We can joke, we can call each other names and we don't offend each other. There is no boundary to the appropriateness of our relationship. We have no issues saying what we feel or what's on our minds. Our relationship isn't perfect and we don't always see eye to eye, but we aren't afraid to tell each other.

With my dad, our relationship is rated a 5 because we just bond differently than my other two sisters. Our relationship has changed over the years too. My dad has been through some life-threatening issues which I think changed the dynamics of our relationship; I don't take for granted that he's still with us and I try to be there more to spend more time with him. I will take him to most of his appointments and when he needs help with anything, he tends to call me first; he is not like that with my older sister (my younger sister is in New York). I feel like part of why I try to do as many things with my dad is because of the idea that Abraham Maslow talks about, "safety: protection from threats to our well being" (8). If I'm there with him and there at his doctor's appointments, then I feel like I'm there as his safety net.

Gloria is an acquaintance of mine, more appropriately a colleague. I rated our relationship a 3 because we really aren't that close but we do help each other out. We are both managers at Sunglass Hut, just different locations. I've been with the company longer than she has and when she first started, she called me a lot to help her out; which I gladly did. We get along great and we will help each other out whenever possible. She will bend over backwards to help me and I would do the same for her. But she likes to gossip and sometimes to the extent of causing issues. So when she talks, I usually just listen because I don't want to feed into the

negativity. I do not reciprocate in her rants, so we don't always have that shared understanding (19) but I suppose that I am to blame since I don't tell her to stop gossiping.

### **How irreplaceable are your relationships?**

Besides the fact that Helen is my sister and is irreplaceable, our relationship is also irreplaceable. We have a special bond that I don't have with any other person. I do have another sister, but our relationship is completely different. When we were younger, all we ever did was fight and argue. It wasn't until she became an adult that we got closer. Now that she's in New York, I feel like we are even closer. I took for granted that she was physically close to me and now I have a need to talk to her all of the time. If we aren't talking on the phone then we are texting each other.

The relationship with my dad is absolutely irreplaceable because even before he had gotten sick, I felt a close connection with him. Even in my younger days I felt closeness to him, even though our actual communication was almost non-existent. When I was younger, we rarely spoke but our relationship has grown and now we talk all of the time. I feel like my dad will sometimes make a need or question just to call me. Even though I am always extremely busy with school and work, I always make time for him.

As horrible as this sounds, but Gloria is somewhat replaceable. Obviously, as a human being she is irreplaceable, but as far as our relationship goes, if we were to stop talking completely, I most likely wouldn't feel hurt. We help each other and get along great, but our relationship is restricted to work. We don't talk outside of working hours nor make the efforts to go beyond that.

### **How much interdependence characterizes your different relationships?**

The interdependence between my sister and I is very high. As I mentioned before, I talk with my sister almost every day. If we don't speak to each other for a while then we eventually start to nag each other by calling until one of us finally answers. We could talk for hours and hours. We have a need to hear each other's voice. I think because of the distance and the fact that we can't see each other, we fill that void with conversation.

The interdependence between my dad and I is very high as well. My dad has suffered so many brushes with death that it is important to me to be a part of his life and he needs to be part of mine. We see each other almost weekly and if we don't see each other, I'm calling him just to see how he's doing. Sometimes, I do get really busy with school and work, as I mentioned before, but I always make it a point to be there for my dad. He always tells people how proud he is of me because I decided to go back to school. Hearing him say that makes me emotional because when I was younger, he never expressed his feelings. Moments like that motivates me to keep going and would be lost without his support.

With Gloria, although I like her as a co worker and friend, I am indifferent about our relationship. I don't have a need to speak with her all of the time. We probably speak once every 2 week or so and that's enough for me. Most of the time she just likes to vent and gossip and I don't mind hearing her out, I just prefer to keep my thoughts to myself. This is clear case of our communication not having a shared understanding (19). I do not tell her how I really feel and I'm not 100% sure why. Aside from not liking to gossip, I suppose I still have a need to be liked and wanted. It's always nice to be the person that someone wants to reach out to and talk to. In writing, I realize that I probably to depend on her relationship more that I think, but it's no where near the level of my sister and dad.

**Compare the amounts of self-disclosure present in your relationship along the impersonal-interpersonal spectrum.**

I rated that portion of our relationship a 4 because, although we can pretty much tell each other anything, I don't tell my sister anything. The reason for that is because I know she can be very passionate about what she says and sometimes, I just don't want to hear it. I know that I do withhold some things from but that's because I know that "communication will not solve all problems" as it states on page 19. This is probably due to the fact that we are pretty stubborn people and we always want the other to understand and agree with our viewpoint. Every now and then we come across a topic that we just don't see eye to eye and our conversation will end at an impasse. The nice thing is that we have a close relationship, so we always end up agreeing to disagree! Otherwise we can tell each other anything, we can joke and call each other names; we don't offend each other because that is just part of the dynamics of our relationship.

My dad and I are pretty close but we still have some barriers, and I can only imagine it's because we really weren't that close when I was growing up. I knew he was my dad and I was his daughter, but that was the extent of it. It's still difficult to talk to my dad when it comes to talking about my emotions, but it gets a little better every day. We go to a lot of doctor appointments together and go out to eat a lot. Our conversations entail everyday life, not deep emotions of the things that go on in our lives. Expressing emotions and feelings are not strong suits of my parents, unless they are angry. We let each other know that we care about each other, but that's as deep as it goes.

When it comes to my personal feelings about me or towards another person, I do not disclose them to Gloria. Since I know she likes to gossip and cause issues, I feel like the less I tell her the better. It's almost a one-sided relationship, but Gloria is not a horrible person even

though you should be careful of what you say to her. She had no problem telling me what's on her mind and telling me about the things that go on at work, but I prefer to keep it to myself.

**Distinguish the rewards (extrinsic and intrinsic) in your different relationships.**

With Helen we have an unconditional love and no matter what the interaction is, it is always rewarding. It's rewarding because we get to interact with each other and have the ability to have a relationship that makes us close. We have the ability to banter with each other and we can have serious conversations. Our reward is just the time that we get to spend with each other. It doesn't matter what the conversation is as long as we are interacting with each other.

The reward that I get out of my relationship with my dad is similar to my sister. I treasure his presence more than anything because there were too many times that we almost lost him. Every moment with my father is a reward because I can talk to him and interact with him and he's still part of my life. We could sit in a room together and be silent for hours and I would still feel rewarded because we got to spend time together. I treasure every moment with him.

Although my relationship is not at the top of my list, I still find it somewhat rewarding. The fact that someone reaches out to you to just talk or to ask you for help, feels good. I think that's what I get out of our relationship. Her friendship is not essential to my everyday life, but it does play a huge part in my well being. Even though I don't consider her very close, she is still important to me. She is my "feel good" friend. I may not be fond of some of the things that she says or does, I still have a respect for her and her seeking me out for help or advice is my reward.