

## Journal #1

### Mother

Uniqueness 5  
Replaceability 5  
Dependence 5  
Disclosure 4  
Intrinsic Rewards 5

### Father

Uniqueness 5  
Replaceability 5  
Dependence 5  
Disclosure 3  
Intrinsic Rewards 5

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

I believe my relationship with my mother is quite unique, we have our own way of interacting with each other and have a set of unspoken rules that we follow (relational culture as stated by the book Looking Out Looking In). When speaking with my mother, of course there will be no casual insults, or too much joking around, but still I can somewhat express my feelings without fear even though this may seem inappropriate in the Asian culture since usually there is distance between the mother and her child – this is considered being respectful. My mother will give me relationship advice and talk about personal things. When it comes to conflicts, I'll discuss how I feel about the matter or become silent as she attempts to scream at me, but as times go on she will not verbally apologize but will try to communicate first. I've also learned words or topics to avoid that might set my mother off, I think this is something unique because these topics will not affect others.

My relationship with my father is equally unique. We don't talk often because we don't live together so our means of communication rely on technology. With that being said, this does not stop us from updating information about one another to each other. My father is a strict yet understanding parent, so he is open to jokes but I still have to be respectful. He is my guidance and I often find him when I have big decisions in my life and I need a different perspective on things. My father has a very broad knowledge on multiple fields so it is always wise to seek him for problematic issues or conflicts that I am facing – making our relationship unique. I also find what is different for my father from my mother is the range of language that will be used; I will use more facts when talking to my dad and more emotion when talking to my mum.

## 2 How irreplaceable are your relationships?

I believe my relationship with my mother or any other interpersonal relationship is

unique and irreplaceable. A relationship cannot simply be replaced; no one can fill in the place of my mother. My mother is the person I go to for relationship advice, permission, support and encouragement. The person who I will always take care of and will always be the reason for my happiness so I am sure there is no alternative to my mother.

This is the same with my father, I don't believe I will have the same amount of trust that I have for him for anyone else in this world. He is absolutely irreplaceable.

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

I am very affected by both my mother and father, so that makes me very interdependent of our relationship. When my mother tells me about some crisis she is facing I find myself very involved emotionally. I will be thinking about it all day because I am concerned for her wellbeing.

When a conflict occurs with my dad, I usually cannot just ignore it and go on with my daily life. I will try to resolve things with him because it often uses the silent treatment and that is worst. Even though when it comes to the time when we may have to have "the talk" to talk things out, it gets uncomfortable and awkward but I would rather have that talk than to continue bearing his silence.

To sum up, I feel that I am very interdependent of both my parents since their emotional/physical state will affect me very much. This, as the book states, can often be a burden for some. I sometimes feel this way because I am always too connected to my parents but usually it is more a pleasure because I feel that we only have one chance, one life, to be with them so it is worth it to be affected by the ones we love and have them "shape a part of our identity" as a loving child.

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

For self-disclosure, I find that my parents scored differently. I am more open to discuss my personal issues with my mother. I find it easier to express both negative and positive self-disclosure with my mother. It may be because we talk about our feelings more hence the easier communication of feelings and thoughts.

As for my father, I usually don't have the courage or suddenly lose all the words that I want to say. It is also a lot harder to talk to him about personal things because there is a barrier, perhaps of gender or age, that stops me from freely discussing everything with him. Comparing between my mother and father, my mother would know more about me than my father.

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

This one is a hard one to "grade" because the scale is only for intrinsic rewards but I have to discuss both extrinsic and intrinsic rewards. If extrinsic were to be graded, then it will

be a 3. I believe extrinsic rewards are tangible or physical things that is given in the relationship. My mother and father gives me money, healthcare and buys things more me. The reason I give this a 3 is not because I don't appreciate the physically accomplish from the relationship with them but because it is not so much of my interest to "harvest" these rewards. What is more in my interest is the intrinsic rewards, the unseen factors that can only be felt by the heart. It is a quality relationship with them and love that counts. Both my parents reward me fairly high in this section. When I receive an A in my class, it is more rewarding for them to say "good job, I am proud of you" than to buy me a gift as a reward. To make them truly proud is a very rewarding self-achievement and intrinsic reward.

## **6 Consider comparing your results with your classmates or friends.**

It is hard to "imagine" comparing results with friends or classmates but I believe that the results will definitely be different. All relationships are different as stated above and every parent-child relationship is unique. I have friends that I very close and connected to their parents and also those who cannot talk about anything with their parents since they have different mindsets and contradict a lot- making it hard to communicate. Though, I think something that will be agreed upon is that all relationships are irreplaceable since good or bad, the experience we have with an individual cannot be substitute or replicated by another individual. Even if we were to talk to the person's twin, I still assume the experience will be different.

## **7 After completing the questions, ask yourself the important question: How satisfied are you with the answers you found?**

I'm actually more satisfied with my results than I thought before I did this journal assignment because my parents scored higher than expected. Our relationship is close but I never thought about how close or how personal, unique or irreplaceable my parents were to me. It really made me appreciate them more. As for disclosure, I'm still satisfied with how it came out, because I think that it is the appropriate amount I want to express to them to maintain a good atmosphere without always feeling awkward or uncomfortable. There are really personal things that can only be told to my significant other or my best friends.

## **8 Reference**

**Adler, Ronald B., and Russel F. Proctor. Looking Out, Looking in. Boston: Cengage Learning, 2015. Print.**