

# Communication and relational dynamics

Business



Communication and Relational Dynamics al Affiliation Communication and Relational Dynamics Anyone who is in a committed relationship understands what relational maintenance. Some people may find it difficult while others can manage it. I always have difficult moments with my coworker. Being an attractive, hard working person in my career is what brings some conflict between me and my coworker. The unsatisfying thing I find out of this relationship is that my coworker likes to be in charge and dominating at all times. Whatever I have always admired to happen is less control from her. The chapter of communication and relational dynamics is one of my best lessons I have had. Whatever I find most interesting is why we form relationships. I did not understand how competence and disclosure can lead to relationships. Disclosure is when you open up about yourself to someone else. I have always believed that disclosure drives the other party away because people are believed not to associate with problems but in the real sense it can build liking. Competence is another factor that builds relationships. Personally, I find it difficult to be around people who are more talented than me since it brings an element of inferiority. Instead, we should take advantage of such chances when they come along to learn. The three things learned in this session are the three dialectical tensions that include openness versus privacy, connection versus autonomy, and predictability versus novelty. Openness versus privacy defines the tension of desire of being honest to talk about something and the desire to keep things to one. Connection versus autonomy defines the tension between the need for being notably whole and the need for being independent. Predictability versus novelty defines the tension between the need for being with a partner who is prone to prediction or that partner who is less predictable.

<https://assignbuster.com/communication-and-relational-dynamics/>

One thing captured from this session that has made me change my mind about is getting to learn about someone's culture before getting into a relationship, since relationships between people from different cultures are somehow challenging. Relational maintenance is one thing I have learnt that I would use in future. Instead of drawing apart from people who I will come close to in the workplace, I would rather maintain the relationship.

Discussion on managing dialectical tensions has enhanced my understanding of my communication style. In the face of tension and confusion, I have learnt how to go to one side by denying the other. Balancing is another way I can manage tensions; by partially responding to both parties. Recalibration can also help to avoid any opposition from one party. Reaffirmation is yet another way that relates to being positive about a situation. These ways have enlightened me how I can respond to tensions in different circumstances.

I am going to use metacommunication as a way to resolve conflict in a more constructive manner. We can resolve the conflict between my coworker, and I through this. What I like most in this discussion are the characteristics of relationships. It is interesting how relationships turn out to be. You can be romantically involved with someone you will end up marrying you, but it reaches a point where disagreements come in making the relationship to come to an end. They keep on changing and are affected by culture. The least liked discussion was on the types of relational messages which I did not grasp how they occur. I suggest the topic on types of relational messages should be done individually to enhance my understanding and feature in YouTube for easier access.