

# Letter of advice: interpersonal relationships

Sociology



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Secondly, you must develop and maintain self-concept in your relationship. Self-concept defines a person's perception and understanding of their being as a self. This is essential because it shapes a person's behavior and ability to handle stress in a relationship, and determines emotional behavior (Ahmad, Ghazali, Hassan, 2011, pg. 24). It enables one to know what they want, and what they deserve in a relationship. In the end, it affects the quality of a couple's relationship because emotions determine the level of attachment and understanding between the two of you.

Thirdly, you must understand emotional intelligence and its role in effective interpersonal relationships. Emotions can easily destroy interpersonal relationships between couples. Emotional intelligence involves such factors as devotion, perseverance, and self-control (Hsieh, Wang, Fan, and Huang, 2014, pg. 133). A high level of emotional intelligence allows a person to accept and emphasize with a partner, and avoid emotional outburst that may not define their true character.

Fourthly, there is a need for self-disclosure in your relationship. It is necessary for partners to reveal personal information in order to improve their communication process (Sprecher and Hendrick, 2004, pg. 858). It encourages, love, satisfaction, and responsiveness in a relationship. Even so, self-disclosure should be at a certain level that does not hinder the normal functioning of the relationship.

Finally, you must learn strategies to manage interpersonal conflicts. Conflict is unavoidable in any marriage, despite the level of understanding that you fashion. Interpersonal conflicts arise when one infringes on the rights and space of another, especially in the contemporary society in which there are changing roles of husband and wife. The way a couple manages their

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interpersonal conflicts determines their longevity. This calls for a need to find a resolution in any conflict and identify appropriate ways of aversion to future conflicts. Assertiveness and cooperativeness are two useful methods for managing interpersonal conflicts. Assertiveness controls personal interests, while cooperativeness involves the desires of others (Byadgi and Yadav, 2013, pg. 31).

In conclusion, identifying the barriers and managing interpersonal conflicts helps couples understand each other and form formidable unions. Self-concept, emotional intelligence, and self-disclosure are interrelated concepts that determine the strength and longevity of a relationship. Kindly consider the mentioned factors to promote a successful relationship.

Yours sincerely

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