

Chase McReynolds
HD 204
01/29/23

Circumplex Model Paragraph

On the circumplex model, my family falls under the category of "flexibly connected" on the family communication model. This displays that our family has a certain level of flexibility and adaptability in the communication we have with each other, allowing us to change and adjust to different situations. The communication within my family is open and honest discussions, active listening, and gives us the ability to compromise with each other. This contributes to our family's cohesion and adaptability, because it helps us get through challenges and maintain our relationships. I feel like my family members are very close with each other, which allows us to communicate with each other even in tough situations.