

Provisions of Relationships- what do we get from relationships? how do we benefit from it? you could look at these things and find that one of the places in the world within which this kind of stuff gets provided is the **family. families provide family members with a sense of reliance. somebody is there for you. WHAT DO WE GET OUT OF A RELATIONSHIP? (not necessarily a significant other. could be a friend or family member. even a coach.**

1) Belonging and a sense of reliable alliance- being socially connected to someone gives you the feeling that someone is there for you. this sense of connectedness helps anchor you into the world. sense that somebody is reliably present that you can talk and communicate with. comfort and sense of security.

2) Emotional integrations and stability- people can help you with your emotions and support. a shoulder for you to cry on. the opportunity to vent our emotions is important and thats how we communicate our emotions. can provide us with the opportunity to have our emotions be heard and reacted too.

3) Opportunity to talk about yourself- a decent amount of the talk is about ourselves. the fact that we are tied to other people lets you talk about yourself.

4) Opportunity to help others- we like to be asked for advice. because if people ask our advice or our opinion, they are going to us for help or console. that makes us feel valued as people. you feel you have something to give somebody, that in turn bounces back to you in a positive way. makes you feel good about yourself and that you have some sort of worth. they respect the things that we say.

5) Provision of physical support assurance of worth and value- talks about the comfort level that is associated with doing manageable tasks for other people. doesn't have to do with deep serious talk, but it communicates something about your status with somebody. makes you feel good because you are helping somebody. helps you feel center and connected. the idea that relationships show us how other people see the world. however similar you might be to a family member, you are not going to be identical to them. if you are with people that is different then you, it provides you with a good opportunity to see the world through their eyes. by opening up to you, they reassure your own worth & value as a person.

Constraints on Expression- there are many circumstances in everyday life in which things that we may wish to communicate are not communicated because of **restrictions** that we are subject to. WE DONT HAVE UNLIMITED ABILITY TO SHOW EVERYTHING THAT WE WANT TO. *ability to communicate is not unlimited. there are things in our social world that can stand as potential threats or sources of punishment if you go over what we say are unacceptable lines. facts of

social life.

Self Initiated vs. Other Initiated-

-Self initiated- posing a restriction on yourself. decision not to say something to not offend someone because it might hurt them or backfire on you. home for thanksgiving and you see a family member you havent seen in a long time and they are wearing an ugly outfit that makes them look very bad. you dont say anything. you care a lot. by saying that you might be hurting their feelings.

-Other Initiated- constraints on expression that are imposed upon us by other sources. originate in different group settings.

Other initiated constraints may come from:

1) Family members (parents): there is an authority structure in the family. for children, one or both parents will be in charge. what tv you can watch, what food you can eat, what time you have to be home by. also, **the things that you can say**. when you say something, and it gets a bad reaction.

2) Workplaces: being on the cell phone, cant be on the computer, socializing among coworkers

3) Schools: cant be on certain websites in school

4) Government: places certain restrictions on the first amendment

Different Types of Families:

CONFORMITY-uniformity, attitudes values, beliefs, everybody thinking and acting alike, focused on everyone in agreement **RULES**

Constraint- has to do with the degree to which families create a climate in which family members are encouraged to participate in unconstrained interaction within a wide array of topics. just have everybody say whats on their mind and it wont be a problem if people disagree.

1) Protective- *low on conversation, high on conformity.* involves conforming family rules. no discussion.

2) Pluralistic- *high on conversation, low on conformity.* a family that encourages conversation about rules and does not demand conformity. it emphasizes discussion, innovation, diversity.

3) Consensual- *high on conversation, high on conformity.* expects kids to obey rules but it does provide them with the opportunity to discuss and question those rules. allows for discussion, but the rules are the rules. you can express yourself, but you cant deviate from the norms of the rules. were gonna come to a consensus whether or not you agree.

4) Laissez- faire- *low on conversation, low on conformity.* not a lot of involvement of family members between each other. not strong rules, and they don't talk about it very much.

Group Characteristics

1) A group has a common purpose shared goal or objective

2) People in a group are:

- organized
- have awareness of each other as members
- carry out communication among themselves

3) Persuasion is employed for purposes of decision making-

groups usually are put together to accomplish goals. since there are going to be atleast a different coupl of ways to accomplish the goal, there is going to be some options that group members will decide between, some group members will try to persuade that some options are better than others.

Types of Groups- designed to accomplish things and persuasive communication is involved

1) Formal Group-

- task oriented
- outcome focused
- often **legislative**
- membership restricted
- attendance expected
- clear structure
- power vested chair
- agenda
- formal rules for speaking

***Leadership** is the formal position where a person has power over others in a group. boss in a workplace. committee chair.*

Typically have a head person or chair person. that person who is assigned the chair person is given a lot of power

The head of the group is given power so he can run the group and assign tasks, set the agenda, tell everyone what to do

The chair can decide who talks first and second. can set all kinds of rules and regulations for when they will do certain things

2) Advisory Group- a type of group designed to come up with the best solution for a problem or to arrange an event. trying to help a larger organization. social affairs committee, sorority/fraternity, review board giving an award.

3) Creative Group- constituted of individuals whose job it is to do something that is more invented in nature. producing some sort of message. people who work in advertising. people fall into different groups, not necessarily creative (people who work with money), people themselves that create the artwork

4) Support Group- groups that are constituted to give advice,