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Analysis of Breakup

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Analysis of Breakup

Breakups are never easy, especially the ones that happens abruptly. Sometimes, cutting the ties from the love is unbearable; thus, a person can be destroyed. Failure to see the breakup coming leaves an individual in panic and sometimes fails to comprehend the next step to take after the mess. In my case, I did not see it coming, although we had many ups and downs that could lead to breakups. I felt sad, angry, exhausted, frustrated, and confused during the breakup week. The thought of not sharing any moment with my lover hit so hard that I kept on sobbing the whole week. It was the hardest thing to accept but slowly adapted with time. However, my thoughts about the breakups have completely changed. According to my initial breakup, I now feel that it is better to part ways when all the attempts to solve our differences no longer work. In regards to this, my relationship ended because of poor communication, which was accompanied by the ego of solving our differences.

Why My Relationship Ended

At the beginning of our relationship, everything was fine, and we frequently checked on one another. However, time went by, the frequency of communication reduced, and we could barely check on one another once or twice a day. Consequently, we could not effectively solve our differences whenever there was an issue between us. Ego had taken the better part of us, and things such as apology were unheard of in our relationship. According to Guerrero et al. (2018), the level of dominance and submission based on the relational communication theory can positively or negatively impact relationships. In our case, there was no longer influence and submission, thus, the feeling of emptiness and loneliness. Guerrero et al. (2018) also noted the significance of communication in relationships which most partners ignored. Our ignorance of effectively communicating with one another slowly killed our intimate relationship.

The level of communication often influences the intimacy in the relationship. As our degree of communication gradually declined, the feeling for one another deteriorated. Moreover, communication extent in a relationship influences affection, trust, and in-depth involvement (Guerrero et al., 2018). The decline in our affection resulted in disagreement with one another as everyone felt so superior. Our usual common interest and viewpoint reduced, hindering affection and fondness of one another. Instead, different emotional reactions such as distress, anger, and sadness were replaced by the kind of love we had for one another. Therefore, the feeling of affection, excitement, and happiness dominated our relationship resulting in a breakup.

The Communication Pattern

Communication patterns have a significant influence on relationships. The discuss-ignore pattern of communication initiated our breakup. According to Guerrero et al. (2018), this is the pattern of communication in which one partner feels that issues should be amicably solved out while another one is driven by ego, thus decide to ignore. In this case, my partner was often adamant when it came to solving our differences. Instead, silence dominated for a given duration until I thought of breaking the monotony. This kind of ego and ignorance often hurt one partner who has emotionally invested in the relationship. The fear of losing my lover made me initiate every step of communication whenever we had disagreements. Also, this communication pattern often reduces affection for one another as one feels superior, hence can easily adapt in the absence of the partner. Therefore, the inability to resolve differences in relationships interferes with affection, causing emotional injury to the partner willing to settle the issues.

On the eve of my breakup, the dyadic stage was the most relevant to me. According to Guerrero et al. (2018), the dyadic stage is often accompanied by distress, arguments, anger, sadness, and guilt, which is directed towards the partner. I was not aware of my partner's

intentions to quit the relationship; hence, I complained about why their behaviors were weird and cold whenever I initiated the conversation and ignored my phone calls. Little did I know that their recent attitudes were a red flag of terminating the relationship. Therefore, my anger and frequent argument resulted in an instant breakup without a second thought.

My breakup was indirect. It all begun by reducing communication levels and more complaints. I remember their suggestion of giving one another break, feeling unsatisfied in the relationship, and not continuing with the relationship.

Breakups are often accompanied by shock and distress. The kind of stress and depression I underwent were slowly wearing down; thus, I had to formulate strategies to cope with the breakup. Sharing the breakup incidence with my close friend, being in the company of my friends, and reminding myself the greatest things in my life are the strategies that enabled me to cope with the breakup.

In conclusion, breakups are among the worst experiences in life. Ineffective communication and ego are some of the reasons for breakups. My relationship ended because of poor communication, which was accompanied by the ego of solving our differences. Communication patterns have a significant influence on relationships. Specifically, the discuss- ignore pattern of communication initiated our breakup. The most prominent Duck's stage in my breakup eve was dyadic, often accompanied by distress and arguments. I had an indirect breakup that involved several complaints. Therefore, I had to develop strategies such as Sharing the breakup incidence with my close friend, being in the company of my friends, and reminding myself of the greatest things in my life that enabled me to adapt.

Reference

Geurrero, L., Anderson, p., \$ Ififi, W. (2018). Chapter 15 from Close Encounters. 5th edition

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