Introduction

• When it comes to romantic relationships, conflict is a natural thing that happens in it and perception can help stop conflict. My goal with this project is to see what causes conflict and how to avoid it happening. My goal with perception is to see how it affects the relationship and how it can help it. I hope to achieve these goals to understand how people can improve their own relationships.
• Conflict can start in a romantic relationship due to people not communicating. The big reason it can cause conflict is because of bad relationship patterns by being negative to each other. “negative communication behaviors which are the most harmful to couples: criticism, defensiveness, contempt, and stonewalling.” (Attachment and conflict communication in adult romantic relationships, page 5). Another way couples get in conflict through communication patterns is demand-withdraw meaning barely talking to the significant other or not talking to each other at all. “The most consistently found dysfunctional communication pattern is the demand-withdraw communication pattern (i.e., one partner makes demands for change and the other partner avoids the conflict by walking away, disengaging emotionally, or changing the topic)” (Attachment and conflict communication in adult romantic relationships, page 6). This is what I have found about conflict starting in a relationship, and now we can learn how to avoid it.
How to avoid conflict in a romantic relationship

• The best way to avoid conflict is working on your communication skills and perspective talking abilities. “Finally, conflict avoidance is most likely to be successful if the relational partners have important competencies like communication skills and perspective-taking ability (Roloff & Ifert, 2000). Gottman (1994) observed that satisfied married individuals who engaged in frequent avoidant behavior also engaged in positive behaviors and attempted to understand their partner’s views.” (Conflict in Dating and Marital Relationships, page 8). Some other ways to avoid conflict is to be comfortable and satisfied in the relationship. “Roloff and Ifert (2000) hypothesized that the success of avoiding conflict likely depends on several conditions. First, they noted that avoiding conflict can be associated with satisfaction if couples are comfortable with avoidance and tolerate differences between the partners (Sillars et al., 2004).” (Conflict in Dating and Marital Relationships, page 7). This is how you avoid conflict in a relationship now let's change our focus to perception.
How does perception affect a romantic relationship

- Perception is about how someone views things differently than you and this can be a good or bad thing in relationships because both partners have different views of each other, and one can influence the other in a positive or negative way. “gender differences in the health domains perceived to be influenced by romantic partners, and the extent to which participants feel their partners are a positive or negative influence in different health domains.” (Romantic Relationships and Health: An Examination of Individuals’ Perceptions of their Romantic Partners’ Influences on their Health, page 4). The reason is that we are growing and that is why we change our perceptions when we are romantically involved with someone. “Both types of romantic passion were associated with the perception of having grown as a person because of one’s romantic involvement, even if harmonious passion was more strongly related to this outcome than obsessive passion was.” (“I’m not the same person since I met you”: The role of romantic passion in how people change when they get involved in a romantic relationship, page 7). This is what I have found on perception, now because we have talked about how to understand each other’s perception.
How to understand one another perception in a romantic relationship

- The best way to learn each other’s perception is perspective talking skills.

“Each participant’s perception of understanding of their romantic partner was assessed by utilizing the “Perspective Taking” “(Romantic Relationships and Health: An Examination of Individuals’ Perceptions of their Romantic Partners’ Influences on their Health, page 6). Perspective talking can help very well and if you remember it was one of the things to avoid conflict. “Finally, conflict avoidance is most likely to be successful if the relational partners have important competencies like communication skills and perspective-taking ability” (Conflict in Dating and Marital Relationships, page 8). This shows that perspective talking skills is how you understand each other’s perception.
• Ryan Allen

• Why does conflict happen in the relationship: "Conflict arises due to lack of communication of feelings or just communicating in general."

• how can you avoid conflict in a relationship: "Catering to one another's needs alongside the appropriate space to give each other enough time close to each other, and away from each other so that there is no burn out but also communicating anytime there's an issue so it can be resolved easily."

• What role does perception play in relationships: "Not a big one because realistically you cannot completely perceive something without it at some point being speculation or overthinking so it's best to either give one another the time to open up about it or question so you can gauge whether it's fine or not."

• How can you understand each other better in the relationship: "Get to know how one another thinks in response to given actions and words because not everyone may like or enjoy the same things and sometimes when one thinks it is fine by then the other may find it uncomfortable."

• What can your partner do better in the relationship: "She is honestly done the best of us seeing as she's been patient with how I feel and generally allows me to express myself and responds accordingly to console me in any way she can."

• What can you do better in the relationship: "I tend to overthink and read into things a bit too much and often end up having long winded conversations about how I just end up with thoughts that hold no ground, so if I'm capable of letting go of my insecurities then yeah. It'd be a lot better."
• Elijah Martin Carrillo Apresa
• Why does conflict happen in the relationship: “Conflicting opinions but ultimately we both see each other's side of an issue and resolve it.”
• how can you avoid conflict in a relationship: “Airing out our opinions in a non-aggressive manner.”
• What role does perception play in relationships: “Perception in relationships allows each other to see the other person for who they really are and if they would be willing to go or stay in a relationship with that person.”
• How can you understand each other better in the relationship: “Listen to them and be polite and not to rush to any conclusion.”
• What can your partner do better in the relationship: “Communicate their feelings more so I can better understand what I did wrong and what to not do.”
• What can you do better in the relationship: “Make more room in my busy schedule for the two of us.”
• Brisayda
• Why does conflict happen in the relationship: “Misunderstanding each other most of the time.”
• how can you avoid conflict in a relationship: “You can avoid conflict by communicating with one another.”
• What role does perception play in relationships: “It shapes how people understand each other.”
• How can you understand each other better in the relationship: “By finding things that you both are interested in.”
• What can your partner do better in the relationship: “Communicating.”
• What can you do better in the relationship: “Try my hardest to try to understand what’s going on at time.”
Participant was in a relationship

• Jessica

• Why does conflict happen in the relationship: “Conflict happens when both parties disagree about a certain point. Sometimes can be caused by one party accumulating annoyance eventually having an outburst.”

• how can you avoid conflict in a relationship: “You can avoid conflict by being sure both parties are accommodating to each other. As in listening to each other's concerns and talking it out.”

• What role does perception play in relationships: “Perceptions are misconceptions, each party may assume something of the other (vice versa) and not actually being true to their person, causing there to be disagreements and disappointments.”

• How can you understand each other better in the relationship: “Communication is key, but also be respectful.”

• What do you think you could have done better in your last relationship: “Communicating how I felt towards the other party and ended our relationship on better terms. Or to put it simply, shouldn’t have started in the first place.”
The interview I did was with Elijha. (He uses scumbag near the end.)

Audio file

My recording 1.mp3
• I feel like I have completed my goal to find out what causes conflict and how to avoid it from happening and with perception is to see how it affects the relationship and how it can help it to understand how people can improve their own relationships. I feel like I could have looked even deeper into this and worked a little more on this, but I feel happy about what I have achieved on this.

