**Communication Analysis Paper #2**

There are many kinds of relationships that we are involved in throughout life. All close relationships are formed because the people within the friendship went through a process from sharing basic information to more personal information that required more trust (social penetration theory). Whether or not people use verbal communication, non-verbal communication, and gestures that represent something (idioms) will help determine if a romantic relationship will be formed.

I met a girl named Katie that seemed like she could be a good friend because she was kind and she lived on the same dorm hall as me. We started off talking about our interests and disinterests and created a base for our friendship. Then, it began to grow because we started hanging out often and eventually we became close friends from sharing personal feelings and past experiences. Over time I developed feelings for Katie but felt scared that she would not want to be friends or that things would not be the same between us. Because of this, I became distant to avoid the possible outcomes and our friendship ended.

Self-disclosure is the act of sharing personal information with another person (L). It requires trust because there are risks of getting judged and getting personal feelings and experiences spread (E). I self-disclosed with Katie by telling her about family issues, talking about my religion, and discussing future endeavors (E). Sharing personal information is important when forming any kind of relationship because it shows that you are risking all of the negative possible outcomes to grow closer with someone.

Studies show that developing romantic relationships include idioms. Idioms are words, phrases, and gestures that represent something in a relationship. Dunleavy and Booth-Butterfield (2009) studied 275 Mid-Atlantic university students that were currently involved in a romantic relationship. One hundred-twelve male and 161 women participated in this study and were all ranged from age 18 to 41 years old. The purpose of this study is to identify the relation idiomatic communication has in relationships by examining the use of idioms in stages of escalation and de-escalation. In the study, the participants completed a survey that labeled and described all idioms included in the typology at their own pace.

Dunleavy and Booth-Butterfield (2009) found that couples in de-escalation stages report less idioms, and use idioms with less frequency, than couples in the escalation stages. Partners in the de-escalation stages tended to use more negative idioms, whereas partners in the escalation stages used more positive idioms. Women favored to using idioms for positive effects, such as to get attention or food, while men used idioms for more negative effects, such as tension or arguments. These results conclude that using more idioms can help move relationships into the escalation stages. Idioms form a connection between partners that is unique and adds closeness to that relationship.

The avoidance style of conflict is reacting to a conflict by mentally and physically taking yourself out of the situation (L). This occurs because the user of this conflict is afraid of what may happen if they communicated about the problem (E). I avoided the situation that occurred with Katie because I became scared that she may not feel the same. I avoided her by not greeting her when I saw her, not making eye contact when she was looking at me and lying by telling her I was busy whenever she asked to hangout (E). The end of my friendship could have been avoided if I had used idioms because they would have helped break any tension and created more comfortability for me to tell Katie how I felt about her. Avoiding the situation sends a message that the situation is not worth fixing and will cause any kind of relationship to diminish.