

# Social Media Situationships

Social medium:

Name of person A:

Name of person B:

Amount per serving:	Person A (present)	Person B (present)	intensity level (1-10)
<b>Unhealthy Conversation Characteristics</b>			<b>A B</b>
manipulation			
gossiping			
past hurts/ guilt trips			
diminishing			
name calling			
accusations			
<b>total unhealthy</b>			

			A B
<b>Healthy Conversation Characteristics</b>			
respect			
problem solving			
asking questions			
reflective listening			
empathy			
relevant			
<b>total healthy</b>			

## The conversation may portray:

**manipulation:** to make someone change their behavior or perception of others through abusive, deceptive, or unkind tactics

**gossiping:** taking private information of someone else and making it public

**hurts/ guilt trips:** referencing arguments that have either been resolved or still need to be resolved into the present conversation

**diminishing:** making someone feel like their opinions/feelings are not valid, important, or real

**name calling:** using words to bring someone down

**accusations:** a charge or claim that someone has done something illegal or wrong

**respect:** a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements

**problem solving:** making an effort to overcome an obstacle

**reflective listening:** seeking to understand what someone is saying and being able to repeat it back to them

**empathy:** the ability to understand and share the feelings of another

**relevant:** keeping on topic with what is being discussed

Conversations, like food, can feed our brains and give us energy or impact us negatively. Some conversations may have an influence on our health and the health of our relationships. This instrument will help you evaluate the 'nutritional' value of the conversation you have. Just follow these easy steps.

## STEP 1:

Select a social media medium and find a conversation between two people/handles.

## STEP 2:

Determine if the conversation has a relationship theme. Conversation with a relationship theme describe an emotional or physical connect between two or more people and should support, celebrate or glorify the unhealthy or healthy characteristics of the relationship.

## STEP 3:

Carefully examine the conversation between the two people. Now look at the Social Media Boundary Scoring Tool on the left. Check the "PRESENT" box for each relationship ingredient are at the bottom of the label. Finally, for each ingredient that is present in the conversation, assign it a score from 1-10 in the "INTENSITY LEVEL" box based on how much of that relationship ingredient you feel is in the conversation. A score of 1 would indicate that there is a very low level of that relationship ingredient in the conversation while a score of 10 would indicate a very high level of that relationship ingredient. When assigning an intensity score, consider how this particular line impact the overall message of the conversation.

## STEP 4:

Add up the scores from the intensity column in both the unhealthy and healthy sections. These totals indicate the unhealthy and healthy relationship 'nutritional' value of the conversation.

## STEP 5:

Use this tool whenever you want to find out the relationship ingredients of a conversation. Just like with the food we eat, it is important to have a balanced 'conversational' diet that includes lots of healthy relationship ingredients. Knowing the ingredients will help you make an informed decision about what conversational approaches will promote good relationship health.