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September 11, 2011  
**Personal Theory**

The Family Development Theory is the only theory that solely directs at families. This theory talks about the patterned changes that take place in families through steps and across time. Families develop across time via the events that happen to the individual or the entire family. Challenges and obstacles that a family goes through makes them more knowledgeable. Through time, all the obstacles they face together will give them experience to solve future difficulties.

The Conflict Theory believes that life involves discord. It sees society more divided than cooperative. Conflict isn't always a bad thing; it's a common part of family life. Conflict allows one to see the points and views of the other person's perspectives. Conflict is bound to happen since not everyone thinks the same way. Sometimes conflict occurs in order to protect one from making bad decisions. Through conflicts, we are able to the opposing viewpoint, allowing one to think more critically about decisions that are yet to be made.

The Symbolic Interaction Theory looks at how one interacts with somebody else. It can elicit both positive and negative reactions depending on the circumstance. It's true that in order for an interaction to take place, there must be a minimum of at least two people who act and respond to one another. However, interacting is more than just reacting to others. We have to interpret the meaning of what others are trying to say through their gestures or actions. Overall, communication depends on how well we interact with one another.

Poor interaction results in misinterpretation and confusion. On the other hand, good interaction gives one a good sense of understanding of others thought and opinions. The way we communicate and interpret each other is a key factor to understanding one another.

Out of all the theories, the Symbolic Interaction Theory is my favorite. It explains how interaction is an important factor of communicating with others. If one can't interact well with their family members, they will be unable to get their message across. It is vital to know how to interact well with others for them to understand you, and for you to understand them.