

Theories of Conflict

Meaning-Making: How we co-create meaning through “supplements”

Assume you receive a phone text from a loved one like your mother. The text says “I haven’t heard from you in so long, and I was growing worried that something was wrong”.

The words on the message will gain their meaning from the way you “supplement” them. In the spaces below, write how ***you understand the message*** if you see the message as:

An expression of love:

A reasonable expression of worry:

A way of undermining your self-confidence:

An attempt to create feelings of guilt: