Personal Essay

Institution Affiliated

Date

People do things and get into different things that they do not even know how or why. One of the reasons why this is the case is because many forces are at play every time. For example, a person gets into a relationship or stays in a particular job due to these forces. These forces are referred to as principles of compliance. These forces have also affected me in my relationship life.

Looking back I now realize that these forces affected my choice when I was fifteen. One of the principles of compliance that affected my relationship life is the consensus principle. This principle comes up when someone feels that they need to make a choice that is popular amongst the people they have respect for. For example, the respect that one has in friends, forces them to make the same decisions as their friends. This happened to me because every friend of mine was in a relationship and I was treated like the outcast because I was not dating yet. In order to continue being a part of them, I had to get into a relationship too which I did. The fear of being an outcast still followed after this because even when I wanted to break my relationship because it was not fulfilling enough I still did not do it in a bid to do the popular thing, which was being in a relationship. My decision to stay in that relationship was only because others were in a relationship and I did not want to feel like I did not fit in and as such I had to do the ‘cool’ thing.

Another principle of compliance that has been at play a lot of times in my continued stay in my relationship is the principle of reciprocity. This principle of compliance comes at play when something good, may undeserved, is done to an individual and now the person who receives such a thing feels obligated to ‘pay back’ the person who gifted them in the best way they know how. For example, when some feels that they are not popular enough or good looking enough to attract the members of the opposite sex but someone of the opposite sex still decides to be with them, such a person will do everything to ensure that they kind of ‘pay back’ to this other person and this would mean that even if things are not good, such a person will rarely want to leave. This is one of the principles that really affected my relationship life. For some time I did not feel like I was worthy of being with my spouse. The reason for this is because I did not feel popular enough to even be in this relationship. This made me to always feel like I had a debt I owed and had to always keep on proving myself so that I would not be left for a better person who was more deserving than I was. This would make me to endure a lot of heartbreaks and I always felt like I was buying approval every time. This is because of the things I did, like saving money that I could have used to buy cool things for myself only to use the money by buying things for my spouse. All this was aimed at paying back for the ‘favor’ done to me. This was unfair to me but I did not feel like it was the case at the time.

Another compliance principle that I experienced in my relationship is the principle of consistency. When this principle is at play it means that someone will keep doing something that is in consistent with their beliefs. This means that no matter the situation at hand, someone will still be loyal to what they have been used to believing and what they have decided to commit themselves to doing in the past. Someone does not change just because of a situation that arises if by changing they will be going against their beliefs and their prior commitments. I do not believe in paying wrong things by doing other wrong things. Even if someone does something bad to me, I either forgive and forget or leave things be without getting my revenge. This is because I have been groomed to believing in forgiveness. In my relationship, many wrong things were done to me and my friends’ advice was that I should also get revenge for such wrongs. Like when I was cheated on, my friends though that cheating would have been a good idea but I did not find it to be a good idea. One of the reasons why this is the case is because I do not get revenge and another thing that I am committed to doing is being faithful to my partner no matter the situation. These things made me to be able to avoid cheating. Looking back, I think that this compliance principle made me to go through a lot of difficult things that would have been avoided if only I would get back. This is because by getting back, my offenders would have stopped hurting me.