

P1: User Research

HCDE 418 | April 30, 2021

Valerie Adams, Sherlock Ai, Shreya Senthil, Cindy Zhao

Stakeholders

With the topic of our project in mind, reflecting in relationships, we found it appropriate to interview and survey people under that distinction. We defined those in relationships as someone who considers themselves to have a significant other, whether that may be recent, longterm, serious, casual, etc. We wanted to get responses that would allow us to collect data on circumstances for a variety of situations to emulate what different relationships in the real world would look like. Therefore, our stakeholder list consisted of people of all ages and backgrounds who consider themselves to be dating someone in any shape or form.

Research Questions

- How do couples want to reflect (individually, together, synchronously, asynchronously)?
- Who has a need for reflection in a relationship?
- What does people's current reflection on their relationship look like? (How often, how successful, what is it?)
- Why is reflection important for this relationship?
- Where do people tend to reflect on their relationship?
- What are the pain points in the current relationship reflection?

Methods

When collecting data, we went with a two method approach, interviews and surveys. The first method we conducted was interviewing. Each member of our team conducted one to two thirty minute semi-structured interviews where we asked the interviewees a set of predetermined questions in a specific order. The interview started with us introducing ourselves and giving context regarding the project. Next, we moved on to asking some basic questions about the interviewee and their relationship to get context of what their current relationship status is and for how long. We then wanted to get a better understanding of what reflection meant to them and what triggers reflection in their relationship. We asked if this reflection takes place individually or with their partner, and the interview ended with the interviewee walking us through a specific example of a time where they reflected. The interview was conducted in a

conversational manner to keep it natural and comfortable. This method of interviewing was preferred since it allowed us to ask personal questions in an intimate setting and get immediate data that we could ask followup questions about.

While interviews provided detailed insights of individuals qualitatively, the data sample is limited. We conducted a survey to gather more data to better determine users' needs, get more general thoughts and experiences to have a better understanding of our intended audience. We collected and analyzed 59 responses for the 5 minutes survey. Participants rated different aspects of reflection in their relationship as well as explained some of their processes and specific experiences. Optional long answer responses were provided for these qualitative questions if the participant willing to share their detailed experiences so we could also validate our findings in interviews. We believe our research question could be answered by researching our users from both qualitative and quantitative sides.

Findings

An important finding from our research is how people tend to reflect in their relationship. Overwhelmingly in the survey results, 83% of participants chose “Thinking to yourself” when asked how they reflect. Talking with others and looking through photos/videos were the next highest ways of reflection found through the survey, respectively. Notable answers also include listening to music as well as writing/journaling/poetry, but not as many people answered those options. These ways of reflection come through in our interviews and long-answer survey responses as well, with participant VA2 stating, “I definitely do a lot of thinking on my own. It’s kind of hard to think about what’s best for me when I’m with my partner” and a survey participant writing, “If we have a minor disagreement I’ll reflect on it on my own to sort through how I interpreted, what I think he could have been thinking, possibilities of what he’s could actually be thinking.”

Another finding from our research is that there is no major preference for solo reflection compared to partnered reflection. From our survey, 49% of participants voted that they had no preference for either options. However, when prompted on the survey if there was a difference in positive versus negative reflection, many participants said that they needed time to reflect and process negative experiences by themselves or with friends, before reflecting with their partner, if at all. From our survey, we found that around 30% of participants rated themselves to have a higher tendency to ruminate after negative experiences, which is usually conducted alone or with friends rather than with their partner. Positive memories on the other hand are easily reflected upon together. From these results we can deduce that both partnered and solo reflection are used, but the difference may lie in if the memory is positive vs. negative.

Furthermore, the differences in reflecting on positive versus negative memories extend beyond solo versus partnered reflection, also revealing a difference in depth of reflection. Many participants from both interviews and our survey mentioned that reflecting on negative memories often was accompanied with more contemplation, analysis of the situation, and formation of a certain stance on the situation. For example, one survey participant mentioned, “I tend to analyze the negative memories - what upset me, is it valid to have been upset, how could I communicate with my partner what I felt, how could I avoid the situation again, what does this mean in our relationship, etc. In reflecting on positive memories, I enjoy looking at the pictures and just remembering the day/event. I don't tend to analyze my positive memories.”

Define Design Requirements

- The solution should incorporate both Individual & Partnered Reflection and place extra emphasis on individuals. While half the participants think reflecting alone and together are both important, 36% prefer to reflect by themselves.
- Supporting reflection instead of rumination, as participants found them sometimes doing rumination instead of reflection.
- Separately supporting reflection on both positive and negative memories, as people reflect them differently.
- Memories through photos, text, and audio, media would help people for visualization and trigger reflection.
- Gender neutral, as we should support all relationships for all human beings.
- Allowing people to reflect at their own pace/on their own time, as people don't want a pushed reflection, especially on a sensitive topic.

Refined Design Question

We've decided to refine our design question from “How might we support reflection in relationships?” to “How might we support individual *and* partnered reflection in relationships?” There was no strong preference for individual reflection versus reflection done with their partner. Many participants did a mix of both, or even started individually and then moved to partnered reflection. Do to this finding, we need to somehow be flexible in our reflection design allowing those in relationships the opportunity to reflect in either or both ways.

Appendix

User Interview Questions

- What is your current relationship status?
- How long have you been in your relationship?
- What does “reflection” mean to you? What about in terms of your relationship?
- What constitutes a special occasion in your relationship?/What are some special experiences you’ve had in your relationship?
 - In what ways do you document these?
- When you’re not with your significant other, how often do you find yourself thinking about them or your relationship?
 - Do you ever document your thoughts/feelings? If so in what medium?
- When you and your SO are experiencing turbulence in your relationship, how do you go about resolving it?
- Do you tend to reflect on your relationship by yourself or with your partner more often?
- Walk me through a time when you reflected on your relationship.
 - With or without a partner? How comfortable are you reflecting together?
 - What methods and medium?
 - What triggered this reflection?
- Is there a difference in how you reflect on positive memories vs. negative memories from your relationship?
 - Do you tend to share these thoughts/feelings with your SO or keep them to yourself?
- What are your favorite forms of self-expression?
 - Do you ever use these methods to reflect on your relationship?
- Is there anything else about reflection in your relationship that you’d like to mention that we didn’t cover?

User Interview Transcripts

Interviewer: Valerie Adams

Interviewee: HN

Date: April 19, 2021

Time: 3:20 PM

Location: Zoom

Transcript:

VA: What is your current relationship status?

HN: Taken, with a boyfriend

VA: How long have you been in your relationship?

HN: 1 year and 4 months

VA: What does "reflection" mean to you?

HN: Like, thinking about past experiences that I've had and maybe how I would do it differently. Or like looking back if I'd do something differently or what I thought at that time, or how that impacted me.

VA: What about in terms of your relationship?

HN: The first thing that comes to my head is thinking about memories and good times, bad times, or also at the very beginning, reflecting and thinking "Oh my gosh, that was so embarrassing."

VA: So you're saying good times, bad times, but what constitutes a special occasion in your relationship? Or what are some special experiences you've had in your relationship?

HN: I guess what would constitute a special occasion would be like an anniversary. That's the main thing that we would count as a special occasion, or maybe a birthday, something like that.

VA: From that, and of course you don't have to go into details, but other than anniversary or birthday, what would you consider to be a special occasion in your relationship? This could still be an anniversary.

HN: I think there are more than just an anniversary as a special occasion, but I wouldn't celebrate every special experience I have, but I would celebrate an anniversary, so I guess that's my differentiation.

VA: In what ways do you document these? Or do you document them?

HN: Sometimes we take pictures, but most of the time it's just up here [points to head], in my brain. Sometimes pictures, like I'll send my mom pictures of the food we're eating or tell her about the restaurant we went to for our anniversary or something like that. Or I'll try to take a picture if we're doing something more than just hanging out, but usually I just try to remember it.

VA: When you're not with your significant other, how often do you find yourself thinking about them or your relationship?

HN: I think it kinda depends, because I feel like I'm subconsciously thinking about them, but I don't think I'm ever actively thinking about our relationship. I mean I do, but I would say if I'm thinking about it and we're not together, it's because something big is coming up like a date or an anniversary, or we're in a fight and I'm just thinking about that. But, I don't know, I probably think about him fairly often. He's just been in my life for so long that he's kind of just there, I don't have to actively think about even how much I'm thinking about him since he's just there.

VA: Do you ever document your thoughts/feelings? If so in what medium?

HN: I guess if I do document it, it's just me texting my friend Hannah saying, "Oh Tony did this...I was just thinking this.." but I don't do anything more than that.

VA: When you and your SO are experiencing turbulence in your relationship, how do you go about resolving it?

HN: I try to be pretty upfront when something does happen, saying that "This is what happened, this is what you did, this is how I'm feeling about it," and then give him a chance to tell his side. We try to FaceTime to talk about it instead of being over text since it's a lot easier to take things the wrong way when you send things over text. One of the big things that I think we've finally figured out is that for him, he needs a plan of action going forward of what he can do to make sure it's not going to happen again. So my thing is I'm more upfront about how I'm feeling because I'm not very good about that. We just try to make sure we both understand what we each need to do to make sure it doesn't happen again.

VA: Do you tend to reflect on your relationship by yourself or with your partner more often?

HN: I was actually just bringing up something from the beginning of our relationship yesterday, and when we talk about things like that, we kind of just laugh, like "Ha Ha, remember when we

did this? ... I can't believe this was that long ago..." Sometimes I just think how I can't believe that has turned into what it is, ya know? But I think I'm a lot more serious about reflecting, whereas when we're reflecting we're kind of just reflecting and joking on things we've done in the past.

VA: So you kind of just did this, but walk me through a time when you reflected on your relationship. This can either be what you just talked about or other things.

HN: Yeah, so obviously being in a pandemic was hard, I went home to Renton and he went home to Minnesota. So we had a pretty significant, well not that significant, but a pretty big time difference between us, and it was a lot since we couldn't really talk at night because I'd be doing something while he was getting ready for bed or I'd be waking up later than him in the morning and he'd already be working. We weren't super early in the relationship, but it was still an awkward stage of being comfortable with each other and also being at the beginning, so I think that like during that time I just did a lot of reflecting. He was pretty far away, it took a lot of energy to make a long distance relationship work, so I just thought a lot about that.

VA: So would you say your method/medium of reflection was just thinking? Or was there something else you would use?

HN: Yes

VA: So what would you say us triggering that reflection? For instance, you said you were just saying something to Tony yesterday about early in the relationship, what triggered or caused that?

HN: Oh, why did I bring that up? Oh I was looking through photos and we had just started to get to know each other around Halloween last year, and we dressed up in a couples costume together but we didn't really know each other that well. I saw the picture, and I don't remember what I was really looking at but I went back and saw the picture of us from Halloween. He ended that evening puking and I kind of just commented, "I remember I still thought you were cute even though you were puking," so I think mostly pictures or I don't know, sometimes it just pops into your head. Or if we went to the restaurant we went to on our first date, I'd be like, "Hey.. remember?" Which I'd hope so!

VA: Is there a difference in how you reflect on positive memories vs. negative memories from your relationship?

HN: I think when I'm reflecting on negative memories, I feel like if I just thought of something negative, or we're in a fight and I think of something from the past that was negative it would make me even more mad. I try not to think too much about the negative memories, whereas positive memories make me laugh. But I think I do. They probably wouldn't be brought up in the

same way. Like if I looked at a picture I wouldn't think, "Oh, we got in a fight that day" [said with disgust], but if I saw a happy memory I'd say, "Oh, that was a fun day."

VA: So when they are positive vs. negative, does that change how you would share that reflection with your partner?

HN: Yeah, I think a positive memory I'd tell him "Oh remember this!" [said excitedly] but if it was negative I'd say "Oh remember when you did this!" [said angrily]. I'd probably just be a bit more mad. Or I might just bring it up to stir the pot [laughing while saying this]. "Hey remember when you did this?? Do it again, I dare you!!"

VA: What are your favorite forms of self-expression?

HN: Could you give me some examples?

VA: Like, drawing, writing, music

HN: I like to paint, but I wouldn't really put myself in the situation. It would have to be like an event or a reason to go out of my way to paint. I guess music is probably a good one. Definitely not writing, I left those days in middle school.

VA: Do you ever use that method of self expression to reflect on your relationship? Either personally or with your partner.

HN: I don't think so, I don't necessarily listen to happy music when I'm happy, or sad music when I'm sad, I kind of just go all over the place, so I don't think so. I just put on a sad playlist and be like, "These songs slap" but I'm still in a good mood. I'm not asking Tony to check my Spotify and say, "Oh god, she's listening to breakup songs, she's about to breakup with me"

VA: Is there anything else about reflection in your relationship that you'd like to mention that we didn't cover?

HN: When we're just hanging out, I just really like to ask "What's your favorite memory of us?" so I do bring it up a lot just to see how it changes as we have more memories.

VA: And would you say that's more on your side? Or is it both of you sharing that same thought?

HN: No he probably doesn't think about it. It's probably just me.

VA: Well, anything else?

HN: Not that I can think of.

Shreya's Interview Transcript

1. What is your current relationship status? Long-term relationship with boyfriend. As of two years we have been doing a long distance relationship.
2. How long have you been in your relationship? On and off for three and a half years
3. What does "reflection" mean to you? What about in terms of your relationship? I think reflection is taking time to think about things without distraction or external influence. In terms of a relationship, I think reflection is taking time to think about what you have said or done and how that impacts the other person and their feelings. I also think it is taking the time to think about how the relationship is going and where it is going.
4. What constitutes a special occasion in your relationship?/What are some special experiences you've had in your relationship? I think anniversaries, birthdays, and milestones are all special occasions for us. We go out to dinner or walks, and before covid we used to go see movies and spend time with friends. Since we are long distance, any time spent together is considered special since we do not get to see each other much.
 - a. In what ways do you document these? Sometimes we take photos together but we don't tend to post on social media or anything. We both like to keep our relationship private.
5. When you're not with your significant other, how often do you find yourself thinking about them or your relationship? I think about him often, several times through the day or when something reminds me of him. We also text constantly since we do not get to see each other often and also call a few times a week.
 - a. Do you ever document your thoughts/feelings? If so in what medium? I will send messages or call him to share my thoughts - I used to write letters because we have been long distance for the majority of our relationship, but that was too much work.
6. When you and your SO are experiencing turbulence in your relationship, how do you go about resolving it? Usually we take some time apart and don't speak to each other for a few hours to cool off. Then we come back together and try to find a compromise and at least hear each other out.
7. Do you tend to reflect on your relationship by yourself or with your partner more often? I think we talk about our relationship fairly often. When I'm by myself I spend most of my time worrying about tasks in the present and school. When we end up talking, we'll reflect on our past but more often think about our future plans.

8. Walk me through a time when you reflected on your relationship.
 - a. With or without a partner? How comfortable are you reflecting together?
We were reflecting on our relationship together, we're very open with each other about what we expect in the relationship.
 - b. What methods and medium? We usually talk over the phone or over facetime since we are apart, but we usually end up talking about our plans after graduation.
9. Is there a difference in how you reflect on positive memories vs. negative memories from your relationship? I don't really spend too long reflecting on negative memories, mostly because we address it while it's happening and move on so we aren't keeping score or bringing up old issues.
 - a. Do you tend to share these thoughts/feelings with your SO or keep them to yourself? We don't tend to talk about negative memories, just because it feels like going in circles and it only causes issues like insecurity and tension. After
10. What are your favorite forms of self-expression? My favorite form of self expression is painting or drawing and listening to music while I'm doing it.
 - a. Do you ever use these methods to reflect on your relationship? Not typically, but once in a while when I draw I think about happy memories or places that connect to our relationship. Certain songs will also remind me of my significant other if it is something he showed me or we have listened to together.
11. Is there anything else about reflection in your relationship that you'd like to mention that we didn't cover? Not really, I think leaving things in the past and openly discussing things that bother us is what we're working on and we covered that in the other questions. It is still a work in progress and I am trying to get better at leaving negative memories in the past, but we are doing well.
12. We also might be having a focus group soon, would you and your partner be interested in participating? (Might need more insight into what we're doing in this before asking ://) Probably, it depends on how long and what day but we will likely be able to participate.

Interviewer: Valerie Adams

Interviewee: CY

Date: April 20, 2021

Time: 3:45 PM

Location: Zoom

Transcript:

VA: What is your current relationship status?

CY: I've been in a relationship for a little over 6 and a half years now.

VA: Great! So when I say the word "reflection" what does that mean to you?

CY: When I think of reflection, I just think of thinking back on my past experiences and just kind of learning from them.

VA: And in terms of your relationship, if you hear the word "reflection" what do you think about then?

CY: I just think about thinking back on all the things we've talked about and all the things we need to improve on, and how to apply them in our current status I guess.

VA: So, in terms of your relationship, what would constitute a special occasion or experience?

CY: In terms of a special occasion I would say an anniversary or a birthday, or any big milestone. And then special experience, just something we as a couple have never done before, something we've been wanting to do together, which would make it special I guess.

VA: So when these experiences, things, times, whatever, when they occur in what ways do you document them?

CY: I mean obviously we take photos. Sometimes I like to post on instagram or snapchat, or any form of social media. Most of the time, we don't really like to be on our phones that much, so we just kind of try to like live in the moment.

VA: So when you aren't with your partner, how often do you find yourself thinking about them or your relationship?

CY: I'd say very frequently, probably like the majority of the time that I'm away from them, I'm constantly thinking about him. And I know that's kind of cheesy.

VA: Do you think that that's changed at all over the years you've been together?

CY: I do think that there have been a lot more things on my mind besides my relationship, especially coming to college, I've had a lot more on my plate so I definitely think that's changed.

VA: When you are thinking about them when you aren't together, do you ever document those thoughts and feelings? If so, in what methods or mediums?

CY: I do like to journal sometimes, so if I'm feeling lonely or something like that I'll record that in my journal, or I'll text my boyfriend, "Oh, I miss you." But nothing really extreme.

VA: No there's nothing too extreme! It's all personal and up to you. So if you and your partner are ever experiencing turbulence, how do you go about resolving that?

CY: I mean, we usually talk it out. We kind of just both express the way that we're feeling and then we try to work towards a solution that will work for both of us.

VA: Do you think that that has also changed over the years?

CY: Oh, definitely. I feel like our communication styles have become a lot better and we know each other a lot better now that we don't even really need to talk that much when something is wrong because we know each other so well by now.

VA: Yeah, that makes sense. So if you are reflecting on your relationship like you've been saying, do you tend to do that more by yourself, or more with your partner, or equally?

CY: I definitely do a lot of thinking on my own. It's kind of hard to think about what's best for me when I'm with my partner. Obviously I want to do as much as I can for him, but I also need to things for myself as well. So I definitely spend a lot of time on my own just thinking about it, but I do spend a lot with him. But I definitely think about it a lot more myself.

VA: Great! Can you walk me through one of those times you reflected on your relationship? You don't have to go into too much detail, but things like was it by yourself, with your partner, how did you do it.

CY: I think early on in our relationship it was difficult to communicate with each other, especially during hard times because I'm a very reserved person, I don't really like to talk about my feelings, that makes me uncomfortable. And he's kind of the same way, we're both pretty uncomfortable talking about our feelings. But I think as we grew and matured it's been a lot easier to talk about how we feel. So if I'm upset about something I'll just come out and tell him. And sometimes that's hard for me, I do still revert back to when we were first dating and I wouldn't say anything, I'd just close off and not talk. But, I think now I do try to tell him how I'm feeling and he tries to understand what I'm saying and what I'm feeling and we both kind of come to an agreement that works for both of us, we'll both apologize for getting upset and doing things that make each other unhappy.

VA: Great, so in that and those moments of reflection, what has been a trigger for reflection for you?

CY: I just think that what really makes me reflect is when I'm feeling really upset. I have to reflect on other times that I've felt the same way and what I've done in those instances. I mean, it's definitely important to think about what's best for me and how to go about resolving this situation and not just thinking about what's best for him.

VA: That makes sense. When you're reflecting in your relationship is there a difference in how you're reflecting on your positive memories vs the negative memories in your relationship?

CY: I guess it depends on the circumstances. If I'm having a really bad day, I try to think back more on those positive instances, and if I'm fighting with my boyfriend for whatever reason sometimes my mind does go to those negative instances because, I don't know, my mind is so self destructive. I'll try to make myself more angry, I don't know why.

VA: And so do you ever tend to share those thoughts and feelings with your partner, especially when they're about reflection moments?

CY: Yeah, I do sometimes. Most of the time I like to keep them to myself.

VA: What would make you say it versus not saying it?

CY: If it's more positive I like to share that with him because then it's like, "Oh, remember when we did this? That was so fun!" But if it's a more negative memory, it's like, "Oh, maybe I shouldn't bring that up again."

VA: Makes sense! This one might sound a little weird, but what are your favorite forms of self expression?

CY: In a relationship? Or just in general?

VA: Just in general!

CY: I feel like I'm a very outgoing person, I like to talk a lot and I'm a very chatty person. I think my clothes are personal in my self expression, and just the way that I carry myself basically.

VA: Do you ever use these methods to reflect on your relationship, or do they ever play a role?

CY: Yeah, I feel like unintentionally sometimes when I'm feeling really negatively about my relationship I'll dress really frumpy, I won't even try to look cute. And that's not even intentional, it just happens. But I've noticed it does happen when I'm in a really bad mood or I'm fighting with my boyfriend.

VA: Well that's kind of it, is there anything else about reflection in your relationship that we didn't cover?

CY: No, I think I'm good!

Interviewer: Sherlock Ai

Interviewee: SZ

Date: April 21, 2021

Time: 2:00 PM

Location: Zoom

Transcript:

What is your current relationship status?

Long term relationship with my boyfriend.

How long have you been in your relationship?

About 900 days.

What does "reflection" mean to you?

I'd say experience.

What about in terms of your relationship?

Then... hmm... communication. It is important.

What constitutes a special occasion in your relationship?/What are some special experiences you've had in your relationship?

Let me think for a moment. So it's a fun little thing. We've been playing games together since we haven't been in a relationship. Before in the relationship I used to compliment him because I think he's great at it. But after we were together I often... trolling him instead. I just feel like, when I'm with him I have a different requirement for him.

Did this cause any effect on your relationship?

Yeah we had a big fight about it when we were just together. But I tend to not go over the arguing.

In what ways do you document these?

Not really for it. But I do have a memorizing app for our whole relationship, like it documents the total days we've been together.

When you're not with your significant other, how often do you find yourself thinking about them or your relationship?

It's hard to say, we call each other frequently and usually just hanging there and doing other things. So even when we were not together I didn't really feel like I wasn't with him.

When you and your SO are experiencing turbulence in your relationship, how do you go about resolving it?

Communication I'd say. After we all calmed down. Cause we don't have any principal problems and both of us don't make a fuss.

Do you tend to reflect on your relationship by yourself or with your partner more often?

I'd say both. We usually stay away from him for a little bit and try to calm down when we have a fight. Then we negotiate together.

Walk me through a time when you reflected on your relationship.

So, after we have a fight, We usually stay away from him for a little bit and try to calm down, then someone will make some noise to grab the other's attention. Then usually he will sweet-talk me even though he's still mad, after I forgive him I'll then sweet-talk back to him to make both of us happy.

Is there a difference in how you reflect on positive memories vs. negative memories from your relationship?

I occasionally do a reflection in the relationship, but usually if that's something that will make him happy I would let him know.

Do you tend to share these thoughts/feelings with your SO or keep them to yourself?

If I suddenly think of it one day I may say a few words.

What are your favorite forms of self-expression?

Listen to music.

Do you ever use these methods to reflect on your relationship?

Never. Cause I usually listen to uplifting music, and these are just too exhilarating for reflecting.

Is there anything else about reflection in your relationship that you'd like to mention that we didn't cover?

I think no.

We also might be having a focus group soon, would you and your partner be interested in participating? (Might need more insight into what we're doing in this before asking :///)

Maybe not, me and him both don't like this kind of occasion.

Interviewer: Cindy Zhao

Interviewee: MK

Date: April 20, 2021

Time: 2:20 PM

Location: Zoom

- **What is your current relationship status?**
 - In a relationship with my boyfriend.
- **How long have you been in your relationship?**
 - We've been together for almost 8 months
- **What does "reflection" mean to you? What about in terms of your relationship?**
 - Thinking about the past and actions that I've made and thinking about if I could have made a better decision or not. It's mainly about the past and any experiences.
 - I look at how my relationship was in the beginning versus how it is now and seeing how there is improvement or if there is the same behavior. Reflection is mostly about experiences but also sometimes happy memories.
 - **Do you ever find yourself ruminating more than reflecting?**
 - I think I ruminate more than reflect on it. Reflection is trying to look at it without bias but it's so hard when you're in it.
- **What constitutes a special occasion in your relationship?/What are some special experiences you've had in your relationship?**
 - **In what ways do you document these?**
 - When we plan to do something nice together. Set aside time to do something special together. Doesn't have to be a holiday.
 - Spontaneous occasions are more preferable. First date was special, going to LA together, going hiking in the summer Heather lake and Lake Serene. Going out to dinner last night was really nice. We went to pike place randomly, which was cool. Spontaneous adventures or activities.
 - I do document them, but I don't post it. I like to use Snapchat and save my memories to later look back on. Or I'll take a picture on my phone. Both videos and pictures.
- **When you're not with your significant other, how often do you find yourself thinking about them or your relationship?**
 - **Do you ever document your thoughts/feelings? If so in what medium?**
 - I do think about it a lot. Not like all the time, especially when I'm with other people. But when I'm alone and not doing anything, I'll think about it. I also feel like I'm in a weird phase because we recently had a fight. I'll think about it if I see

something that reminds me of him, but other than that I'm focused on what I'm doing.

- The only time I ever document stuff if I'm really upset. I'll write about it in Evernote and it makes me feel better. Notes are just for me.
- **Do you ever look back on them?**
 - A few times a year, but not super often. 1-3 times a year. It's just to see where I was at before. I just like to look back, not to see my progress, but to see what I was thinking years ago. I just do it to document things, not just my relationship. Sometimes it's like what I did in a day.
- **When you and your SO are experiencing turbulence in your relationship, how do you go about resolving it?**
 - I feel like usually before I bring up an issue, I think about it a lot before I bring it up to him because I want to make sure I approach it in a way that's understanding but not attacking him. In my past relationships I've talked before speaking. If something bugs me a lot I just have to say it. We're not yelling at each other, but if one of us says something that's upsetting, we'll take a long pause to think about it. I feel like it takes him a little awhile to understand from my viewpoint. He has to think about it for a while before saying sorry. But if it's my fault I immediately say sorry. Sometimes if it's a really bad fight I'll talk to my friends about it to see how to approach it. Sometimes I don't know if I'm overreacting or if it's even worth bringing up. Sometimes I'll write down my feelings in Evernote, but not that often.
- **Do you tend to reflect on your relationship by yourself or with your partner more often?**
 - I feel like it's always by myself. I would prefer to reflect together more though. But I just don't think it's something he even thinks about.
- **Walk me through a time when you reflected on your relationship.**
 - **With or without a partner? How comfortable are you reflecting together?**
 - **What methods and medium?**
 - Recently thinking about the big fight and thinking how it's really tough and thinking about if I were with anyone else I wouldn't have to deal with it. It's so hard to make a decision. I'll think about my other relationships in comparison to my current one, but then I stop myself. Sometimes I think too much about bad times that I can't even remember good times. But I definitely am happier than I was before in the relationship when we first met. When I reflect on the early stages of my relationship it makes me sad, but he sees it like we've come a long way from before. The only reason I think the opposite of him is because I have

always put a lot of effort in the relationship, so he's improved, but I've always been steady.

- We're comfortable talking about the happy memories, but he doesn't like to talk about the early stuff from the relationship. Harder to reflect on negative memories together.
- **Do you wish you did?**
 - Yes, I do wish we would talk about it more. It's harder for him, he always brings up something else randomly.
- **Is there a difference in how you reflect on positive memories vs. negative memories from your relationship?**
 - Do you tend to share these thoughts/feelings with your SO or keep them to yourself?
 - When it's negative, I'll think about it by myself. When it's positive, we'll talk about it together. I look at snapchat memories and those make me happy. I also like to listen to songs that he introduced to me and that make me happy.
- **What are your favorite forms of self-expression?**
 - **Do you ever use these methods to reflect on your relationship?**
 - Writing, reading, I feel like I don't even do that much. Usually I just like to talk to people. That's all I have.
 - Yes, I do.
- **Is there anything else about reflection in your relationship that you'd like to mention that we didn't cover?**
 - No, but I feel like now I want to write down the good memories so that I can reflect on them better.
- **Do you feel like reflection on the past has a significant impact on your decisions on the future?**
 - When you think about the past, it's kinda the foundation of your relationship. Both people have to change some parts of them for the relationship. If it's like a relationship you want to keep.

