Wellness Assessment

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DSC-201

Journal 4

My personal views regarding social wellness are centered on three key issues, namely love, friendship, and relationships. Unconditional love is the choice I have to love another person without expecting anything in return. I can as well opt to love myself unconditionally. I would demonstrate my self-love by treating myself to things that make me feel happy such as going out for holidays to escape the pressures of life.

Friendship for me is important since I get to share my problems with friends and listen to their issues. A true friend will always find time to share your happy and sad moments. This is true when you have a close person who does not give excuses for failing to check up on their friends. Contrary to this is in a bad situation, and friends suddenly have no interest in you or your life. While I appreciate having a close relationship, I prefer having friends who can balance intimacy and distance. I feel like adult friends have the right balance because they pry less into my life, unlike childhood friends who interfere more with everything. I hope to answer several questions concerning how broader relationships help shape my opinion about friendship and love. My family has been a great influence on my perception of friends since I have witnessed how my parents treat those they consider close friends.