

# Relationship Trajectory

12/26/24

I'm working on mapping out how my relationships evolve over time using a scale I created from -10 to +10, where:

- +10 is the purest relationship possible, like with my young child
- +8 means love
- +5 is like a best friend
- +1 means I know them
- 0 means I don't know them
- Negative numbers mean difficult relationships, all the way down to -10 for real enemies

## **ADD:**

### **Life Partners:**

So maybe three new columns for life partners:

Entangled Happiness

Transient Happiness

Typical 5 year Degradation

Here's what I'm seeing in my data:

My family relationships (my kids, siblings, and parents):

- These are my strongest bonds, usually sitting at 8-10
- They're super stable early on
- They do drift down a bit over time, but even after 35 years they stay pretty positive (5-7)

With my friendships:

- Best friends take time to build up (from 0 to 6) then level off
- Good friends stay steady around 3
- Regular friends hover around 2

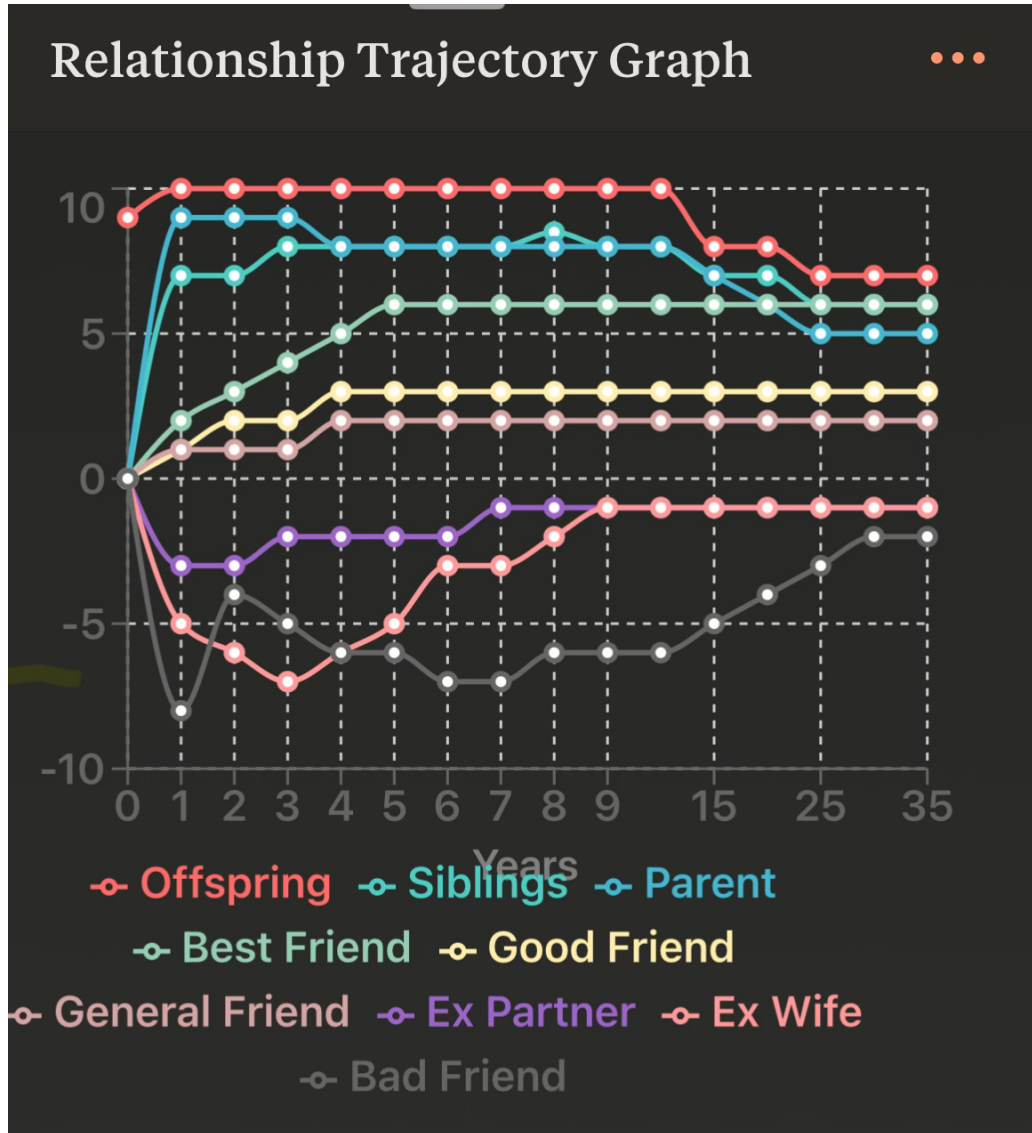
Looking at my past relationships:

- Ex-partners and spouses drop pretty quick into the negatives
- They do get better over time but stay below zero
- Ex-wives hit lower points initially than ex-partners do

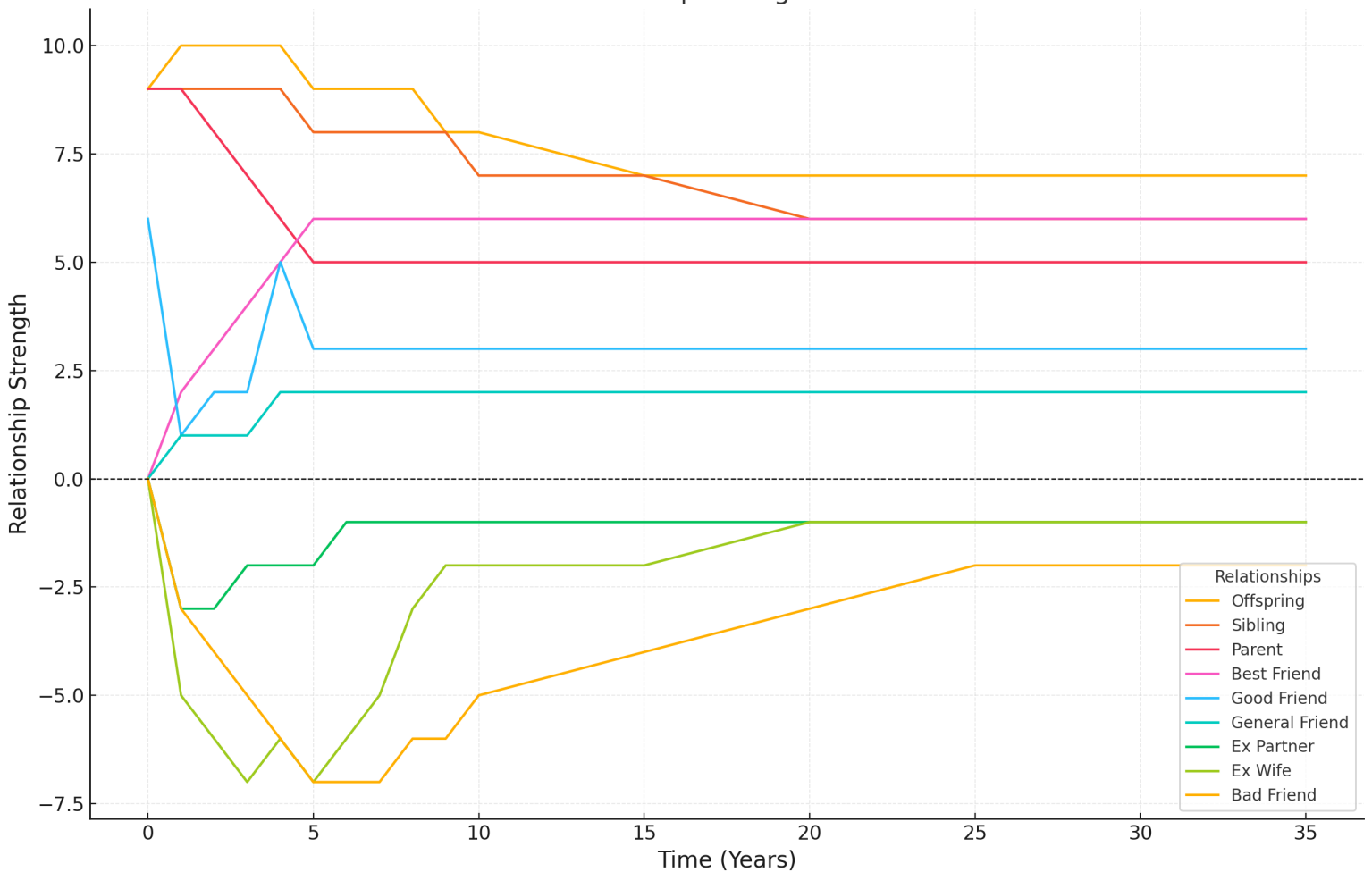
And with bad friends:

- These take the biggest dive at first
- They slowly get better over many years but never really become positive again

What's interesting is how I can actually put numbers to something as complicated as my relationships. It shows me how some naturally fade a bit over time, while others find their level and just stay there.



The Relationship Strengths Over Time



## Interpretations

### ChatGPT 4o

Let's break this down in a more human, practical way, focusing on what the data might mean about relationships over time:

#### 1. Offspring

**Trend:** Their relationship starts strong (maximum score of 10), and while it decreases slightly over time, it remains very high, stabilizing around 7.

**Meaning:** This likely reflects the deep, enduring connection many people feel with their children. While the initial stages of life (e.g., infancy, childhood) might involve intense bonding, this can evolve as offspring grow more independent. Even as the bond matures, it remains consistently strong.

#### 2. Siblings

**Trend:** Starts high at 9 and gradually decreases to around 6.

**Meaning:** Sibling relationships often stay significant but can weaken slightly with time as people lead separate lives or focus on their own families. However, the drop is modest, suggesting these bonds often remain supportive and steady.

### **3. Parents**

**Trend:** The relationship starts at the maximum (9) but shows a steady decline to stabilize around 5.

**Meaning:** This reflects a typical life trajectory: a strong reliance on and emotional connection to parents during early life, which becomes less central as individuals age and take on adult roles. By adulthood, the relationship may stabilize as more peer-like but less dependent.

### **4. Best Friend**

**Trend:** Starts low (0) but climbs quickly, plateauing at a solid 6.

**Meaning:** Friendships often grow over time as trust and experiences accumulate. Once established, a best friendship can remain relatively consistent unless life circumstances cause significant changes. The steady value suggests a reliable and valuable connection.

### **5. Good Friend**

**Trend:** Starts high at 6, dips slightly, and stabilizes at 3.

**Meaning:** Good friendships can weaken as life moves on, possibly due to distance, priorities, or other responsibilities. However, these bonds tend to remain meaningful at a lower level, representing a reliable but less active role.

### **6. General Friend**

**Trend:** Starts at 0, quickly climbs to 2, and remains steady.

**Meaning:** Acquaintances or casual friendships tend to stabilize at a low but positive level. These relationships are less significant but still part of a healthy social network.

### **7. Ex-Partner**

**Trend:** Starts neutral (0), dips to -3, and stabilizes at a slight negative value (-1).

**Meaning:** Relationships with ex-partners can often sour immediately after a breakup but may mellow with time, especially when the emotional charge dissipates. The slight negativity suggests lingering hurt or unresolved feelings but no ongoing hostility.

### **8. Ex-Wife**

**Trend:** Starts neutral (0), drops sharply to around -7, then gradually rises to -2.

**Meaning:** Divorces are often emotionally charged, leading to significant negative feelings initially. However, with time, many people find a way to reduce the hostility, especially if there are shared responsibilities (e.g., children). The final score suggests some reconciliation but likely with lingering distance.

## 9. Bad Friend

**Trend:** Starts neutral (0), drops to -7, and rises slightly to -2.

**Meaning:** Negative friendships tend to worsen over time as trust is broken or issues escalate. However, like other relationships, time may reduce the emotional intensity, leading to a mild negative association rather than active resentment.

**Big Picture Observations:**

### 1. Family vs. Friends:

- Family relationships, particularly with offspring and siblings, show a high initial strength and remain central throughout life, though slightly diminished over time.

- Friendships, on the other hand, take time to build but tend to stabilize once they're established.

### 2. Conflict and Reconciliation:

- The data shows that negative relationships (e.g., ex-partners, bad friends) can soften with time. This suggests a natural human tendency toward forgiveness or at least emotional distance from past pain.

### 3. Life's Priorities Shift:

- Parents and siblings show a decline as adult independence grows, while offspring show consistent significance, reflecting the natural transfer of focus from one generation

to the next.

#### 4. Durability of Bonds:

- The strongest relationships (offspring, best friends) reflect a resilience and importance, while weaker ties (general friends, bad friends) fade into the background, showing the prioritization of more meaningful **connections**.

Data

---

# Relationship Trajectory Table



<b>Time/Yrs</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Offspring	9	10	10	10	10	10	10	10
Siblings	0	7	7	8	8	8	8	8
Parent	0	9	9	9	8	8	8	8
Best Friend	0	2	3	4	5	6	6	6
Good Friend	0	1	2	2	3	3	3	3
General Friend	0	1	1	1	2	2	2	2
Ex Partner/GF/BF	0	-3	-3	-2	-2	-2	-2	-1
Ex Wife	0	-5	-6	-7	-6	-5	-3	-3
Bad Friend	0	-8	-4	-5	-6	-6	-7	-7

# Relationship Trajectory Table



<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>	<b>30</b>	<b>35</b>
10	10	10	10	10	10	10	8	8	7	7	7
8	8	8	8	8.5	8	8	7	7	6	6	6
8	8	8	8	8	8	8	7	6	5	5	5
5	6	6	6	6	6	6	6	6	6	6	6
3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2
-2	-2	-2	-1	-1	-1	-1	-1	-1	-1	-1	-1
-6	-5	-3	-3	-2	-1	-1	-1	-1	-1	-1	-1
-6	-6	-7	-7	-6	-6	-6	-5	-4	-3	-2	-2

Time/Yrs	0	1	2	3	4	5	6	7	8	9	10	15	20	25	30	35
Offspring	9	10	10	10	10	10	10	10	10	10	10	8	8	7	7	7
Siblings	0	7	7	8	8	8	8	8	8.5	8	8	7	7	6	6	6
Parent	0	9	9	9	8	8	8	8	8	8	8	7	6	5	5	5

Best Friend	0	2	3	4	5	6	6	6	6	6	6	6	6	6	6	6
Good Friend	0	1	2	2	3	3	3	3	3	3	3	3	3	3	3	3
General Friend	0	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2
Ex Partner/GF/BF	0	-3	-3	-2	-2	-2	-2	-1	-1	-1	-1	-1	-1	-1	-1	-1
Ex Wife	0	-5	-6	-7	-6	-5	-3	-3	-2	-1	-1	-1	-1	-1	-1	
Bad Friend	0	-8	-4	-5	-6	-6	-7	-7	-6	-6	-6	-5	-4	-3	-2	-2

This format should paste cleanly into the Notes app. Each column is separated by tabs, which the Notes app will maintain. The data matches your graph exactly, including all the decimal points (like the 8.5 value for Siblings at year 8).