

Amber Ferguson

Capstone

First draft

Through filtered eyes. We see dark where there should be light. Where colors should shine true in their vibrant nature these colors fall flat. Our defenses are always up and our desire to protect ourselves ultimately drives everyone away. What could cause such a filter upon the way we might perceive the world and how could this do such damage? Emotional bonds that we form in life can have a biological and scientific impact on our natural lives. More specifically romantic bonds, bonds formed in relationships, bonds connecting us to those we love. When this bond is betrayed, when the one we love is the one betraying that oath, there is a lasting consequence. Awareness and in such, prevention is the goal of this study and it shall stem from this very thought. What is the chemical reaction in the brain caused by or that causes anxiety specifically due to cheating and how does that anxiety transfigure the chemical makeup and process in the brain towards sensory reception from an emotional and mental standpoint?

The interest in such a topic would purely serve as a catharsis and informative study. So that means the solution for this discussion is the discussion itself. If the science behind the brains anxiety response can be mapped out and a correlated or rather statistically measured, then a solution to these situation can be presented. Through said solution, it is the intention of this research paper to assist those who seek a scientific approach to the trust issues found in their relationships to gain knowledge in how to combat it. While this would serve on a solution in it's on, there is another agenda to hopefully be attained. This agenda being, if one may understand the science of it, then the problem itself goes away. The significance of the issue stems from a personal experience. The discussion of how anxiety is

interconnected to unfaithfulness and the brain's chemical response to such an issue again would serve as a catharsis. Throughout the few articles studied, there are already hundreds of people going through anxiety issues and disorders to breaches in trust. If one is to truly be free of such issues and fight it, one must understand all there is to understand about the subject. These statements may seem paradoxical or repetitive but it serves a purpose.

In order to understand or attack this subject matter there are several types of research that will need to be conducted in order to properly structure a valid exposition. Through this exposition we will create a guideline or outline to properly understand and support the thesis. First we must understand how the brain normally reacts and what bonds of trust look like neurologically. Then from this we must have an understanding of what anxiety is and again what it looks like in the brain. From this we must determine how cheating and unfaithfulness specifically causes anxiety. Then understanding this we can state the specific damages that anxiety does and how it changes sensory reception in the brain. At this point, a thorough exposition has been brought and we will have been educated in all subject matters in anxiety and brain function and can restate the thesis with the facts to support it.

To reiterate the goals of this study we have three main points that will be tackled. First is how do we understand the brain's specific reaction to anxiety itself? The network of the brain is complex. We must understand the neurobiological networks that underlay anxiety. Anxiety itself in its nature is actually to be considered "pathological". "Diagnostic criteria state that anxiety should be considered pathological when "the anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning." (Cite source one here.) What do we hope to obtain through such a statement? Anxiety is pathological. Anxiety is compulsive. Anxiety is uncontrolled. GABA assists the brain in the production of serotonin. When you think of GABA you should think of happiness. When happiness is lessened and when GABA levels are low one of the end products is anxiety.

(Introduce source 4). This article is merely a study of the amount of GABA, which is a fluid in the brain that aides in relieving anxiety. These studies referenced are intended to be used as is a 1+1=2 type of source. What is meant by this statement is merely that this article states that low GABA plus more anxiety equals major depressive episodes to monoamine systems. These systems are the liquid amounts in the brain. The article also goes to state that with increasing age and maturity that GABA naturally decays which increase the odds of more severe anxiety and depression cases. "Lower CSF GABA may explain increasing severity of psychic anxiety in major depression with increasing age. This relationship is not seen with monoamine metabolites, suggesting treatments targeting the GABAergic system should be evaluated in treatment-resistant anxious major depression and in older patients." The purpose of this article with the research paper will be a further inclination towards the understanding of the brains networking systems that are affected by anxiety and understanding how life is perceived by those with major anxiety and depression cases. The nature of all these things lead to one statement in particular. Impairment.

How can we define impairment? The inability to do something based on a controlling influence. An article was written to examine how depression and anxiety disorders are associated with diet quality. (Cite Source 3 here). The study included 1,634 individuals that had follow-ups after 9 years. This study would directly connects to the previously mentioned statement that anxiety can be an impairment on our physical behavior. Now that I have two sources that both have been cited and used in many researchers in recent years, a valid argument can be established to state anxiety has a direct impact in what we do. "Diet quality was significantly worse among subjects with a current disorder than among healthy controls." This statement was made as a result of the study. Of course more information of the study will be shown as the paper develops but this result alone is all that is needed to establish the connection between anxiety and sensory reception.

Introduce Source Two. It is good that this article is part of a journal on the international study of psychophysiology. Every nation and every demographic has a voice in this study. What is unique about this study in particular is that it highlights executive dysfunction or our ability for decision making. "Two of these factors, anxious apprehension and anxious arousal, have helped bridge the gap between psychological and neurobiological models of anxiety." From this we have two avenues of honing research in that we have a psychological approach and a neurobiological approach. The journal was written in 2015 so it is fairly recent in its study. The most useful aspect of this study for this research paper will be highlighting on the executive dysfunction and impairment that happens as a result of anxiety.

Where is all this leading? We have established networking the brain. We understand what chemicals and how the brain reacts to a state of anxiety. From this networking we discovered that anxiety possesses a characteristic of impairment. Impairment was specifically shown in diet quality in the cited source above. I can't control what I do or say because of the way I feel. I cannot control what I eat or consume because the way I feel leads me to do so. I can't process feelings the way I should and what I should feel I cannot feel due to the presence of anxiety in my life. This is merely anxiety in a general nature. The specific nature that I hope to expose hasn't even been assessed yet. For reiterations sake, that nature is that of anxiety specifically due to cheating.

What about cheating and unfaithfulness can specifically cause the chemical reaction in the brain that we understand as anxiety? (Provide exposition of Article 5). With this article we are now forming the connecting between unfaithfulness specifically to anxiety and can study the effect it has on the brain. However the uniqueness behind this study is that of a specific one extremely humiliating marital event and comparing it to the risk of depressive episodes. The main traumatic event that we are trying to correlate into the study of anxiety on the brain. "These results support continued investigation into the impact that finding out about an affair has on the mental health of the person discovering a partner

affair.” This quote in particular shows that more studies at the end of theirs are needed to discover more about how affairs have effect on mental health. However, from what information has already been gathered we can state that there is at least a major effect on mental health.

Again here we have the discussion of impairment. However, this impairment in particular stems from the discovery of an affair with one’s partner. It is a building process now that we have networking to impairment. This impairment in particular is the most important. This traumatic state is induced because the brain has created such a bond in emotional attachment. Most important, and very simply, mental health is proven to be affected by the discovery of an affair. Mental health, because of this discovery is put into a state of decay. Anxiety is the unfortunate consequence of this. Said anxiety, thus leads to impairment. It is a thorough exposition from start to finish. This happening is not a good thing for anyone to go through. These studies while useful can’t actually put into words how important it is for those affected by this impairment. This impairment causes us to completely change our day to day lives. This impairment changes the way we should happily see the world. This impairment stops our lives from continuing.

An inventory of 27 interpersonal behaviors judging the definition of cheating. Variations in the study were determined by attachment security which in turn is defined by anxiety, depression, and level of self-confidence. This study is more to define one of the main variables stated in the thesis of cheating. In turn, this would provide a further exposition on how we define the variable closely associated with anxiety. This would go to show a paradigm of behavior in that attachment security is lower in an individual familiar with the repercussions of anxiety. “We predicted variation in these judgments based on participant sex and attachment insecurity. Ratings for items ranged considerably; participants rated sexual behaviors as most indicative of cheating, then erotic behaviors, followed by behaviors consistent with a romantic relationship.” As the thesis is defined, this study will help show how close the pattern of anxiety ties into cheating.

(Change wording in this statement.) The rationale for this question stems from personal experience. The significance of the proposed topic will serve as a catharsis. If more information can be gained, than the issue can be combated. Anxiety in general is a widespread issue in many. Tracking down how it chemically will serve as a tool and equip those dealing with it a solution of knowledge. B. Again, interest came from personal experience. Lies, bended truths, and judgements from the ones who mattered most caused a major setback and a high increase in anxiety and thought process. C. in studying anxiety, one most fully understand all aspects. First, the chemical response in the brain must be understood. Second, how unfaithfulness produces this effect. Third, how this data correlates through different age groups. Lastly, one natural methods there are to be used as solution and how knowledge of the problem itself can be used to help those suffering of anxiety.

How does our now, damaged or changed brain, change and what about that change will cause our sensory reception of day to day life changing the way or brain should normally perceive things? (Answer this question in 80 words with personal voice followed by articles.)

Amber Ferguson

Capstone

Second draft

Through filtered eyes. We see dark where there should be light. Where colors should shine true in their vibrant nature these colors fall flat. Our defenses are always up and our desire to protect ourselves ultimately drives everyone away. What could cause such a filter upon the way we might perceive the world and how could this do such damage? Emotional bonds that we form in life can have a biological and scientific impact on our natural lives. More specifically romantic bonds, bonds formed in relationships, bonds connecting us to those we love. When this bond is betrayed, when the one we love is the one betraying that oath, there is a lasting consequence. Awareness and in such, prevention is the goal of this study and it shall stem from this very thought. What is the chemical reaction in the brain caused by or that causes anxiety specifically due to cheating and how does that anxiety transfigure the chemical makeup and process in the brain towards sensory reception from an emotional and mental standpoint?

The interest in such a topic would purely serve as a catharsis and informative study. So that means the solution for this discussion is the discussion itself. If the science behind the brains anxiety response can be mapped out and a correlated or rather statistically measured, then a solution to these situation can be presented. Through said solution, it is the intention of this research paper to assist those who seek a scientific approach to the trust issues found in their relationships to gain knowledge in how to combat it. While this would serve on a solution in it's on, there is another agenda to hopefully be attained. This agenda being, if one may understand the science of it, then the problem itself goes away. The significance of the issue stems from a personal experience. The discussion of how anxiety is

interconnected to unfaithfulness and the brain's chemical response to such an issue again would serve as a catharsis. Throughout the few articles studied, there are already hundreds of people going through anxiety issues and disorders to breaches in trust. If one is to truly be free of such issues and fight it, one must understand all there is to understand about the subject. These statements may seem paradoxical or repetitive but it serves a purpose.

In order to understand or attack this subject matter there are several types of research that will need to be conducted in order to properly structure a valid exposition. Through this exposition we will create a guideline or outline to properly understand and support the thesis. First we must understand how the brain normally reacts and what bonds of trust look like neurologically. Then from this we must have an understanding of what anxiety is and again what it looks like in the brain. From this we must determine how cheating and unfaithfulness specifically causes anxiety. Then understanding this we can state the specific damages that anxiety does and how it changes sensory reception in the brain. At this point, a thorough exposition has been brought and we will have been educated in all subject matters in anxiety and brain function and can restate the thesis with the facts to support it.

To reiterate the goals of this study we have three main points that will be tackled. First is how do we understand the brain's specific reaction to anxiety itself? The network of the brain is complex. We must understand the neurobiological networks that underlay anxiety. Anxiety itself in its nature is actually to be considered "pathological". "Diagnostic criteria state that anxiety should be considered pathological when "the anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning." "Anxiety Disorders and GABA Neurotransmission: A Disturbance of Modulation." What do we hope to obtain through such a statement? Anxiety is pathological. Anxiety is compulsive. Anxiety is uncontrolled. GABA assists the brain in the production of serotonin. When you think of GABA you should think of happiness. When happiness is lessened and when GABA levels are low one of the end products is anxiety.

One of the words mentioned before was impairment. Impairment is going to be one of the main themes of this paper. The very definition of impaired is having a disability of a specified kind. The impairment of anxiety and being cheated on is a serious factor to consider. This impairment can come through social means. Such as, being unable to be around others without feeling anxious. For instance, someone in a social setting may feel awkward or insecure because of the effects anxiety has on that individual.

Another form of impairment would be that of filtered eyes. This statement I feel very strongly about because I have experienced it myself. Filtered eyes is a metaphorical statement. Another example would be like, anxiety and depression due to cheating is to be likened to a pair of glasses that allow us to see the world through those specific lenses. The psychology of colors tell us that every color should represent a certain mood and certain emotions and those moods and emotions should be sparked in us. However, when we go through anxiety and depression, our brain will dull these senses. Our brain will say red, orange, and yellow don't bring us warmth. All our brain will say is a blue hue is in every one of the colors and sadness is everywhere. These metaphorical lenses no one should have to experience. This study will show the scientific process and happening of anxiety in the brain along with all the chemical process in the happening. This study will also say how cheating and unfaithfulness directly causes this anxiety. Above all this study will show the impairment in us that is a direct byproduct of anxiety and depression due to cheating.

“ANXIETY IN MAJOR DEPRESSION AND CEREBROSPINAL FLUID FREE GAMMA-AMINOBUTYRIC ACID.”

“Psychic anxiety severity increased with age and correlated with lower CSF free GABA, controlling for age. CSF free GABA declined with age but was not related to depression severity. Other monoamine metabolites correlated positively with CSF GABA but not with psychic anxiety or depression severity. CSF free GABA was lower in MDD compared with bipolar disorder and healthy volunteers. GABA levels did not differ based on a suicide attempt history in mood disorders. Recent exposure to benzodiazepines, but not alcohol or past alcoholism, was associated with a statistical trend for more severe anxiety and

lower CSF GABA.” This article is merely a study of the amount of GABA, which is a fluid in the brain that aids in relieving anxiety. These studies referenced are intended to be used as is a 1+1=2 type of source. What is meant by this statement is merely that this article states that low GABA plus more anxiety equals major depressive episodes to monoamine systems. These systems are the liquid amounts in the brain. The article also goes to state that with increasing age and maturity that GABA naturally decays which increase the odds of more severe anxiety and depression cases. “Lower CSF GABA may explain increasing severity of psychic anxiety in major depression with increasing age. This relationship is not seen with monoamine metabolites, suggesting treatments targeting the GABAergic system should be evaluated in treatment-resistant anxious major depression and in older patients.” The purpose of this article with the research paper will be a further inclination towards the understanding of the brains networking systems that are affected by anxiety and understanding how life is perceived by those with major anxiety and depression cases. The nature of all these things lead to one statement in particular. Impairment.

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The second article that used to establish a understanding of the chemical reaction process in the brain came from "TRANSDIAGNOSTIC DIMENSIONS OF ANXIETY AND DEPRESSION MODERATE MOTIVATION-RELATED BRAIN NETWORKS DURING GOAL MAINTENANCE." Findings advance the field toward an integrative model of the neural instantiation of anxiety/depression by identifying specific, distinct dysfunctions associated with anxiety and depression in networks important for maintaining approach and avoidance goals. Specifically, findings shed light on potential neural mechanisms involved in attentional biases in anxiety and valuation biases in depression and underscore the importance of examining transdiagnostic dimensions of anxiety/depression while networks are challenged." It is good that this article is part of a journal on the international study of psychophysiology. Every nation and every demographic has a voice in this study. What is unique about this study in particular is that it highlights executive dysfunction or our ability for decision making. "Two of these factors, anxious apprehension and anxious arousal, have helped bridge the gap between psychological and neurobiological models of anxiety." From this we have two avenues of honing research in that we have a psychological approach and a neurobiological approach. The journal was written in 2015 so it is fairly recent in its study. The most useful aspect of this study for this research paper will be highlighting on the executive dysfunction and impairment that happens as a result of anxiety.

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What about cheating and unfaithfulness can specifically cause the chemical reaction in the brain that we understand as anxiety. In the study “Discovery of a Partner Affair and Major Depressive Episode In a Probability Sample of Married or Cohabiting Adults” In this study research founded that humiliating marital events correlate with depression. The study investigated the “association between one specific humiliating marital event-discovering that one's partner had an affair-and past-year major depressive episode (MDE) in a probability sample of married or cohabiting men and women who were at high risk for depression based on the criterion that they scored below the midpoint on a measure of marital satisfaction...Results indicate that women were more likely than men to report discovering their partner had an affair in the prior 12 months; discovering a partner affair was associated with a higher prevalence of past-year MDE and a lower level of marital adjustment; and the association between discovering a partner affair and MDE remained statistically significant when holding constant demographic variables and marital adjustment. These results support continued investigation into the impact that finding out about an affair has on the mental health of the person discovering a partner affair.”

With this article we are now forming the connecting between unfaithfulness specifically to anxiety and can study the effect it has on the brain. However the uniqueness behind this study is that of a specific one extremely humiliating marital event and comparing it to the risk of depressive episodes. The main traumatic event that we are trying to correlate into the study of anxiety on the brain. However, from what information has already been gathered we can state that there is at least a major effect on mental health.

Again here we have the discussion of impairment. However, this impairment in particular stems from the discovery of an affair with one's partner. It is a building process now that we have networking to impairment. This impairment in particular is the most important. This traumatic state is induced because the brain has created such a bond in emotional attachment. Most important, and very simply, mental health is proven to be affected by the discovery of an affair. Mental health, because of this

discovery is put into a state of decay. Anxiety is the unfortunate consequence of this. Said anxiety, thus leads to impairment. It is a thorough exposition from start to finish. This happening is not a good thing for anyone to go through. These studies while useful can't actually put into words how important it is for those affected by this impairment. This impairment causes us to completely change our day to day lives. This impairment changes the way we should happily see the world. This impairment stops our lives from continuing.

An inventory of 27 interpersonal behaviors judging the definition of cheating. Variations in the study were determined by attachment security which in turn is defined by anxiety, depression, and level of self-confidence. This study is more to define one of the main variables stated in the thesis of cheating. In turn, this would provide a further exposition on how we define the variable closely associated with anxiety. This would go to show a paradigm of behavior in that attachment security is lower in an individual familiar with the repercussions of anxiety. "We predicted variation in these judgments based on participant sex and attachment insecurity. Ratings for items ranged considerably; participants rated sexual behaviors as most indicative of cheating, then erotic behaviors, followed by behaviors consistent with a romantic relationship." As the thesis is defined, this study will help show how close the pattern of anxiety ties into cheating.

(Change wording in this statement.) The rationale for this question stems from personal experience. The significance of the proposed topic will serve as a catharsis. If more information can be gained, than the issue can be combated. Anxiety in general is a widespread issue in many. Tracking down how it chemically will serve as a tool and equip those dealing with it a solution of knowledge. B. Again, interest came from personal experience. Lies, bended truths, and judgements from the ones who mattered most caused a major setback and a high increase in anxiety and thought process. C. in studying anxiety, one most fully understand all aspects. First, the chemical response in the brain must be understood. Second, how unfaithfulness produces this effect. Third, how this data correlates through different age groups.

Lastly, one natural methods there are to be used as solution and how knowledge of the problem itself can be used to help those suffering of anxiety.

At this point, one of the most commonly mentioned new statements is that off attachment security. It came up many times throughout several of the previously mentioned article. The purpose of this specific article is to help define attachment security itself. What we learn, is that insecurity stems from anxiety and anxiety is hypothesized to increase perception of inauthenticity and dishonesty. "The last 4 studies showed that attachment insecurity is related to dishonesty (lying and cheating) and that security priming reduces the tendency to lie or cheat and does so more effectively than positive mood priming. Implications for understanding the role of authenticity and inauthenticity in various relationship contexts are discussed." This quote talks about the studies conducted within the article 8. Anxiety and attachment insecurity has a direct correlation to dishonesty, specifically lying and cheating. However, there is a side effect of this trait, which is that "security priming" makes us honest rather than happy. Now a moral or ethical argument can be stated based on this information.

How does our now, damaged or changed brain, change and what about that change will cause our sensory reception of day to day life changing the way or brain should normally perceive things? Our brain has been formatted by trauma. One of the forms of such trauma is a major depressive episode or MDE, which this was mentioned earlier. So it is a fact that a brain affected by cheating, lying, or any of the causers of anxiety, is a brain that functions differently. We also know that attachment security is lower in an individual who has experienced the cheating and the anxiety it brings. Impairment is a huge theme for this study. We should dive further into the subject of impairment.

A subject mentioned before in this study, was that of diet quality. "Diet quality is poorer in persons with depressive and anxiety disorders; in particular in those with comorbidity. The more severe and chronic the symptoms, the poorer the diet quality. Prospective studies are needed to confirm the direction of

the relationship of depressive and anxiety disorders with diet quality and to examine whether improving diet quality could improve mental health.” This was the conclusion of this study. It is a simple connection. The worse the symptoms of anxiety are in an individual the worse their diet quality is going to be. However, we are left with a promising notion. This notion being that the process can be flipped. Our diet on its own could improve our mental health. This statement should be empowering to anyone facing anxiety and depression. Simply knowing how anxiety works is supposed to help. The goal of this paper was to offer solution and catharsis simply the knowledge of the way anxiety scientifically works in our brains and lives, yet we have found another solution. Our diet quality.

It’s time to add a little bit of fuel onto the fire. One word that screams out when reading the article “**Full House of Fears: Evidence That People High in Attachment Anxiety Are More Accurate in Detecting Deceit. Journal of personality**” is ‘hypervigilance.’ This article states that attachment anxiety is directly linked towards hypervigilance in discovering threat related cues. “Results are discussed in relation to the possible adaptive functions of certain personality characteristics, such as attachment anxiety, often viewed as undesirable.” This article takes those with that attachment anxiety and puts them in a situation to detect deceit. For the purpose of this study they used a poker game. Those with anxiety actually displayed heightened ability to detect deceit and were more successful in the situation due to that ability. While the thesis views anxiety in a negative aspect, this particular study goes to show how anxiety can actually assist in particular instances.

There is a metaphorical nail being hammered in through this article. We are now targeting specifically females and risky decision making. Not only decision making, but we are also targeting specifically the neural basis. This allows us to understand the scientific basis behind the decision making in specifically females with major depressive disorders. “A psycho-physiological interaction analysis provided tentative evidence for the recruitment of IFG-striatal/limbic circuitry among the control participants, but greater

frontopolar-striatal/limbic connectivity among the MDD patients, during low-risk decision-making. We propose that making risky social decisions based on the balancing of self-gain and other's welfare relies on the functioning of the integrated lateral prefrontal-striatal/limbic networks, which are less efficient and dysregulated among MDD patients compared with controls, impacting negatively on the patients' social capacity and highlighting a key therapeutic target for MDD." This quote seems like a lot to "chew on," but it gives us the full scientific understanding of the chemical and neural analysis of what happens in the brain when it comes to decision making in females with depressive disorders due to anxiety.

A shift in information has occurred. We now know that we are heightened, in a sense, having gone through our depressive episodes and anxiety. Firstly, we were lead to the significance in diet quality in those experiencing anxiety and depression. While diet quality was shown to be worse, we also learned that simply improving our diet can improve our mental health. Second, we have the lie detector.

"Results indicated that attachment anxiety, but not other types of anxiety, predicted more accurate detection of deceitful statements." This statement stemmed from "Full House of Fears: Evidence That People High in Attachment Anxiety Are More Accurate in Detecting Deceit." Such a statement stands to question, are we better off having experienced what we have gone through in anxiety and depression? While a new argument seems like it could exist in such a statement, it is quickly quashed through the article of risky decision making. While it seems like we may be better off and heightened, that mentality actually leads to a recklessness. What seemed like it may have helped actually leads us to recklessness and more risky decisions, starting the circle completely over again. It is a paradigm of self-inflicted thoughts and behaviors. It is a said thing having learned and now understanding. However, now that I know, I have power over it.

In conclusion, we have a full outline from A to Z in what exactly needs to be studied and broken down in order for a successful restatement of the original hypothesis. Which is that; what is the chemical reaction in the brain caused by or that causes anxiety specifically due to cheating and how does that

anxiety transfigure the chemical makeup and process in the brain towards sensory reception from an emotional and mental standpoint? We now know the chemical reaction has much to do in the in the circuitry of the “frontopolar-striatal/limbic connectivity.” We also know that GABA plays a huge role in anxiety. Now anxiety has been clearly defined. We then transition to an understanding of what cheating is and how it is defined. This definition comes through an array of studies and clinical experiments documented in the articles used. Studies conducted over the process of 5 years or more go to show us the long lasting effects of anxiety and depression due to cheating. These studies help introduce the idea that the brain again from a chemical and neural standpoint operates differently because they have experienced the cheating and anxiety exist in those specific cases. We see both the pros and cons of said anxiety. Then finally we tie all of this into females specifically. We target the original demographic meant be studied and can now scientifically draw out similarities and correlations in happenings, behaviors, and neural analysis in females specifically. We can now increase awareness and knowledge so that this knowledge can promote the concept of prevention and act as a catharsis for those already affected by cheating and unfaithfulness.

Anxiety due to Cheating

Capstone

Amber Ferguson

The Final Draft

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Capstone Final Draft

Introduction

Understanding an issue scientifically, can help explain what you are going through emotionally. In this case, Anxiety due to cheating. In a few words I will take you on my journey of self-discovery. Through filtered eyes, we see dark where there should be light. Where colors should shine true in their vibrant nature, these colors fall flat. Our defenses are always up and our desire to protect ourselves ultimately drives everyone away. What causes such a filter upon the way we might perceive the world and how does it do such damage? Emotional bonds that we form in life can have a biological and scientific impact on our natural lives. To be more specific, romantic bonds, bonds formed in relationships, bonds connecting us to those we love. When this bond is betrayed, when the one we love is the one betraying that oath, there is a lasting consequence, anxiety. Anxiety affects us all in different ways even when it's due to unfaithfulness. Not only do I want to build awareness, but I'm here to tell my story. So I raise the questions; what is the chemical reaction in the brain caused by or that causes anxiety specifically due to cheating, and how does that anxiety transfigure the chemical makeup and process in the brain towards sensory reception from an emotional and mental standpoint in further relationships? I can't say that I know how to prevent episodes of anxiety, however my theory behind this research, is to show you what it is, and how to deal with it, and to understand what others dealing with this emotional trauma are dealing with. If the science behind the brain's anxiety response can be mapped out and correlated to an emotional response or rather statistically measured, then a solution to anxiety as a whole can be presented. Through said solution, those like myself, who seek a scientific approach to reasoning the trust issues found in their relationships can finally understand how to combat

it. Unfortunately, there is no easy fix. However, I believe that in order to free yourself and get in front of the issue, one must understand all there is about it. My purpose of taking you on this journey is to increase awareness of the emotional impact of anxiety due to cheating, using scientific research.

In order to grasp an understanding of anxiety and its connection to the breaching of trust in a relationship (cheating), I have gathered several points of research that have been conducted. Through this exposition, I have created an outline so you can properly receive my message. First, we must understand how the brain normally reacts and what bonds of trust look like neurologically. Following, we must have an understanding of what anxiety is and what it looks like in the brain. Then, we must determine how cheating and unfaithfulness specifically causes anxiety. With this understanding, we can state the specific damages that anxiety has on the brain and how it changes sensory reception in the brain.

Background

To reiterate, in achieving the goals of this study, we have three main points that will be tackled. First is how do we understand the brain's specific reaction to anxiety itself? With no surprise, the network of the brain is complex. We must understand the neurobiological networks that underlay anxiety. The study *Anxiety Disorders and GABA Neurotransmission: A Disturbance of Modulation* tells us that anxiety itself in its nature is actually to be considered "pathological" (Nuss, 2015). "Diagnostic criteria state's that anxiety should be considered pathological when the anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning" (Nuss, 2015). When I was 18, after that breach of my trust happened (cheated on) in my relationship, I was unable to interact in social settings as I normally would. Although my interaction's wasn't with my former boyfriend at the time, when that trust was betrayed it caused me to cocoon myself emotionally and even physically. I slept in a tent that I pitched in my room because I felt

like I needed to shut the world out as much as I possibly could. My grades really suffered, and I just never felt like I was good enough or anything that I did was good enough. So I never put forth a good effort in anything that I did. Whether it was getting dressed, going out, doing work, studying. I was afraid that my best effort wouldn't be good enough for me to succeed. So at the time I would rather have been judged for who I'm not, then be judged for who I am. I am not currently in the same place that I was then, however I continue to deal with it. Looking back, and understanding how anxiety is pathological, and compulsive, I see why I was so unraveled at the time. Where some would say that I was simply getting over a break up, there were clearly more internal factors at play. GABA is an internal factor. GABA is the chief inhibitory neurotransmitter in the mammalian central nervous system. It assists the brain in the production of serotonin (Nuss, 2015). When you think of GABA you should think of happiness. When happiness is lessened and when GABA levels are low one of the end products is anxiety. (Nuss, 2015)

As I said before, this is a journey of self-discovery, therefore my research are of young women between the ages of 18 to 25. In this particular study, *Anxiety in major depression and cerebrospinal fluid free gamma-aminobutyric acid*, it shows how age is a factor of how one may be affected by anxiety. "Psychic anxiety severity increased with age was correlated with lower CSF (cerebral spinal fluid) free GABA, controlling for age (Mann et al., 2014). CSF free GABA declined with age but was not related to depression severity (Mann et al., 2014). Other monoamine metabolites correlated positively with CSF GABA but not with psychic anxiety or depression severity (Mann et al., 2014). Simply, as you get older, your brain continues to decrease in the receptors it needs to not be affected by anxiety. Further in the study, CSF free GABA was lower in MDD compared with bipolar disorder and healthy volunteers (Mann et al., 2014). GABA levels did not differ based on a suicide attempt history in mood disorders (Mann et al., 2014). Recent exposure to benzodiazepines, but not alcohol or past alcoholism, was associated with a statistical trend for more severe anxiety and lower CSF GABA (Mann et al., 2014). This was a study of

the amount of GABA, which is a fluid in the brain that aides in relieving anxiety. The study also goes to state that with increasing age and maturity that GABA naturally decays, which increase the odds of more severe anxiety and depression cases (Mann et al., 2014). Lower CSF GABA may explain increasing severity of psychic anxiety in major depression with increasing age (Mann et al., 2014). This relationship is not seen with monoamine metabolites, suggesting treatments targeting the GABAergic system should be evaluated in treatment-resistant anxious major depression and in older patients (Mann et al., 2014). If anxiety isn't acknowledged dealt with, it will only get worse. As you get older you begin to lack what you need to fight against anxiety. In other words, younger individuals are more capable of dealing with anxiety when it comes, and older people have more trouble with coping with it.

Along with anxiety comes impairment. This would also be considered an internal factor. How can we define impairment? The inability to do something based on a controlling influence. The impairment of anxiety is a serious factor to consider. This impairment can be most easily identified through social means (Nuss, 2015). For example, being unable to be around others without feeling anxious. For instance, someone in a social setting may feel awkward or insecure because of the effects anxiety has on that individual. Another form of impairment would be that of filtered eyes. Filtered eyes is a metaphorical statement. An example of this would be anxiety (due to cheating) being likened to a pair of glasses, that allow us to see the world through those specific lenses. In other words, when those with anxiety see through filtered eyes, everything they perceive is either negative or a result of what they are feeling. Interestingly enough, the psychology of colors tell us that every color represents a certain mood or certain emotion (Nuss, 2015). Those moods and emotions would be sparked in us (Nuss, 2015). However, when we go through anxiety and depression, our brain will dull these senses (Nuss, 2015). Our brain will tell us that colors such as red, orange, and yellow (which is usually associated with warmth and positivity) don't bring us warmth (Nuss, 2015). Instead, the color blue (which is usually associated with sadness), our brain will process a blue hue in every color, and sadness

is everywhere. (Nuss, 2015). Anxiety impairs your vision, your ability to socialize, and (especially due to cheating) your judgement of people. After I was cheated on, I felt alone. I took it upon myself to reevaluate all of the other relationships in my life. I felt like I could not trust anyone. Even the ones that loved me and cared for me. I pushed my best friend away and destroyed our friendship. To this day things between us haven't been the same, but we are working on it. My judgement was impaired, towards the ones I cared for the most.

In my anxiety, I lost my drive. I previously stated that even my grades suffered, I didn't want to put the effort into anything because I was afraid to fail. Therefore I lost my drive to do anything. In the study, *Transdiagnostic dimensions of anxiety and depression moderate motivation-related brain networks during goal maintenance*, it advanced the field toward an integrative model of the neural instantiation of anxiety/depression by identifying specific, distinct dysfunctions associated with anxiety and depression in networks important for maintaining approach and avoidance goals (Spielberg et al., 2014). In other words, when an individual with anxiety has a dysfunction in the network of the brain that is associated with anxiety, that is what affects their drive. The study shed light on potential neural mechanisms involved in attentional biases in anxiety and valuation biases in depression and underscore the importance of examining transdiagnostic dimensions of anxiety/depression while networks are challenged (Spielberg et al., 2014). What is really helpful about this study is that it is part of a journal on the international study of psychophysiology. Most nations and demographics have a voice in this study. What is unique about this study in particular is that it highlights executive dysfunction or our ability for decision making, with factors such as anxious apprehension and anxious arousal, which have helped bridge the gap between psychological and neurobiological models of anxiety (Spielberg et al., 2014). In this area both a psychological approach and a neurobiological approach was taken. In summation, anxiety is not only psychological, but it is neurobiological as well. The faults in neurobiological connections results in the psychological disconnection and vice versa. When outwardly manifested, it

may appear as indecisive, or lazy. When I was really suffering with my anxiety, I may have appeared to be lazy and undone. Maybe next time you see someone, or find yourself in a position where you never want to go out or put effort into yourself and the things you do, think twice before you judge. There may be more to it.

In the study, *The neural basis of social risky decision making in females with major depressive disorder*, we are now targeting specifically females and risky decision making. This allows us to understand the scientific basis behind the decision making in specifically females. “A psycho-physiological interaction analysis provided tentative evidence for the recruitment of IFG-striatal/limbic circuitry among the control participants, but greater front polar-striatal/limbic connectivity among the MDD patients, during low-risk decision-making” (Shao & Zhang & Lee, 2015). It was proposed that making risky social decisions based on the balancing of self-gain and other's welfare relies on the functioning of the integrated lateral prefrontal-striatal/limbic networks, which are less efficient and dysregulated among MDD patients compared with controls, impacting negatively on the patients' social capacity and highlighting a key therapeutic target for MDD” (Shao et al., 2015). This gives us the full scientific understanding of the chemical and neural analysis of what happens in the brain when it comes to decision making in females with depressive disorders due to anxiety.

Now, most of us have heard or seen on T.V. that when women go through bad break ups, they binge eat ice-cream and other junk foods. This idea is based on facts. In the study, *Diet quality in persons with and without depressive and anxiety disorders*, it states that “Diet quality is poorer in persons with depressive and anxiety disorders; in particular in those with comorbidity. The more severe and chronic the symptoms, the poorer the diet quality. Prospective studies are needed to confirm the direction of the relationship of depressive and anxiety disorders with diet quality and to examine whether improving diet quality could improve mental health”(Gibson-Smith & Bot & Brouwer & Visser & Penninx, 2018). The study included 1,634 individuals. The results of the study was that “Diet quality was significantly

worse among subjects with a current disorder (anxiety/depression) than among healthy controls” (Gibson-Smith et al., 2018). This study examines how depression and anxiety disorders are associated with diet quality. It directly connects to the previously mentioned statement that anxiety can be an impairment not only on our mental state, but physical behavior. With pending results, our diet on its own can improve our mental health. It falls under the same umbrella as taking care of, and putting effort into yourself.

Where is all of this leading? We have established networking the brain. We understand what chemicals and how the brain reacts to a state of anxiety. From this networking we discovered that anxiety possesses a characteristic of impairment. Impairment was specifically shown in diet quality in the cited source above. It is difficult to control what you do or say because of the way you feel. “I cannot control what I eat or consume, because the way I feel leads me to do so”. “I can’t process feelings the way I should, and what I should feel I cannot feel due to the presence of anxiety in my life”. This is merely anxiety in a general nature.

How do we connect the anxiety with the breach of trust? What about cheating and unfaithfulness can specifically cause the chemical reaction in the brain that we understand as anxiety? In the study “*Discovery of a Partner Affair and Major Depressive Episode in a Probability Sample of Married or Cohabiting Adults*” research founded that humiliating marital events correlate with anxiety and depression (Whisman, 2016). The study investigated the association between one specific humiliating marital event (discovering that one's partner had an affair over the past year, and resulting in major depressive episodes (MDE)) in a probability sample of married or cohabiting men and women who were at high risk for depression based on the criterion that they scored below the midpoint on a measure of marital satisfaction. (Whisman, 2016). Results indicate that women were more likely than men to report discovering their partner had an affair in the prior 12 months; discovering a partner affair was associated with a higher prevalence of past-year MDE and a lower level of marital adjustment; and the

association between discovering a partner affair and MDE remained statistically significant when holding constant demographic variables and marital adjustment (Whisman, 2015). After taking a sacred oath such as wedding vows, or in any relationship there is a certain expectation. If there wasn't, betrayal wouldn't hurt as much as it does and it wouldn't have the lingering affect that it leaves. There is an oath and a promise that you make when you are married or engaged or even dating. You mentally and emotionally and physically give yourself to someone else. You become a part of someone else, and they become a part of you. When that part of you severs that trust, it's almost as if they sever apart of you. Now you seem to be left impaired, broken.

Continuing, your mental health has been affected by the discovery of an affair, and it has been put into a state of decay, which resulted in anxiety. It is a building process now that we have a breach in the network (anxiety) that led us to impairment. This impairment in particular stems from the discovery of an affair of one's partner (Whisman, 2016). The impairment now is most important, because you're essentially dealing with a trauma. The traumatic state is induced because the brain has created such a bond in emotional attachment (Whisman, 2016). The affects causes us to completely change our day to day lives. This impairment changes the way we should happily see the world and in the worst case scenarios, stops our lives from continuing.

I am someone who loves with all of their heart. And everyone I love, I love with my whole heart. During the time when my anxiety was crippling, if I didn't feel the same love was reciprocated towards me, I felt that I wasn't loved as much as I loved. So I stopped talking to friends and associates, and I grew attached to the constants in my life. My parents and my siblings. My grandparents didn't even make the cut for a while. The study, *Was that cheating? Perceptions vary by sex, attachment anxiety, and behavior*, is more to define one of the main variables young women in their response to cheating. It consists of an inventory of 27 interpersonal behaviors judging the definition of cheating (Kruger & Fisher & Edelstein & Chopik & Fitzgerald & Stout, 2013). Variations in the study were determined by

attachment security which in turn is defined by anxiety, depression, and level of self-confidence (insecurity) (Kruger et al., 2013). This would go to show a paradigm of behavior in that attachment security is lower in an individual familiar with the repercussions of anxiety. As a person that has dealt with and is continuing to deal with anxiety, I can say that this is a true statement. To lessen the feeling of anxiety, I use people as a crutch. However, it back fires when people aren't perfect. The insecurities that I have puts a strain on my relationship now that I have the ideal image of the ideal guy, and when my husband falls short, it causes conflict and it is not fair to him.

Throughout my research, I have found that the term attachment security came up quite a bit. I spoke about my own relationship and the strain that I put on it due to my own trust issues, in other words my insecurities in my relationship. We learned that insecurity stems from anxiety. Anxiety is hypothesized to increase perception of inauthenticity and dishonesty (Kruger et al., 2013). Attachment insecurity is related to dishonesty (lying and cheating) (Kruger et al., 2013). Security priming reduces the tendency to lie or cheat and does so more effectively than positive mood priming (Kruger et al., 2013). As I specified before, anxiety and attachment insecurity has a direct correlation to dishonesty, specifically lying and cheating. However, there is a side effect of this trait, which is that "security priming", makes us honest rather than happy. It was so easy for me to lash out and be snippy to those that I felt were liars. I masked it with "I'm just being honest". In the beginning when my husband and I were dating, it was hard to trust him. Even though he was not the same person that hurt me, it was hard. I can say that I wasn't ready to date when we started. I was 17 when my heart was broken, and less than a year later we started dating. And two years later here we are. All of the emotions that I should have dealt with on my own, I was then dealing with them with someone else. We are still dealing with them, but in the beginning it was really tough. I marked him as a liar, and that led him to lie because he was afraid of how I would react. It took us some time to get through it, but we did. Don't worry, we are extremely happy right now. It gets better. The point is, with anxiety, your internal lie

detector is heightened. You are so blinded by catching someone in a lie, that you can't even acknowledge what is true.

The following study connects to the previous in regards to detecting deceit. In the study, *Full House of Fears: Evidence That People High in Attachment Anxiety Are More Accurate in Detecting Deceit. Journal of personality*, one term that stood out to me was *hypervigilance*. In the study it states that "attachment anxiety is directly linked towards hypervigilance in discovering threat related cues" (Ein-Dor & Perry-Paldi, 2013). Results are discussed in relation to the possible adaptive functions of certain personality characteristics, such as attachment anxiety, often viewed as undesirable (Ein-Dor & Perry-Paldi, 2013). Those with that attachment anxiety put themselves in a situation to detect deceit. In the study they used a poker game. Those with anxiety actually displayed heightened ability to detect deceit and were more successful in the situation due to that ability (Ein-Dor & Perry-Paldi, 2013). While my thesis views anxiety in a negative aspect, this particular study goes to show how anxiety can actually assist in particular instances. I am certainly not suggesting that anxiety is a good thing. My purpose of inserting this study was to show that those that have anxiety have an impressive way in detecting a lie.

Conclusion

In conclusion, we now know that we are heightened, in a sense. Having gone through our anxiety and breaking it down, we have a grasp on exactly what we need to know to answer our burning question. What is the chemical reaction in the brain caused by or that causes anxiety specifically due to cheating and how does that anxiety transfigure the chemical makeup and process in the brain towards sensory reception from an emotional and mental standpoint? We now know the chemical reaction has much to do in the in the circuitry of the frontopolar-striatal/limbic connectivity. We also know that GABA plays a huge role in anxiety. We then transition to developing an understanding of what cheating is and how it is defined through an array of studies. These studies helped us grasp the idea that the brain

from a chemical and neural standpoint operates differently because they have experienced the cheating and anxiety. At this point, we scientifically drew out similarities and correlations in happenings, behaviors, and neural analysis in young females specifically. If more information can be gained, than the issue can be combated. We now know that we are heightened, having gone through our anxiety. We have a new ability. For instance we are well aware of the significance in diet quality in those experiencing anxiety. While diet quality was shown to be worse, we also learned that simply improving our diet can improve our mental health. Another example of our new found power, is we can identify our internal lie detector. We know that attachment anxiety, but not other types of anxiety, predicted more accurate detection of deceit. It is a paradigm of self-inflicted thoughts and behaviors. I don't know about anyone else, but for me, now that I know, I have more power over it.

As previously stated, my purpose of taking you on this journey was to increase awareness of the emotional impact of anxiety due to cheating, using scientific research. Anxiety in general is a widespread issue in many. I still remain on my quest to finding a solution for my anxiety. Using knowledge to serve as a tool to equip those dealing with anxiety is a big step to a solution. It is difficult to discuss, but my anxiety started after I was cheated on. Three years later this is the first time I'm really going in depth with total strangers. But, from start to finish even though my words are down on paper, saying them, writing them, this really helped me. Getting them out of my head. My Goal has been to educate myself so I may educate someone else on what we are going through (whether you have this anxiety or know of someone). These past few weeks I've learned more about myself than I have in the past three years. I am sorry that I can't provide a cure for you or a loved one. But what I can do is advise you on a few things. One, don't allow yourself to be engulfed by your anger, separate yourself from those that will revert your progress. Two, keep your body healthy. This is easier said than done, especially when your actions are being controlled by your emotions. But now you are equipped with the knowledge to recognize it. I'll leave you with one more. Three, realize that not everyone wants to hurt you. If you are

not ready for another relationship, that is okay. But the next guy isn't the previous guy. I hate to think of my anxiety as crippling. I have come a long way since the beginning. I feel like it has made me stronger. I feel like I have a new found superpower and I am just in the process of learning to control it.

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Writer's Reflection

- **What did I know before about the subject, about the writing processes and about writing a capstone project? What did I accomplish?**

Before my research, I had a vague understanding about my topic, Anxiety due to cheating. I didn't know exactly how I was going to tackle it through the writing process. I was actually really nervous about doing an extensive paper throughout the semester. I didn't know what to expect in writing a capstone project. All I thought was that there will be a lot of writing. Through this project I accomplished a lot. The biggest thing was finding my voice. I did not know how to convey my message without making it personal. But at first, I was too nervous to do so. Eventually, I had no choice. If I was going to write something that I'm passionate about and that means a lot to me, my readers needed to know why. I feel like I was able to pull that off through my writing.

- **What is important about what I did?**

It was important that I wrote this paper. I find that it is perfect that I am wrapping up my undergraduate college years with how I discovered what I dealt with. Also, putting it out there in the universe helped me let it go. It was closing the chapter for myself. Maybe someone else that is currently going through it, if they can get hands on my paper, can read it and get what they need from it.

- **How did I develop the ideas and develop and revise my work?**

I did not come into capstone with an idea of what I wanted to write about. The exercises that we did definitely helped in forming the idea for my topic. Through my brainstorming process,

my topic sort of just manifested itself. When I wrote my first draft, it was only 7 pages and I just wanted to get everything on paper. My second draft, I added on to the first draft with facts and information and sources from my annotated bibliography and sequenced my sources in the way that I thought they would flow. With the feedback that I received, a common theme was that I needed to specify the Why Factor. I needed to specify why I was writing my topic. I was a little hesitant and in fact wanted to scrap the topic all together because I was too nervous to be vulnerable to an audience. But I knew that I was passionate about this topic and I did want to write it with the intention of helping someone else so I did what I had to do. And I'm glad I did. I wrote my final draft with details of my own experience and I directed it to a broad audience to be aware about this issue that people face, and specifically young women.

- ***I analyzed my process: Are there patterns in what I did? In the processes? In my skills and or attitudes? What?***

Yes, there are patterns in what I did and in the processes and in skills. It was the same pattern, especially in my final draft. It was to write, and then rewrite and then rewrite. In my final draft, each paragraph contains scientific research information, and I include explanations about how and why they are important to understanding the thesis and question. My skills and attitude was to ensure that no matter where you were in the paper, that it tied back and had some relevance to the thesis and the question.

- ***I evaluated my process: What went well? Why might that be? What could have been done differently? Which assignments and in class writing and peer workshops were helpful to you?***

The Free writes went well. I enjoyed writing my ideas and seeing them raw on paper. It went well because you are able to give initial reactions to thoughts. Unedited views on what you truly feel. That was helpful for me in finally getting my "Why" down on paper. I like exactly how the

class is structured. I like that it is a process. During this process I was able to figure out a lot about myself and who I am as a writer. I found courage the process that I would not have found if it were a “here’s to rubric, now write” sort of class and environment. The annotated bibliography was most helpful to me. I am never one to write a sophisticated outline, but after completing the annotated bibliography, I really already outlined my paper. It made completing a formal outline very easy and manageable.

- ***I evaluated my process: I reviewed the rubric, the assignment prompt and my final draft. I would give myself __A__ grade because*** I completed the process. And not only did I complete it I see its value and learned so much from it. I am walking away from capstone with a greater knowledge not only on my subject, but of myself. I know my faults, and my strengths, and my weaknesses. Yes we may end with a final product being the project, but this class had a greater purpose than just completing a paper or an assignment. If that was the case, we all could’ve been done the first month of the semester. However, if that was the case, our skills would not have been honed. I learned so much in this process, and things that I will keep with me as I further my education.
- ***I extended and reflected upon my process: What would you develop/change if you had more time to work on your essay? Please be specific.***

If I had more time to work on my essay, I would have added another section of study. My original audience was towards the partner that cheated. If I had more time to research, I would have divided the paper in to and made it a cause and effect piece. I would have provided research on what in the brain causes someone to cheat, specifically men. And then explain what it is chemically that motivates them to take this action. Then follow up with the research of how it chemically effects women after being cheated on. However, being someone that has been

cheated on, when it is raw, I would not have wanted to hear or read an almost justification piece of why someone cheated. On one hand it's good to get all of the facts. On the other hand, it would be a tough pill to swallow and harder to get my point across.

- ***I extended the process as I move forward: One thing I would like to improve upon (as a writer, as a reader, as a peer) is....***

Honesty. I would be more honest in my feedback as a peer. I always get so nervous in critiquing someone else's work because I don't want to make them feel bad or worried. But, I have learned that instead of beating around the bush it is more helpful to straightforward in your feedback. As a writer, I would improve upon being more honest in my purpose. It took my down to the latest hours to finally express what I wanted to all along. Honesty in my writing would help me accomplish what I need to in a more timely fashion and remove that block between myself and the reader. As a reader, I would like to improve my reception to a topic. I need to learn to put myself in the shoes of the writer and understand their point of view, to grasp their why factor. I often find myself in the state where I just read and don't really pay attention to the reasoning behind it.

- ***I extended the process as I move forward: What have I learned about my own process that I can apply to future work? For example, what did I learn about my process or about summary, research, analysis, interpretation and synthesis, writing choices, peer critiques, writing for an audience, etc. that I can transfer to other writing and communication situations***

I have learned that I need to pace my thought process. I have so many ideas, that sometimes are relevant but they do not connect to one another. Through the different activities, I can use them in the future to break things down. Summary research was really tricky for me. With scientific facts, it's hard to paraphrase results and when it is the results that is what I need for my why

factor. When I finally connected my research with myself and my why, it became less of summary and more of this is why I had to add this. Then I was able to add to the conversation. I completed my analysis throughout my paper and then tied it together in the end. It was much easier for me to do it this way rather than all at the end or all in one spot because you as a reader are able to see why something is relevant immediately. I made the choice to give my personal experience in order for my reader to understand my thesis. In the future, it is choices like those that will allow me to successfully make the reader not only feel, but understand why I am writing. My peers were amazing. It was a total judgement free zone. I see that we all have the same goal in mind and that critiques are a good thing from not just the professor. Once I identified my why, my audience became clearer.