



Reflective Writing Sample

When I think of my childhood and my mother, I immediately think about the kind of learning processes that I have been through. Some of my learning experiences have been very Pavlovian in nature, when I would learn to associate certain sounds and expressions with different events and proceedings. Other times, I have been acutely aware of the reinforcement theories - such as those used by Skinner - which my mother used to use on me to make me learn things.

I remember my 11th birthday so very clearly. My mother gave me one of the best gifts that I have ever received in my whole life. It was a beautiful pendant shaped in a butterfly. It is still the most valuable and cherished item that I possess, and I am always wearing it around my neck on a silver chain. I do not know why but somehow wearing the ornament gives me strength and I feel that I am close to my mother. Whenever I feel troubled or I feel heavy at heart, all I have to do is hold the butterfly in my hand and close my eyes and suddenly everything becomes alright

This piece of jewelry is what ties my mother to my personality and my emotions. The gift that my mother gave to me makes me look deep inside of me every time I look at it. It has also brought me great luck and happiness and I now associate all these emotions with my mother. It is a physical piece that links my soul with my mother's.

After reading the textbook by Hockenbury and Hockenbury, I realized many things about my own psychology and my own self that have stemmed out of this powerful relationship that I have developed with my mother through this medallion. It has given me a lot of confidence and has strengthened my self-esteem in various situations. I am and forever shall be grateful and obliged to my mother for treating me so well and for providing me with the personality that I have today.

Adapted from: <https://www.tailoredessays.com/samples/reflective-personal-essay>