



ALEFA PASSADHYA RAIHANI

WRITING PORTFOLIO

Hi there! My name is Alefa and I am a recent Psychology graduate. I enjoy writing and have crafted articles, booklets, and social media content during my internship periods. I also have a considerable experience in research from my years in university. Please take a look at samples of my work below. Thank you and have a wonderful day!

Education

Bachelor of Psychology (2017-2021)

Universitas Indonesia

GPA 3.41 out of 4.00 scale

Work experience

Research Enumerator (09/2021 - 09/2021)

CONVEY Indonesia

- Collected quantitative research data from 30 participants and created progress reports

Content Writer Intern (06/2020 - 09/2020)

KALM (PT Sanubari Senantiasa Sejahtera)

- Authored 4 English and Indonesian psychology articles
- Edited and translated 2 other psychology articles
- Created 12+ booklets about handling various psychological issues
- Wrote copies for emails and social media content

Social Media, Design, and Recruitment Intern (04/2019 - 07/2019)

Psikologimu

- Wrote and designed 80+ psychology posts for social media
- Assisted in the recruitment process of 15+ new psychologists

Co-Developer, Content Editor, and English Teacher (08/2016 - 11/2019)

Boardicle

- Contributed in the creation and development of the startup company
- Edited and created social media content, gaining the first 10,000 Instagram followers
- Taught English via Zoom and WhatsApp and wrote students' progress reports



Psychology Article for KALM (PT Sanubari Senantiasa Sejahtera)

Description: KALM is a psychological counseling startup. KALM runs a website that contains psychology blog articles, and also creates P3KALM, booklets about handling psychological issues.

Voice: Friendly, caring, and supportive.

Followers: Majority are female teenagers and young adults.

Title: Emotional Boundaries with Our Partners are Important!

Approach: KALM reinforces the importance of individuals' mental health, therefore encourages readers to do what is best for their well-being. I chose a casual and youthful approach to explaining the importance of emotional boundaries. The writing is made to be relatable and easy to understand, portraying KALM as a helpful and thoughtful friend.

Date of creation: June 2020

EMOTIONAL BOUNDARIES WITH OUR PARTNERS ARE IMPORTANT!

Do We Have Proper Emotional Boundaries with Our Partners?

Hi, KALMers! Do you like watching romantic movies? Often, words that are said in such movies are along the lines of, "I would do anything for you." In the movie, the protagonist would sacrifice everything for his or her lover, ready to do the grandest or silliest things just to see their lover smile. But keep in mind, KALMers, that those movies may instil unrealistic hopes towards our own partner.

In reality, your partner may not always be willing or able to fulfil all your needs. Why is that? Because in the real world, each of us needs to take care of ourselves and must take our own comfort and capability into consideration before we do things for our partner. This is called having emotional boundaries with our partners. You must respect the emotional boundaries that they set up, and similarly, you should also set one up with them.

Why Do We Need Emotional Boundaries with Our Partners?

"Aren't we supposed to always be open and willing to do anything for our partners?" Of course not, KALMers. We definitely have some things that we are willing to do and other things we are not willing to. Just because we love them, it does not mean that we must put their needs before us all the time. Surely we find it taxing if we always have to fulfil other people's needs even though it puts us in difficulty or discomfort.

So, don't get mad if your partner doesn't reply to your messages every hour, or if they refuse to be your plus one at your ex-partner's wedding. If we love our partner, we should also respect their decision, and vice versa. If we desire a healthy relationship, emotional boundaries are important so that the things we do for our partner really comes from the heart. Not by force or out of fear of the consequences if we could not fulfil their wishes. Healthy emotional boundaries in a relationship with your partner allows us to be comfortable with one another and develop good self-esteem. If communicated well and respected by both you and your partner, emotional boundaries would even strengthen your relationship!

How Do We Establish Emotional Boundaries with Our Partners?

Communicate about Each Other's Feelings

Sending hints or hoping that they would somehow know your wishes are not effective ways to establish emotional boundaries with our partner. Tell your partner about your feelings or thoughts toward things with honesty and respect. For instance, "I would appreciate it if you let me know when you've arrived home," or "I usually go to bed before 10 PM, so I will reply to your messages the next day." Ask your partner to communicate his or her emotional boundaries with you, too. Neither of you are mind readers and neither should not need to be one.

Do Not Assume Your Partner's Feelings

Misunderstandings could happen if you think your partner feels a certain way when you actually don't know for sure. Ask your partner about their feelings when you have doubts, even if you feel like you already know him or her well. Clarity is important when we want to create emotional boundaries with our partner.

Apply The Emotional Boundaries With Our Partner We Have Established

If you have let your partner know about your boundaries, the next step is to apply it the way you have communicated to your partner. Don't let your boundaries be broken except for special considerations. For example, you may have already specified that you do not want to be contacted during certain times but your partner really needs your help at that moment. In this case, you may consider breaking your boundaries just for this time.

Be Responsible for Your Actions

If you feel something you dislike or think your partner did something wrong, don't immediately blame your partner. Take time to do some introspection, are there some responsibility on your part in causing the problem? Has there been a misunderstanding from your part?

Show Your Affection but Assert Your Boundaries

For example, tell your partner “I love you, but I don’t want to lie to my friends to hang out with you.” Don’t get mad or act distant towards your partner if there had been, for instance, a misunderstanding. Try to talk your problem out with your partner and reaffirm your emotional boundaries. Make your partner feel loved and appreciated by respecting their emotional boundaries as well, and arrange some quality time when you are together.

Know When to Move On

Does your partner demand their needs to be fulfilled, but ignore yours? If you have established your emotional boundaries yet your partner keeps on refusing to accept them, or even belittle and deliberately violate them, this may be the right time to end your relationship with them. Consider even whether your relationship is toxic. You can read more about toxic relationships in this article [here](#).

Emotional Boundaries with Your Partner is a Way to Respect Each Other

Establishing emotional boundaries with your partner may not always be easy, but they are one of the ways to show that you respect each other and appreciate that your partner is a whole different individual with their own needs and desires. If you are having difficulties in establishing emotional boundaries with your partner, don’t hesitate to consult a Kalmselor on the KALM app. Don’t forget, KALMers, a healthy couple is not two individuals who became one, but two different individuals who appreciate each other so much that they stay together!

Author: Alefa

Editor: Lukas L

Reference:

- Margarita Tartakovsky, M. (2020). Why Healthy Relationships Always Have Boundaries & How to Set Boundaries in Yours. Retrieved 13 June 2020, from <https://psychcentral.com/blog/why-healthy-relationships-always-have-boundaries-howto-set-boundaries-in-yours/>
- Setting Boundaries in a Relationship. (2020). Retrieved 13 June 2020, from <https://www.breakthecycle.org/blog/setting-boundaries-relationship>



Daily Psychology Content for Psikologimu

Description: Psikologimu is a psychological counselling startup. For their social media content, Psikologimu presents psychological facts and tricks with various themes, such as Family and Children, Career, and Social Relationships.

Voice: Warm, supportive, and inclusive.

Followers: Majority are female teenagers and young adults.

Approach: A design and copy on the Instagram post design that invites the readers to find the answer to the question. The caption of the post tells the readers a psychological trick that they could utilise on a daily basis, along with the explanation behind it and a warning for forced usage. The information is conveyed in a casual and friendly way. The copy for this post depicts Psikologimu as a caring and trustworthy brand.

Date of creation: July 2019

Caption:

Nah loh, kalau seperti itu, solusinya gimana? Jika orang yang kamu ajak bicara tidak menjawab pertanyaanmu secara lengkap, tunggulah. Bersikap sebagaimana kamu masih menunggu jawaban darinya, jaga kontak mata dan tetaplah diam. Orang yang kamu ajak bicara akan merasa sebuah tekanan untuk melengkapi jawabannya. Bila perlu, tambahkan lagi gestur yang menegaskan bahwa kamu masih mengharapkan jawaban yang lebih lengkap, seperti menaikkan alismu. Hal ini menyampaikan bahwa kamu tertarik akan apa yang dia akan katakan.

Namun, hati-hatilah dalam menggunakan teknik ini, terutama apabila kamu menanyakan tentang suatu topik yang bisa jadi sensitif baginya. Jangan paksakan orang untuk berbicara apabila ia terlihat tidak nyaman. :)

Sumber: High Existence





P3KALM for KALM (PT Sanubari Senantiasa Sejahtera)

Description: Booklet about handling various psychological issues. The

Voice: Friendly, caring, and supportive.

Followers: Majority are female teenagers and young adults.

Title: P3KALM: Social Anxiety

Approach: KALM reinforces the importance of individuals' mental health, therefore encourages readers to do what is best for their well-being. I chose a casual and youthful approach to explaining the importance of emotional boundaries. The writing is made to be relatable and easy to understand, portraying KALM as a helpful and thoughtful friend.

Date of creation: August 2020

PERTENGKARAN ORANG TUA?

Tak peduli seberapa rukunnya orang tuamu, pasti ada kalanya di mana mereka mengalami perselisihan. Bila mereka mampu menanganinya dengan baik, perselisihan tersebut akan berakhir dengan baik dan tanpa perlu dikhawatirkan. Namun, apabila sering terjadi perbedaan pendapat yang meningkat menjadi pertengkaran, hal ini dapat mempengaruhi keharmonisan rumah tangga dan dapat mengganggu kesehatan mental anak.

Pertengkaran orang tua tak hanya mempengaruhi anak yang masih berusia muda, namun juga dapat mempengaruhi anak dewasa muda yang berusia hingga 19 tahun. Meski demikian, tingginya konflik di antara orang tua dapat menimbulkan keresahan bagi anak dalam usia berapapun.

CIRI-CIRI PERSELISIHAN ORANG TUA YANG BERBAHAYA

- Memanggil satu sama lain dengan panggilan-panggilan yang buruk atau kasar
- Memaki dan menghina
- Mengancam untuk meninggalkan (menceraikan)
- Kekerasan fisik dalam bentuk apapun (termasuk melempar barang)
- Pergi meninggalkan argumen tanpa mencari solusi bersama
- Menyerah tanpa mencari solusi bersama

MENGAPA PERTENGKARAN ORANG TUA DAPAT MENJADI MASALAH

- Menimbulkan insecurity pada anak. Orang tua yang sering bertengkar merusak rasa aman anak akibat kestabilan keluarganya yang dipertanyakan.
- Dapat mempengaruhi hubungan antara anak dan orang tua. Orang tua yang sering bertengkar cenderung mengalami stres yang tinggi, dan dapat memperburuk cara orang tua berinteraksi dengan anak.
- Dapat menimbulkan suasana rumah yang menekan. Pertengkar yang sering terjadi akan menimbulkan stres pada anak yang kemudian akan mempengaruhi kesehatan fisik dan mental anggota keluarga dan mengganggu perkembangan anak.

APA YANG DAPAT DILAKUKAN JIKA ORANG TUA SERING BERTENGKAR

- Pahami bahwa bukan tanggung jawabmu untuk memperbaiki situasinya. Meskipun ingin mengintervensi, sebagai anak sebaiknya kamu tidak berperan sebagai pihak ketiga untuk menangani perselisihan mereka.
- Refleksikan bagaimana pertengkar orang tuamu mempengaruhimu di masa kecil. Konflik orang tua dapat mempengaruhi kepribadian, kemampuan untuk menangani agresi, hubungan, dan prestasi akademikmu. Bagaimana kamu akan menanganinya kini saat kamu telah menyadari asal usulnya?
- Perkuat hubungan dengan adik atau kakakmu. Bicarakan dengan mereka bagaimana kamu akan menangani situasi orang tua kalian, dan hadirilah untuk satu sama lain.
- Jangan biarkan orang tua memisahkanmu dari orang lain atau membuatmu merasa bersalah. Jika ibu atau ayahmu berusaha membuatmu berpikir buruk tentang satu sama lain, usahakan untuk tetap netral.
- Terapkan batasan (boundaries). Misalnya, buatlah keputusan untuk tidak mengikutsertakan situasi konflik. Minta dukungan dari saudara atau keluargamu untuk menegaskan batasan ini.

JIKA PERKELAHIAN ORANG TUA BERLANGSUNG TERLALU JAUH

Jika pertengkaran orang tua sudah melibatkan teriakan pada satu sama lain hingga kekerasan fisik seperti memukul, menampar, dan melempang barang, ada baiknya untuk melibatkan orang yang dapat melakukan intervensi, seperti anggota keluarga lain, konselor, atau orang dewasa terpercaya lainnya. Jika ada, jauhkan saudara yang masih kecil dari situasi perselisihan orang tua.

BAGI ORANG TUA: MENENANGKAN ANAK SETELAH PERSELISIHAN

- Bicarakan perselisihannya dengan baik bersama anak, misalnya “Semalam ibu dan ayah berdebat tentang sesuatu yang penting, tapi kami sadar bahwa seharusnya kami tidak bertengkar seperti itu.”
- Yakinkan anak bahwa argumen yang terjadi bukan pertanda dari suatu hal yang lebih mencemaskan, dan bahwa kalian tidak akan berpisah (jika memang benar demikian).
- Berikan kepastian bahwa keluarga masih kokoh dan menyayangi satu sama lain meskipun terjadi perselisihan.



Email Blast for KALM

Description: KALM frequently holds webinars to help people deal with psychological issues; in this case, trauma from a cheating situation. This email blast is sent to invite former webinar participants to attend the next series of the “Cheat Chat” event.

Voice: Friendly, caring, and supportive.

Followers: Majority are female teenagers and young adults.

Approach: An encouraging and reassuring copy that persuades recipients to attend the event because it would be useful for their healing process. I also came up with the webinar title “Cheat Chat: After the Affair”

Date of creation: July 2020

Hello, KALMers!

Kami dari KALM ingin mengucapkan terima kasih yang sebesar-besarnya karena telah mengikuti rangkaian acara webinar yang kami adakan sebelumnya! Dengan ini, kami bermaksud menginfokan sekaligus mengajak KALMers untuk mengikuti acara lanjutan dari webinar kami, yaitu KALM Circle: Cheat Chat, After the Affair.

KALM Circle adalah tempat aman bagi KALMers yang mengalami suatu pengalaman yang serupa untuk saling sharing dan melegakan beban mental. Di KALM Circle: Cheat Chat, After the Affair, kita akan saling berbagi bersama kalian yang pernah terlibat dalam perselingkuhan, baik sebagai korban maupun pelaku. Kegiatan ini juga akan didampingi oleh Kalmselor sebagai penyedia dukungan profesional pasca perselingkuhan.

Yuk, catat tanggalnya:

[Live on ZOOM]

SABTU, 11 Juli 2020

14.00 - 16.30 WIB

Acara ini akan didampingi oleh Kalmselor Grace Maretta, M.Psi., Psikolog, dan beberapa Kalmselor lainnya!

Investasi:

Rp. 150.000 / orang

Rp. 250.000 / 2 orang

Untuk mendaftarkan diri, yuk buka link ini:

bit.ly/kalmcircleselingkuh

KALM Circle: Cheat Chat, After the Affair

Tempat Aman untuk Sharing dan Saling Support tentang Perselingkuhan.

See you there!

KALM

THANK YOU FOR VIEWING MY PORTFOLIO!

I hope it served as a sufficient illustration of my work.

If you would like to get in touch, please contact me through the following:



: +62 812 1072 8121



: alefa.passadhya@gmail.com



: Alefa Passadhya Raihani

I am excited to hear from you to discuss my qualifications for joining your team.
Once again, thank you for your consideration!

Warm regards,
Alefa Passadhya Raihani