

Romantic Relationships

- factors influencing attraction- proximity, similarity, resources, technology, physical attractiveness
- mere exposure effect- the idea that you become more attracted to those you have frequent contact with
- social exchange theory- can someone give you what you want and can you get something better elsewhere?
- birds-of-a-feather effect- we are attracted to similar others
- beautiful-is-good effect- the tendency to give good looking people too much credit
- matching effect- we tend to form long term relationships with people who we judge as similar to ourselves in physical attractiveness.
- difference between liking and loving- liking: affection and respect. Loving: intimacy, caring, attachment
- passionate love- state of intense emotional and physical longing for union with another. (infatuation)
- compassionate love- intense form of liking defined by emotional investment and deeply intertwined lives (intimacy+commitment)
- Relationship Development/deterioration- all romantic relationships undergo stages marked by distinctive patterns in partners communication, thoughts, and feelings. How transitions in these patterns are handled can set the tone for a relationship
- Knapp's stages of relationship development-
 - Initiating- sizing up potential partners, rely heavily on visual info
 - Experimenting- casual conversation
 - Intensifying- begin to self disclose more information
 - Integrating- begin pulling together to form a more cohesive unit
 - Bonding- public ritual indicating commitment
- Knapp's stages of relationship deterioration-
 - Differentiating- highlighting the differences between you and your partner

- o Circumscribing- spend less time conversing
- o Stagnating- communication slows to a standstill
- o Avoiding- you begin to distance yourself physically
- o terminating- ending of the relationship
- relational maintenance strategies
 - o positivity
 - o assurances
 - o sharing tasks
 - o relationship talks
 - o social networks 3klio9iuiu768uyhj

Break-ups

- Duck's model of relational dissolution- offers an understanding for when relationships begin to deteriorate. Turning point: the realization that a relationship exists but is not rewarded.
 - o Intrapsychic phase- one or both people begin to brood and start to blame the partner. May be looking for means to repair or fix relationship. Do not communicate brooding. Social exchange theory.
 - o Dyadic phase- directly address issue(s) with partner. Dissatisfaction is out in the open. Expressing and managing conflict. The handling of this phase often decides the outcome of the relationship
 - o Social phase- social networks are incorporated into the process of breaking up. Begin to form individual narratives for the break up. Begin dividing social networks. Recruit people for social support or turn friends against partner to maintain cohesion in relationships.
 - o Grave-dressing phase- its over. Both parties have decided and agreed/accepted that the relationship is ended. Characterized by several rituals .cognitive-introspection and reflection. Physical- burning pictures, getting rid of mementos.

Family

- Conversation orientation- the degree to which family members view communication as the principal vehicle for maintaining family bonds
- conformity orientation- the degree to which family members believe communication should emphasize similarity or diversity in attitudes, beliefs, and values.
- four family communication patterns
 - o laissez-faire families- low conversation and low conformity
 - o pluralistic families- high conversation and low conformity
 - o protective families- low conversation and high conformity
 - o consensual families- high conversation and high conformity
- relationship maintenance strategies- positivity, openness, assurances, technology
- relational dialectics-
 - o autonomy vs. connection- balancing the need to be part of a family and balancing your own identity
 - o openness vs. protection- must be balanced

Friendships

- Communal friendships- voluntary relationships focused on sharing time and activities together
- agentic friendships- voluntary relationships focused on achieving specific practical goals, such as those among peers in a study group or colleagues at work
- rules of friendship and why the “rules” are important- general rules that prescribe appropriate communication and behavior within friendship relationships.
 - o Show support
 - o Seek support
 - o Respect privacy
 - o Keep confidences
 - o Defend your friends
 - o Avoid public criticism