DYNAMICS OF INTERPERSONAL RELATIONSHIPS
Why we form relationships

- **Appearance**
  Important in the _____________ of relationships but become less important with time.
Why We Form Relationships

- **Similarity Thesis:** The most ________ and ________ determinant of relationship formation.

1. Validates
2. Reduces __________
3. Self-Fulfilling
   Prophecy

"No kidding? My name is Spot, too."
Why We Form Relationships

- **Complementarity:** ____________________

  Satisfied couples are similar enough to satisfy needs but different enough to ____________
Why We Form Relationships

- **Rewards** (*Exchange Theory*)
  We seek out people who can give us rewards that are _____________________________ the cost we encounter in dealing with them.
  Relationships suffer when an inequality exists.
Why We Form Relationships

- **Competence**: We like to be around talented people in hopes that they will ____________.
Why We Form Relationships

- **Proximity:** We tend to form relationships with others we are close to.
  
  Allows us to get more information about others.
Why We Form Relationships

- **Disclosure**: The event of sharing information with another.

  Suggests ________

  More important as the relationship progresses ________ is key!
Relational Development & maintenance

Mark Knapp’s Model

Figure 8.1 Page 276
Coming Together

- **Initiating:** Showing Interest.
  
  Brief

  Follows __________________________(handshakes)

  Difficult ______________
Coming Together

- **Experimenting:** ____________________________.
  Getting to know each other (___________)

Small talk serves two functions:

1. Allows discovery of similarity/complementarity
2. Helps us decide if it is worth pursuing
Coming Together

- **Intensifying:** Stronger feelings expressed.
  Favors, tokens of affection, flirting, Nicknames

- **Integrating:** Identify as a __________ identity.
  Family introductions
Coming Together

- **Bonding:** __________ to show relationship exists.

Promise rings, marriage, life partners
Relational Maintenance

Figure 8.1 Page 276
Differentiating

“__________________…”

“I’m going” NOT “We’re going.”

Occur with first feelings of stress

Circumscribing: ____________________________.

Shrinking of interest and commitment
Coming Apart

- **Stagnating**: No growth.
- **Avoiding**: Create physical and emotional ____________.

  Indirect: “I’ve been sick lately.”
  Direct: “Please don’t call me.”
Coming Apart

- **Terminating**: Ending the relationship
  Can go in a back/forth pattern
Patterns of Development and Deterioration

Pattern One

Pattern Two

Pattern Three

Pattern Four

Pattern Five

Figure 8.3 Page 282
Dialectical Perspectives

- Group Presentation!
Dialectical Perspectives

- **Connection-Autonomy Dialectic**
  “Hold me tight, put me down, let me go.”

- **Predictability- Novelty**
  Routine versus need for spontaneity.

- **Openness-Privacy Dialectic**
  The need to feel like you know the other person while still maintaining some privacy in your life.
Managing Dialectical Tensions

- **Denial**: Avoid
- **Disorientation**: Freezing
- **Alternation**: Choose one end or other
- **Segmentation**: Compartmentalize parts of the relationship (i.e. openness/privacy)
Managing Dialectical Tensions

- **Balance**: Compromise
- **Integration**: Both sides important (Friday night date night)
- **Recalibration**: Reframing to dissolve the contradiction
- **Reaffirmation**: Embrace the tension
Characteristics of Relationships

- Constantly changing
- Affected by culture
- Require maintenance
  1. Positivity
  2. Openness
  3. Assurance
  4. _________________
  5. _________________
Characteristics of Relationships

- Relationships require commitment!

- Some important questions...
  
  What if I am committed but feel my partner is not?
  
  What if my partner will not confront our "problems?"
Repairing Damaged Relationships

- **Relational Transgressions**: When one partner violates the ____________ terms of the relationship, letting the other one down in an important way.
Repairing Damaged Relationships

- Types of transgressions:
  1. Minor vs. Significant
  2. ______________________
  3. Deliberate vs. Unintentional
  4. ______________________
Strategies for Relational Repair

1. COMMUNICATE!! Talk!
2. ______________
3. APOLOGIZE if you are wrong!
   Acknowledge you were wrong.
   ______________ say you are sorry.
   Some type of ______________.