

Our Perfectly Good Hours

#1 Social Capital

#2 Social Intelligence

#3 Listening

#4 Identity Politics

#5 Language/Cursing

#6 Nonverbal Communication

#7 Satisfying Relationships

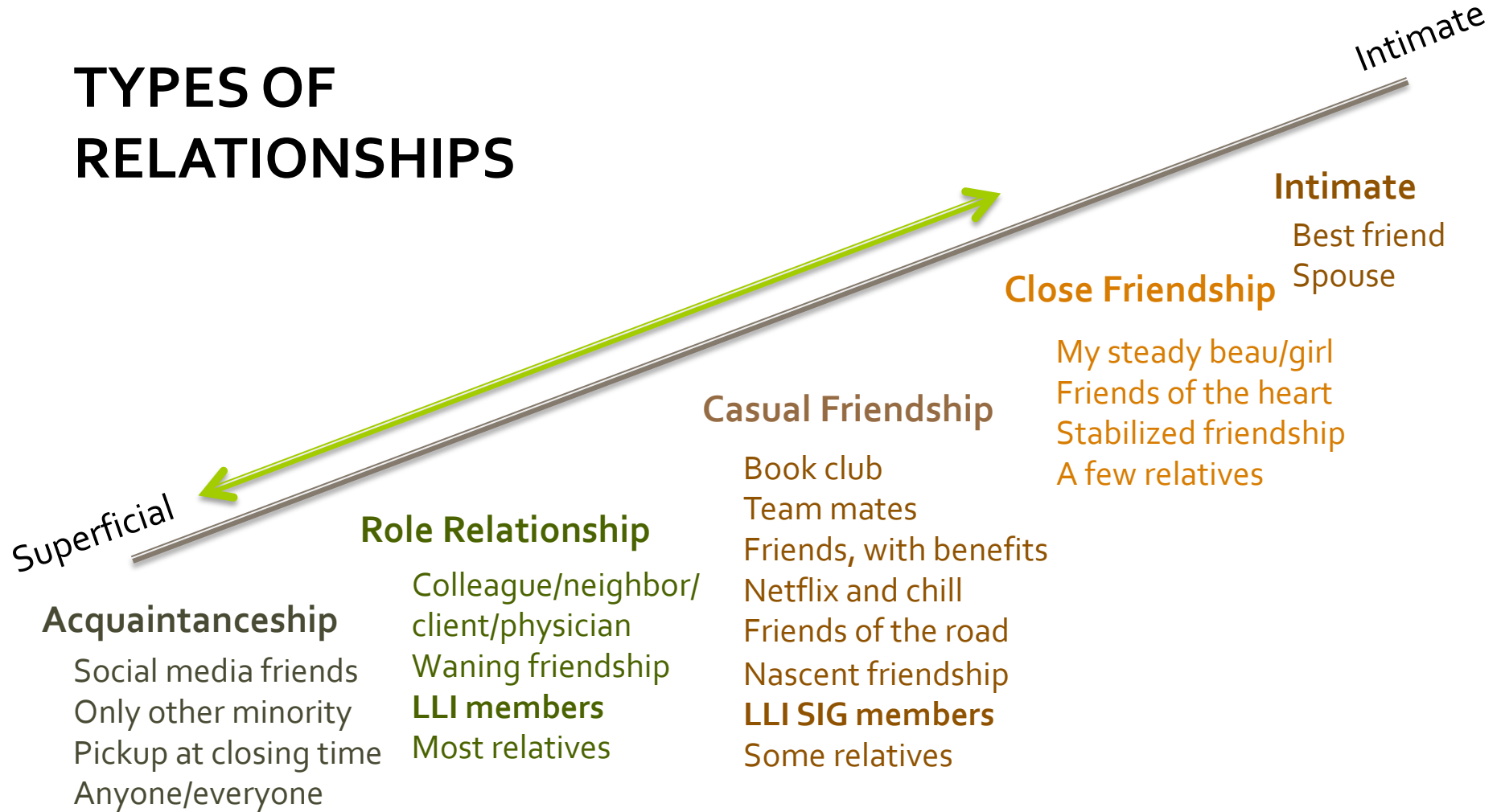
#8 Consummate Love

#9 Conflict Management

#10 Styles of Parenting & Leadership

It doesn't matter where you go in life;
It's who you have beside you.

TYPES OF RELATIONSHIPS

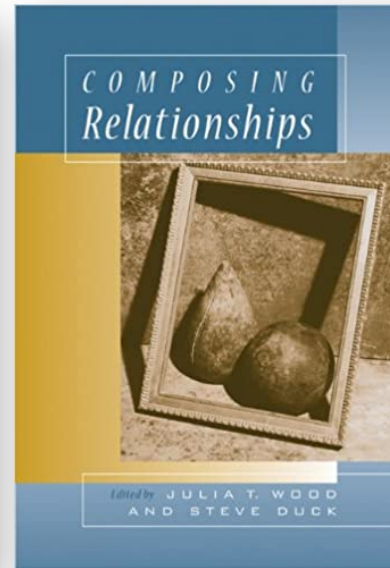
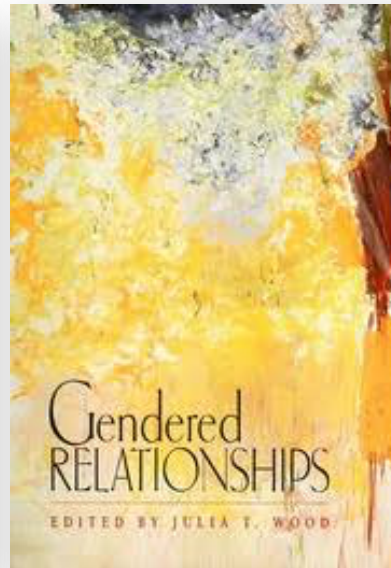
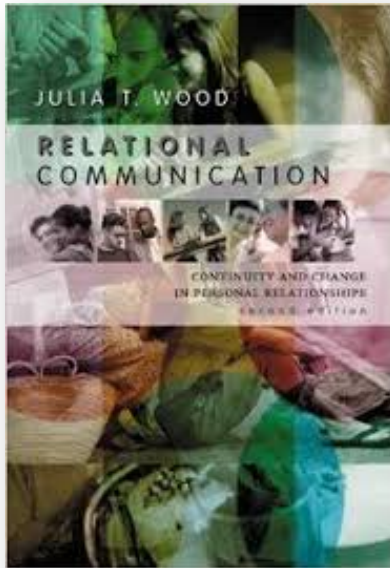


If you want to go fast, go alone.
If you want to go far, go together.

-African proverb

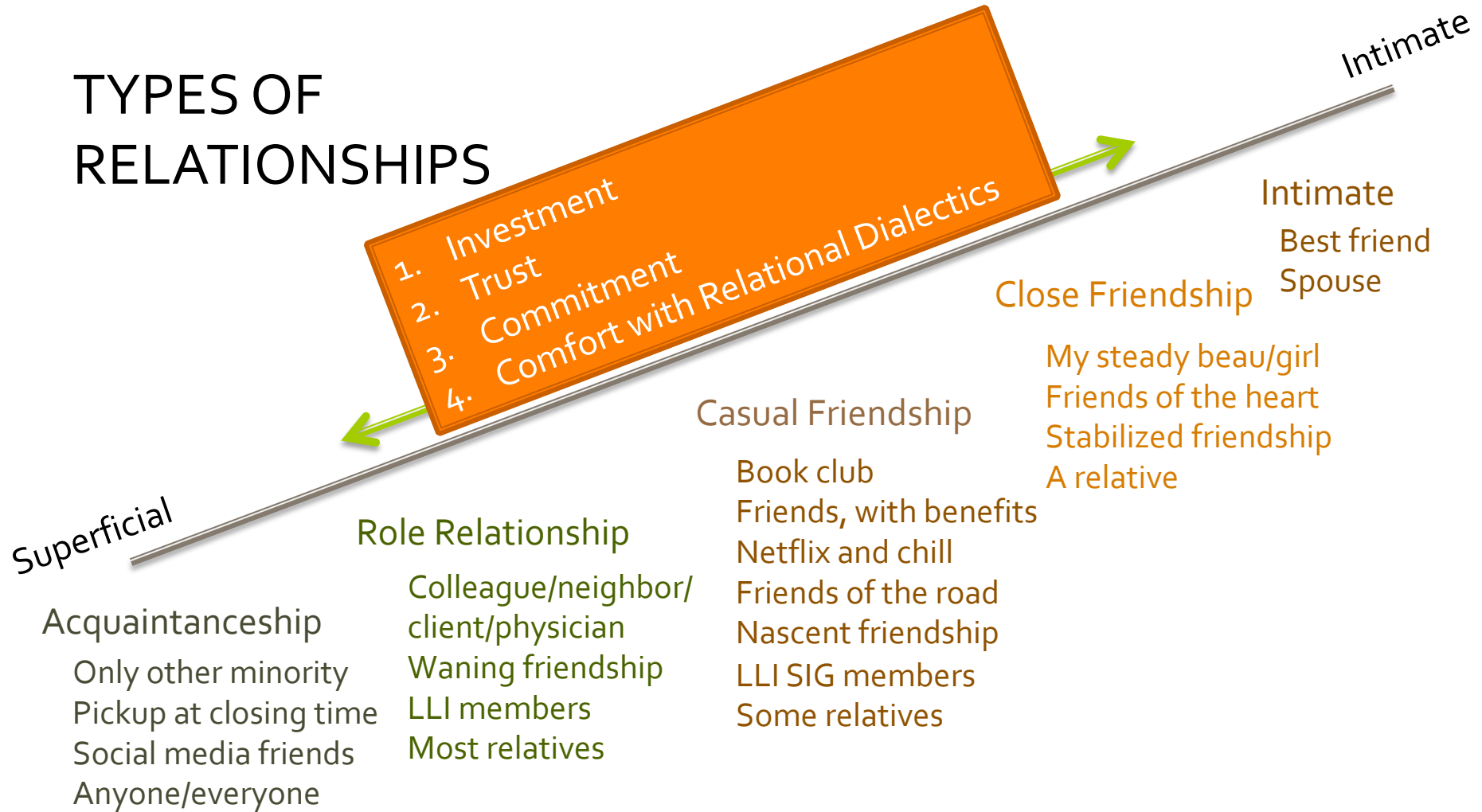
ELEMENTS OF A SATISFYING RELATIONSHIP

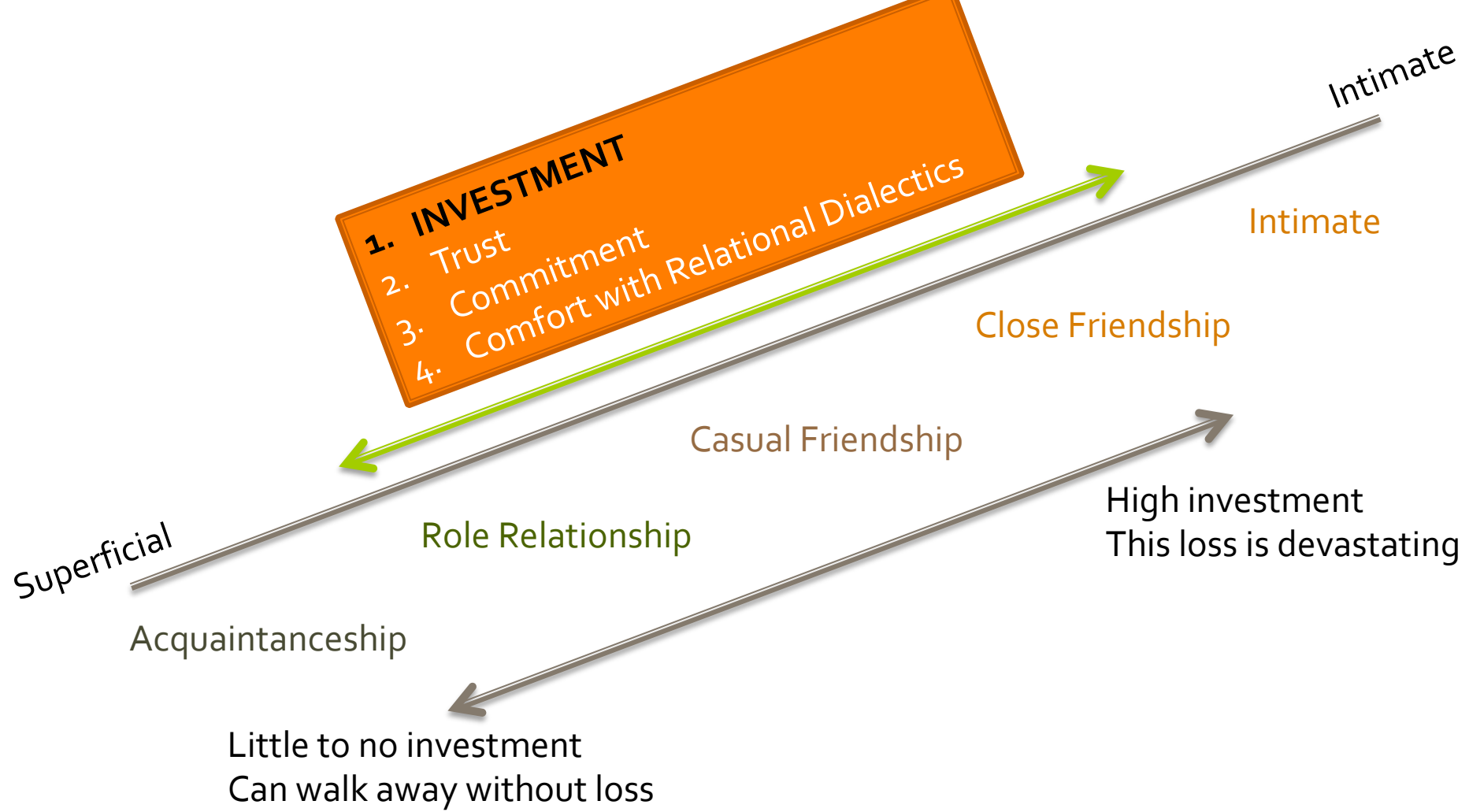
1. Investment
2. Trust
3. Commitment
4. Comfort with Relational Dialectics



Julia Wood

TYPES OF RELATIONSHIPS





Investment

Social Exchange Theory

John Thibault and Harold Kelley, 1959

People consciously and deliberately weigh costs and rewards associated with an interaction or a relationship.

Investment

Equity Theory

Elaine Walster Hatfield, Ellen Berscheid, G. William Walter, 1973

We like apportioning resources equitably between partners.

When we perceive inequity, we become distressed.

Investment

Principle of Least Interest

Willard Waller, 1937

The person who has the least amount of interest in continuing a relationship has the most power over it.

Waller, W. (1937). The rating and dating complex. *American Sociological Review*, 2, 727-734.

INVESTMENT

Trust
Commitment
Comfort with Relational Dialectics

Intimate

Intimate

Close Friendship

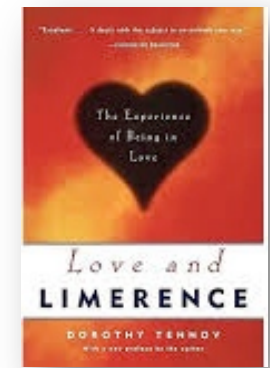
Casual Friendship

Role Relationship

Pseudo-Intimacy
Love at First Sight
Limerence
Flooding dopamine,
Oxytocin, endorphin
3-36 months length

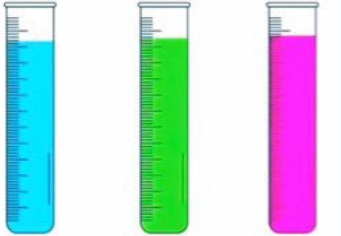
Superficial

Acquaintanceship



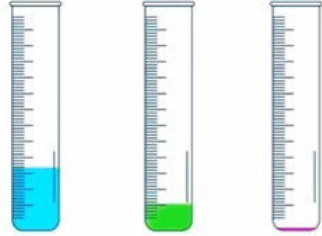
Dorothy Tennov
Love and Limerence, 1979

LOVE



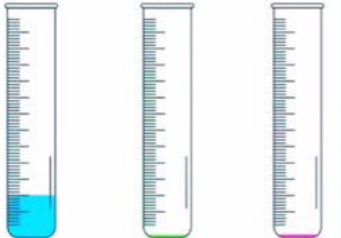
DOPAMINE SEROTONIN OXYTOCIN

DEPRESSION



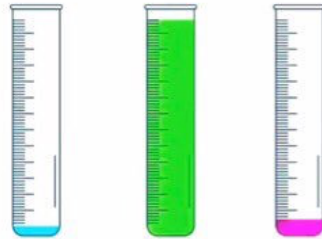
DOPAMINE SEROTONIN OXYTOCIN

ANXIETY



DOPAMINE SEROTONIN OXYTOCIN

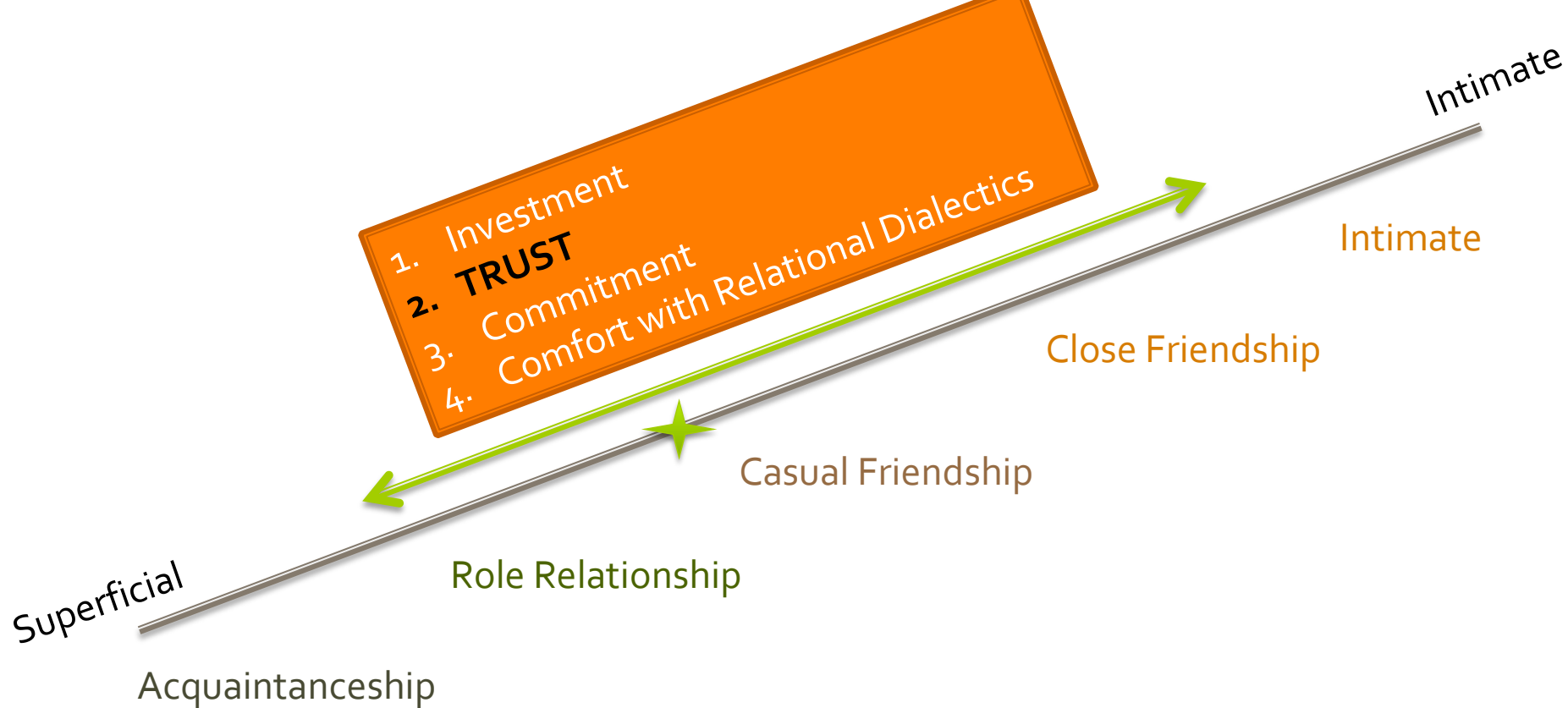
HAPPINESS



DOPAMINE SEROTONIN OXYTOCIN

Limerence: The state of being infatuated or obsessed with another person, typically experienced involuntarily by a strong desire for reciprocation of one's feelings but not primarily for a sexual relationship.

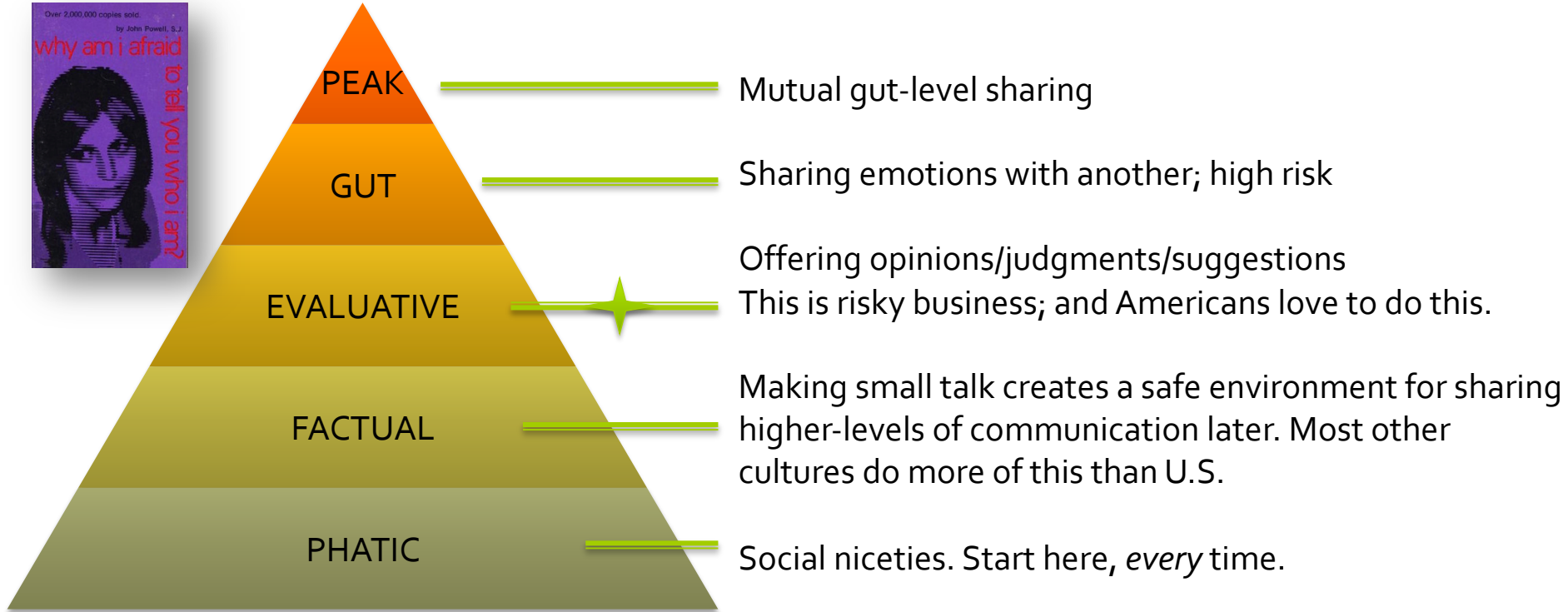
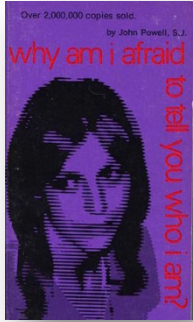
<https://youtu.be/OZ4de-x585l>

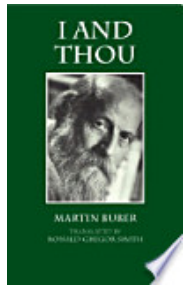
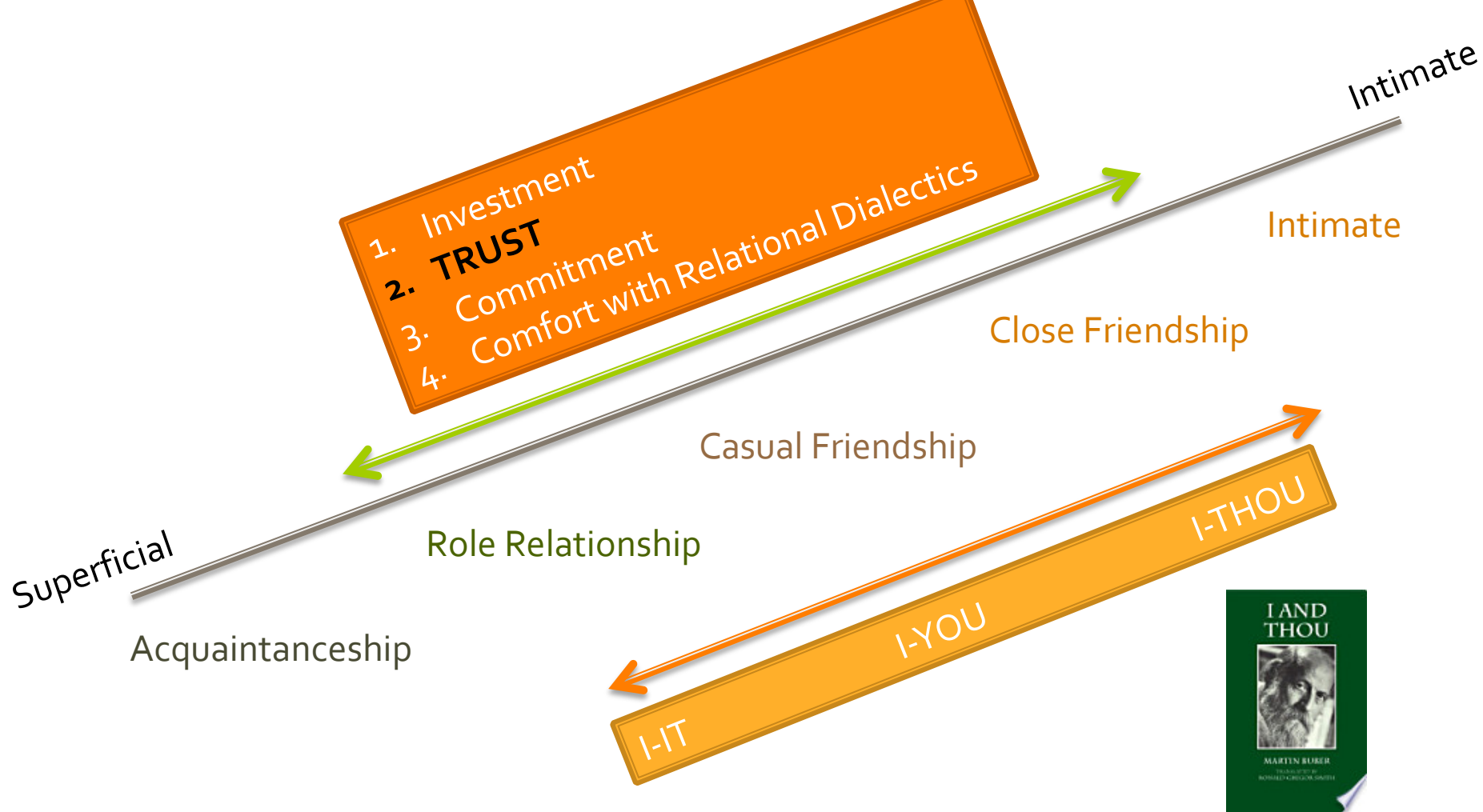


★ This is often a key turning point

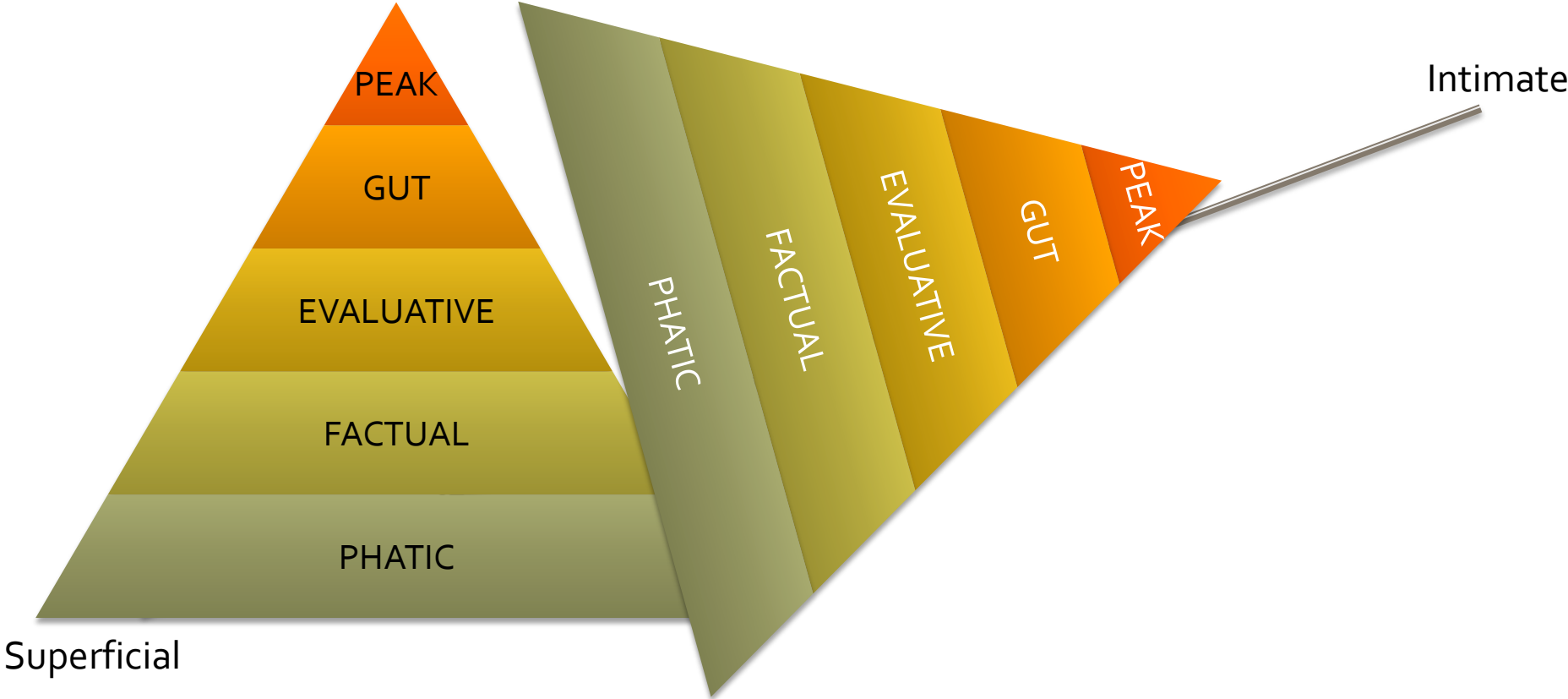
Trust

LEVELS OF COMMUNICATION





TYPES OF RELATIONSHIPS



Types of Relationships

Superficial

Intimate

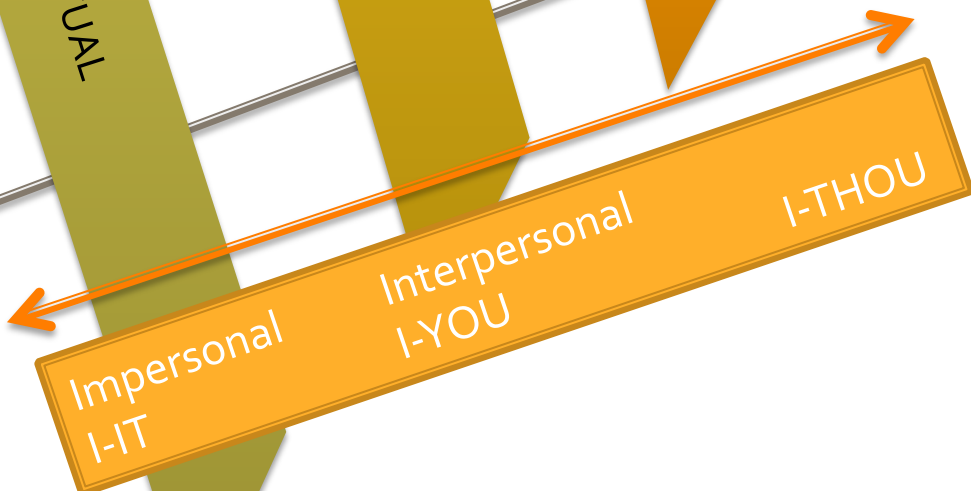
PHATIC

FACTUAL

EVALUATIVE

GUT

PEAK



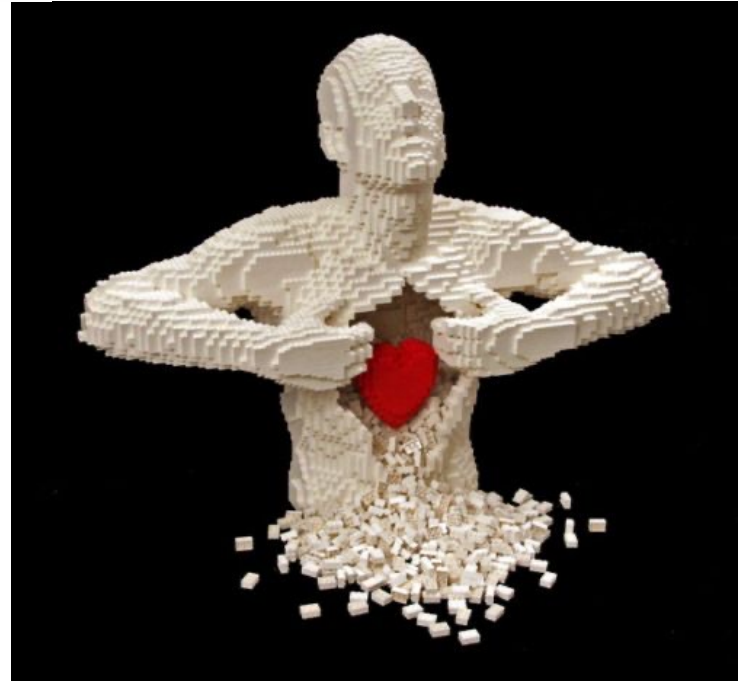
Trust/Self-Disclosure



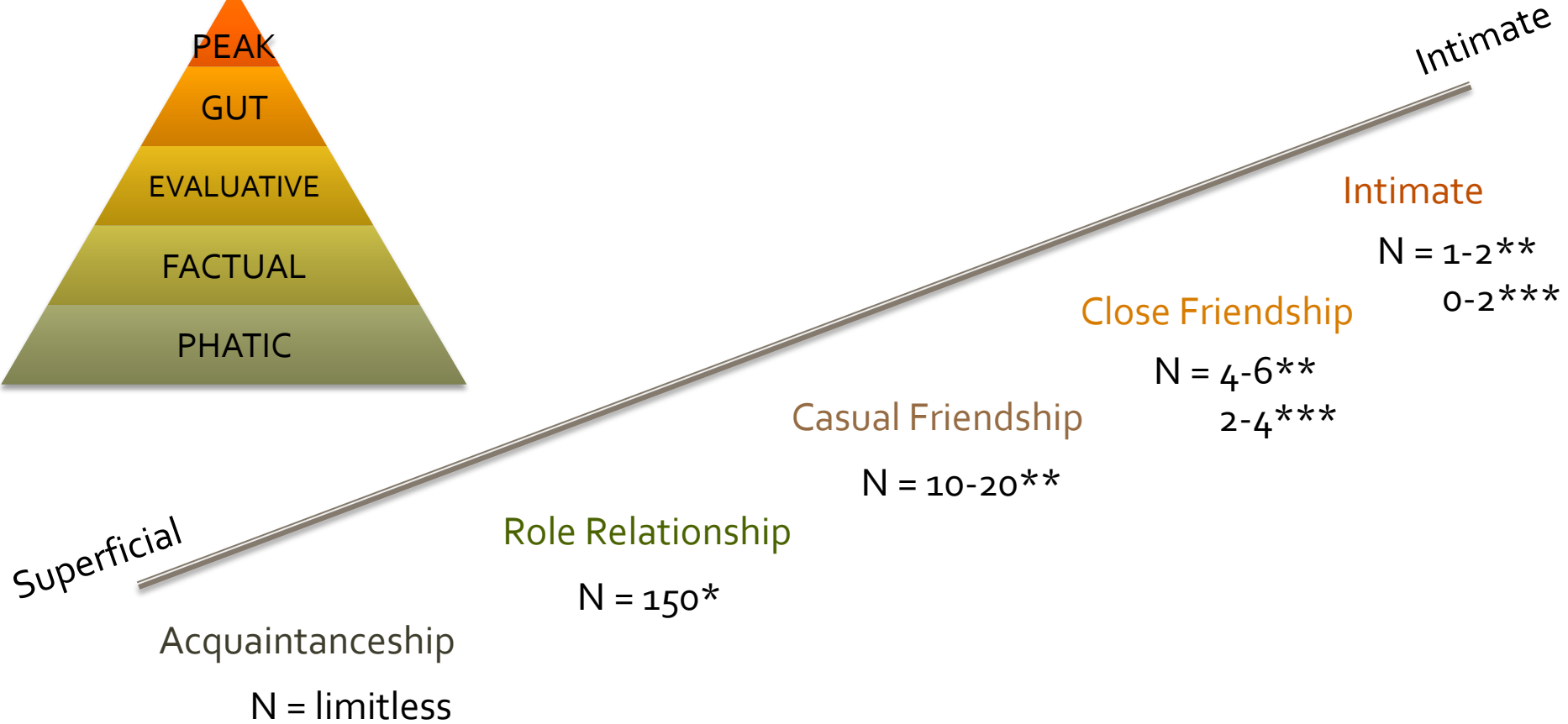
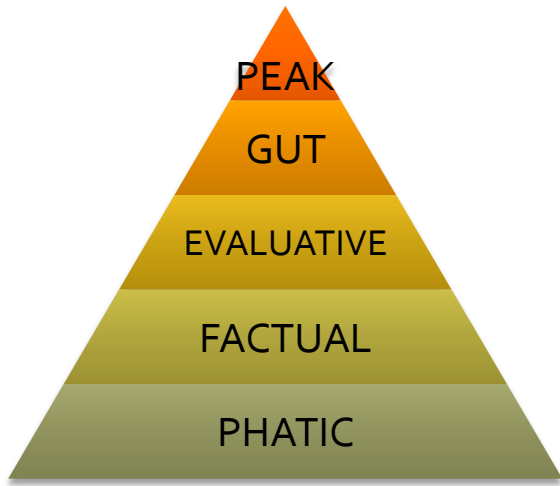
The Art of the Brick[®]
Nathan Sawaya



Yellow, self-portrait by Nathan Sawaya



Gut-level communication reveals our authentic self



* Robin Dunbar and Matt Spoons. Social networks, support cliques, and kinship. Human Nature Vol 6 (3) 1995, pp 273-290.

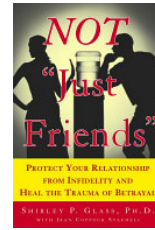
** Rosemary Blieszner & Rebecca Adams, Adult friendship, Sage Series on Close Relationships, Thousand Oaks, CA, US: Sage Publications, Inc., 1992

*** Charles Russell, Inger Maggaard, General Social Survey, 1972-1986.: The state of the American people. University of Michigan, Springer-Verlag.1988

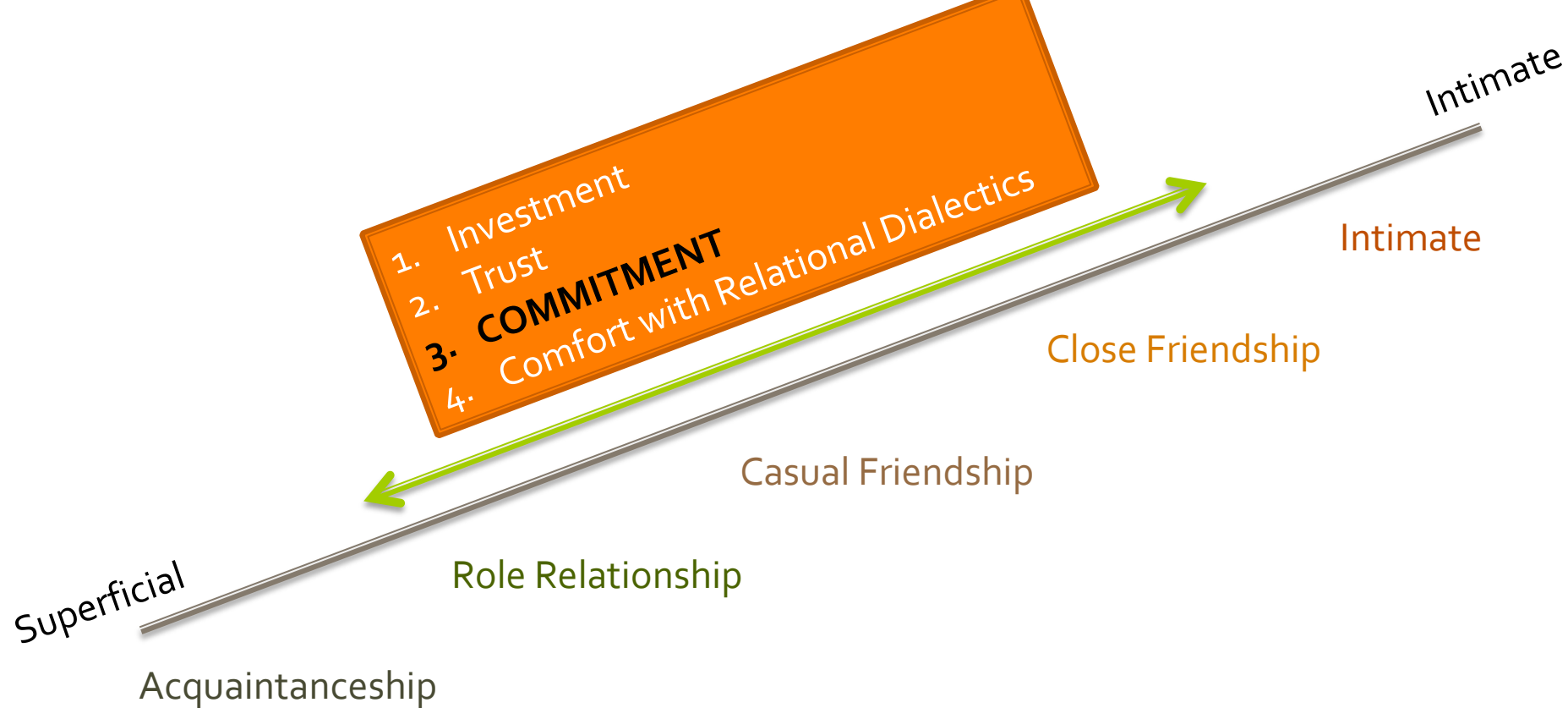
Trust



- Windows are aspects of relationship that are open to the world.
- Walls are barriers of trust behind which you guard the most intimate secrets of your relationship.



Shirley P. Glass
Psychologist
Mother of Ira Glass,
NPR's *This American Life*



Commitment

A decision to be fully-invested and responsible

If the relationship ends, you cannot get a refund

A devotion that restricts freedom of action and requires maintenance

Commitment



HAM AND EGGS

The chicken is invested
The pig is committed

Would you donate blood to a friend?
How about a kidney or part of your liver?

Commitment



H.A. Guerber - The story of Greeks

Damon and Pythias
Greek legend

Followers of philosopher Pythagoras, during
reign of Dionysius (r. 405-367 BCE)

Pythias is accused of plotting against Dionysius
and is sentenced to death.

Commitment

Commitment enables us to treat strangers and acquaintances better than our friends and family.



FORUM

Commitment - Friendship

Conditions

- Active
- Dormant
- Commemorative

Friends of the road
Friends of the heart

Commitment

- Is marriage a right?
 - Loving v Virginia, 1967 (anti-miscegenation)
 - Obergefell v Hodges, 2015 (Defense of Marriage Act, 1996)
- U.S. marriage rate hovers at 50%
- Americans are marrying later in life
 - (27.4 women; 29.5 for men in 2016)

Social Trends Research at *Pew Research Center*, September 2017.

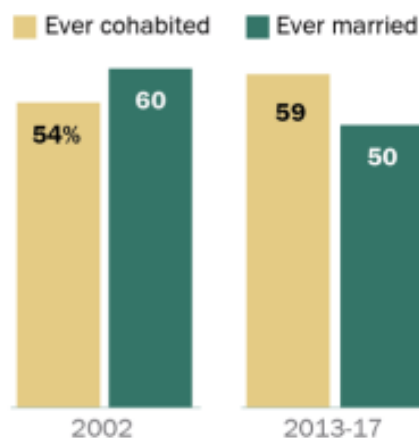
Commitment

The share of adults who have lived with a romantic partner is now higher than the share who have ever been married.

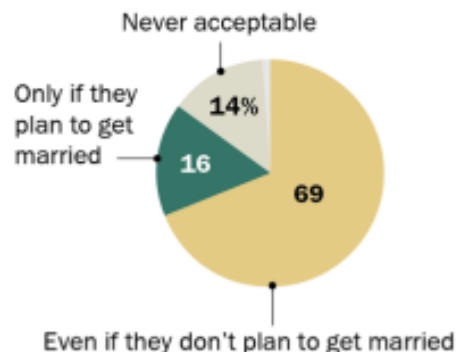
Married adults are more satisfied with their relationships, more trusting of their partners.

Amid changes in marriage and cohabitation, wide acceptance of cohabitation, even as many Americans see societal benefits in marriage

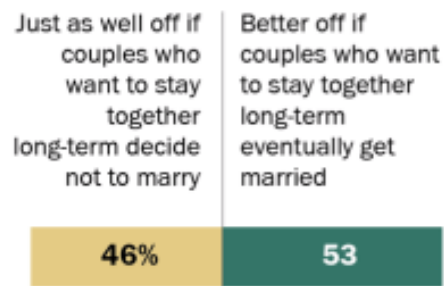
*% of adults ages 18 to 44
who have ...*



*% of adults saying it is
acceptable for an unmarried
couple to live together ...*



*% of adults saying
society is ...*



Source: Pew Research Center analysis of 2002 and 2013-2017 National Survey of Family Growth; Survey of U.S. adults conducted June 25-July 8, 2019.

"Marriage and Cohabitation in the U.S."

PEW RESEARCH CENTER

Commitment: Covenant Marriage

Marrying spouses agree to obtain pre-marital counseling and accept more limited grounds for later seeking divorce (Arizona, Arkansas, Louisiana)



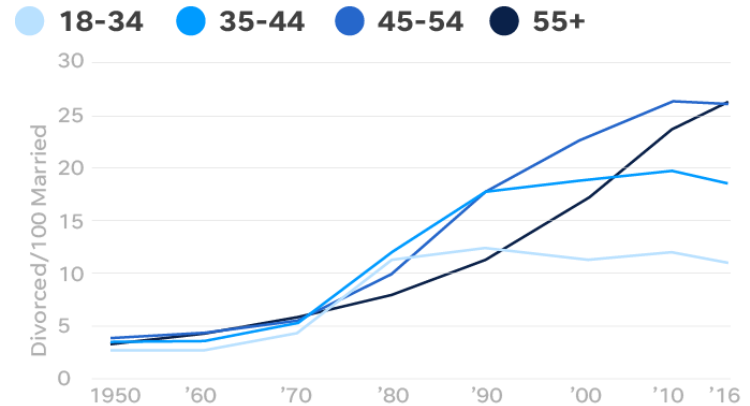
Commitment

University of Maryland professor Philip Cohen found that from 2008 to 2016, the U.S. divorce rate dropped by 18 percent.

The overall drop has been driven entirely by younger women.

Newly-married couples are older and more highly educated.

Divorce prevalence for by age, 1950-2016



SOURCE 'The Coming Divorce Decline,' Philip N. Cohen
University of Maryland, College Park

Cohen, P. N., *The Coming Divorce Decline*, September 2018.

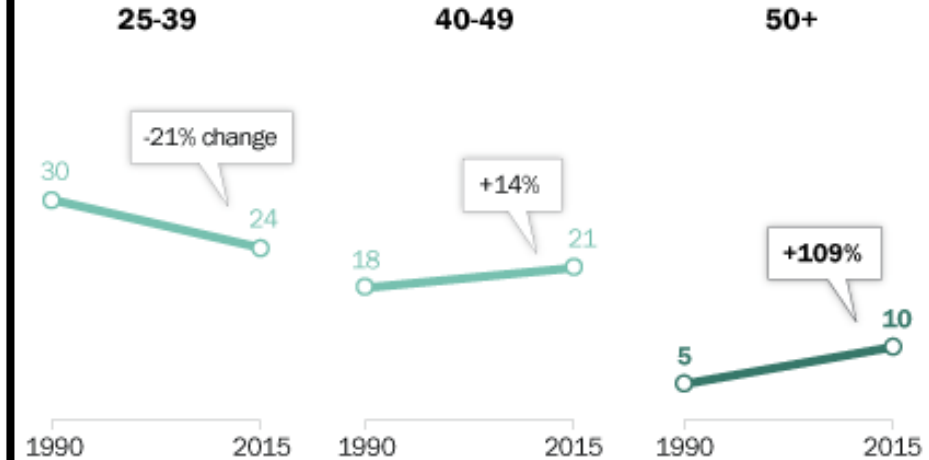
Commitment

The divorce rate for adults ages 50 and older in **remarriages is double** the rate of those who have only been married once (16 vs. eight per 1,000 married persons, respectively).

Among all adults 50 and older who divorced in 2015, 48% had been in their second or higher marriage.

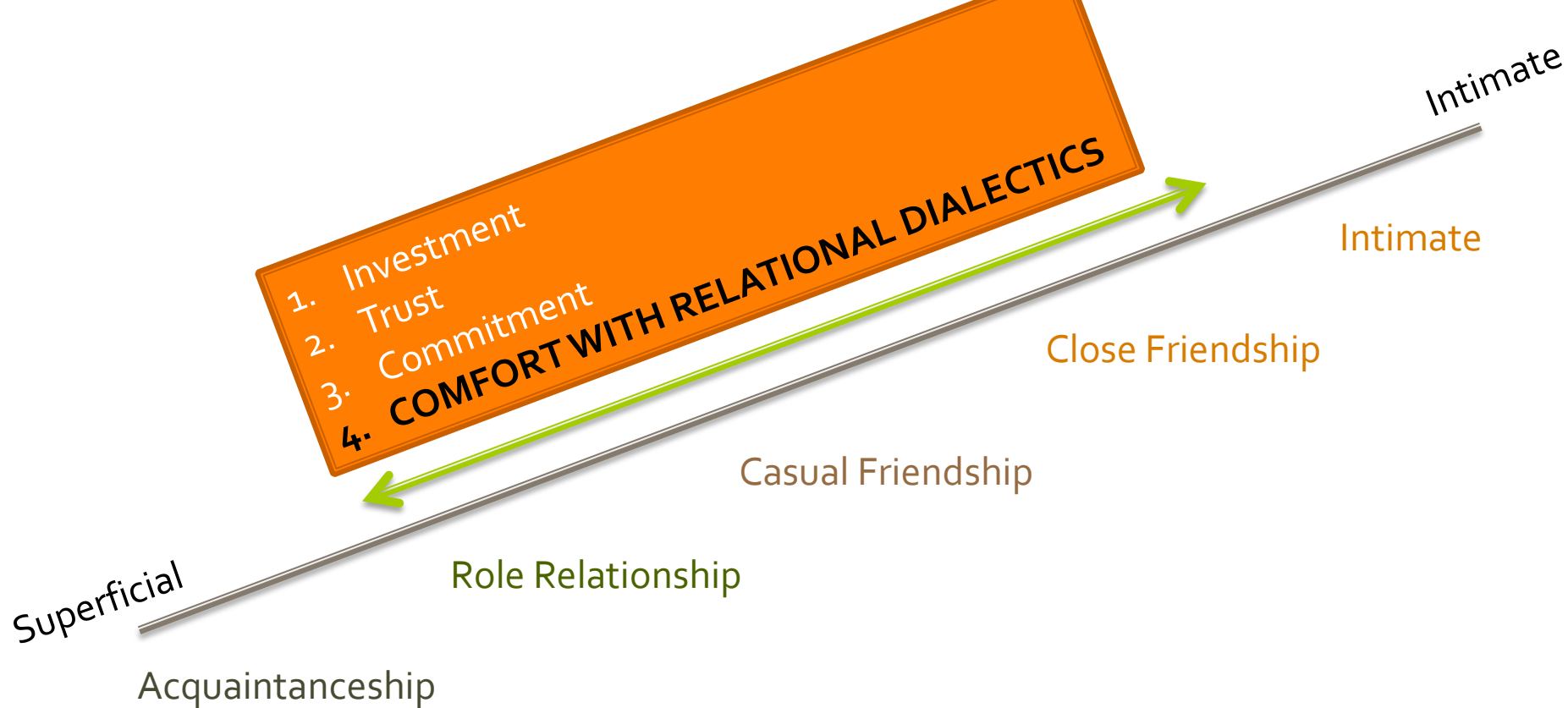
Divorce rate for adults ages 50 and older has roughly doubled in the past 25 years

Number of persons who divorced per 1,000 married persons in given age group



Note: Divorce rate is the number of persons who divorced per 1,000 married persons in the year prior to the survey among adults in that age group. Percent change calculated before rounding.

Source: Pew Research Center analysis of the 2015 American Community Survey (IPUMS) and 1990 Vital Statistics following the methodology in Brown and Lin's "The Gray Divorce Revolution: Rising Divorce Among Middle-Aged and Older Adults, 1990-2010."



Comfort with Relational Dialectics

INTERNAL TENSIONS

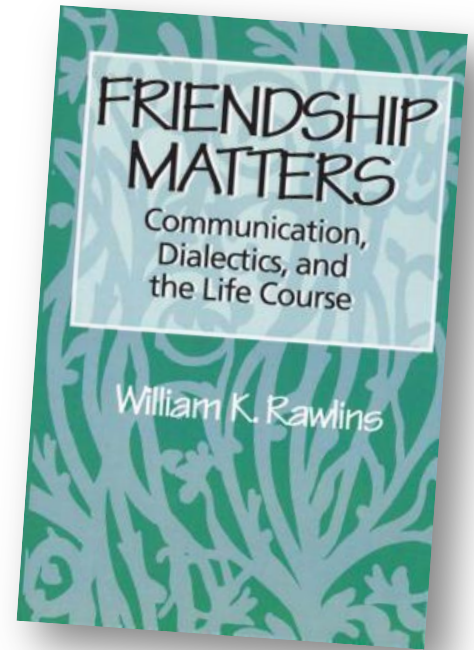
- Autonomy and Connection
- Openness and Closedness
- Novelty and Predictability

Baxter, L. A. (1988). A dialectical perspective of communication strategies in relationship development. In S. Duck. (Ed.) *Handbook of personal relationships* (pp. 257–273). New York: Wiley.

Dialectics in Friendships

- Affection v Instrumentality
- Judgment v Acceptance
- Ideal v Real

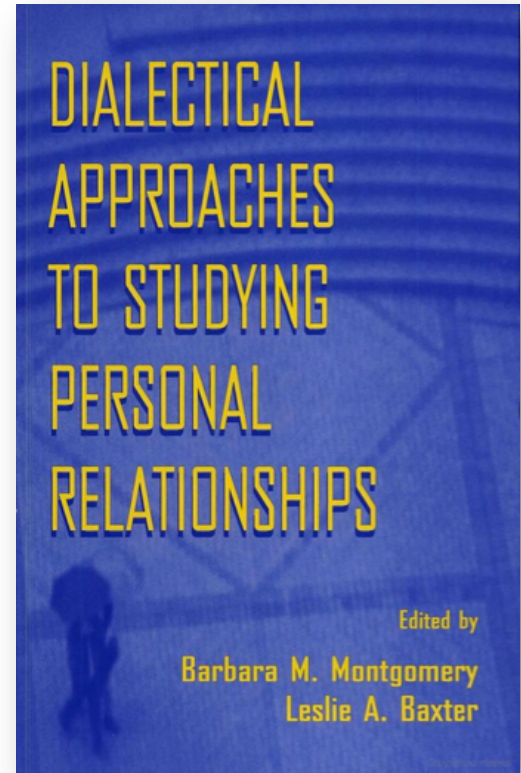
Rawlins, W. K. (1983a). Negotiating close friendship: The dialectic of conjunctive freedoms. *Human Communication Research*, 9, 255–266.



Comfort with Relational Dialectics

Dialectics are not something we resolve but are continuous processes that infuse and affect intimacy.

Leslie Baxter, 1990



Autonomy v Connection

Would you guys mind if I slept alone for a change?



http://www.semonski.com/kosexternal/Academics_files/communicationsexam_files/image012.jpg

Autonomy v Connection

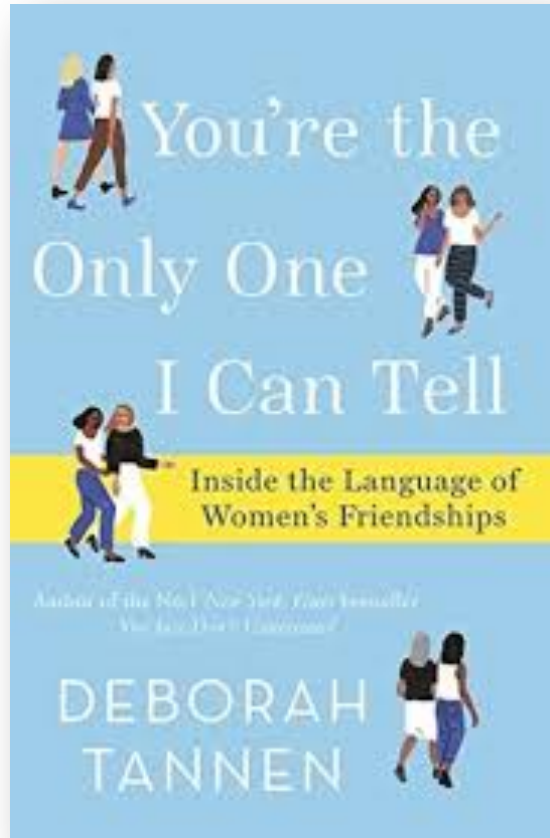


San Cisco

Too Much Time Together

<https://youtu.be/cLCaVZ3fmUo>

Autonomy v Connection



Closeness through talk

- Disclosing personal history
- Sharing feelings
- Face one another
- Haptic behavior

FoMO – Fear of missing out

FOBLO – Fear of being left out

The social anxiety that other people are having fun without you is associated with loneliness, low self-esteem, and low self-compassion.

Openness v Closedness Dialectic

- **Openness with:** Refers to an individual's self-disclosure of information to another: information deemed to be personal, the individual's feelings or personal opinions, and information regarding one individual's relationship with the other.
- **Openness To:** being attentive or responsive.
- **Closedness with:** Describes the type of nondisclosive talk that occurs between individuals. It is most often identified as "small talk", being primarily superficial. The talk is oriented around conversation that requires little or no self-disclosure, allowing for a controlled level informational privacy.
- **Closedness to:** Some people experience stress and discomfort when listening to others' problems. In response to this, some individuals attempt to distance themselves in order to discourage others from confiding in them.



<http://modernmancollection.com/wp-content/uploads/2013/06/Rents-in-Law.jpg>



<https://youtu.be/ePRYhNNdzwk>



Max Goldman's (Walter Matthau) and John Gustafson's (Jack Lemmon) childhood friendship soured back in 1938 when they fell out over a woman.

Novelty v Predictability

I was spontaneous once.

It didn't go as planned.

Novelty v Predictability

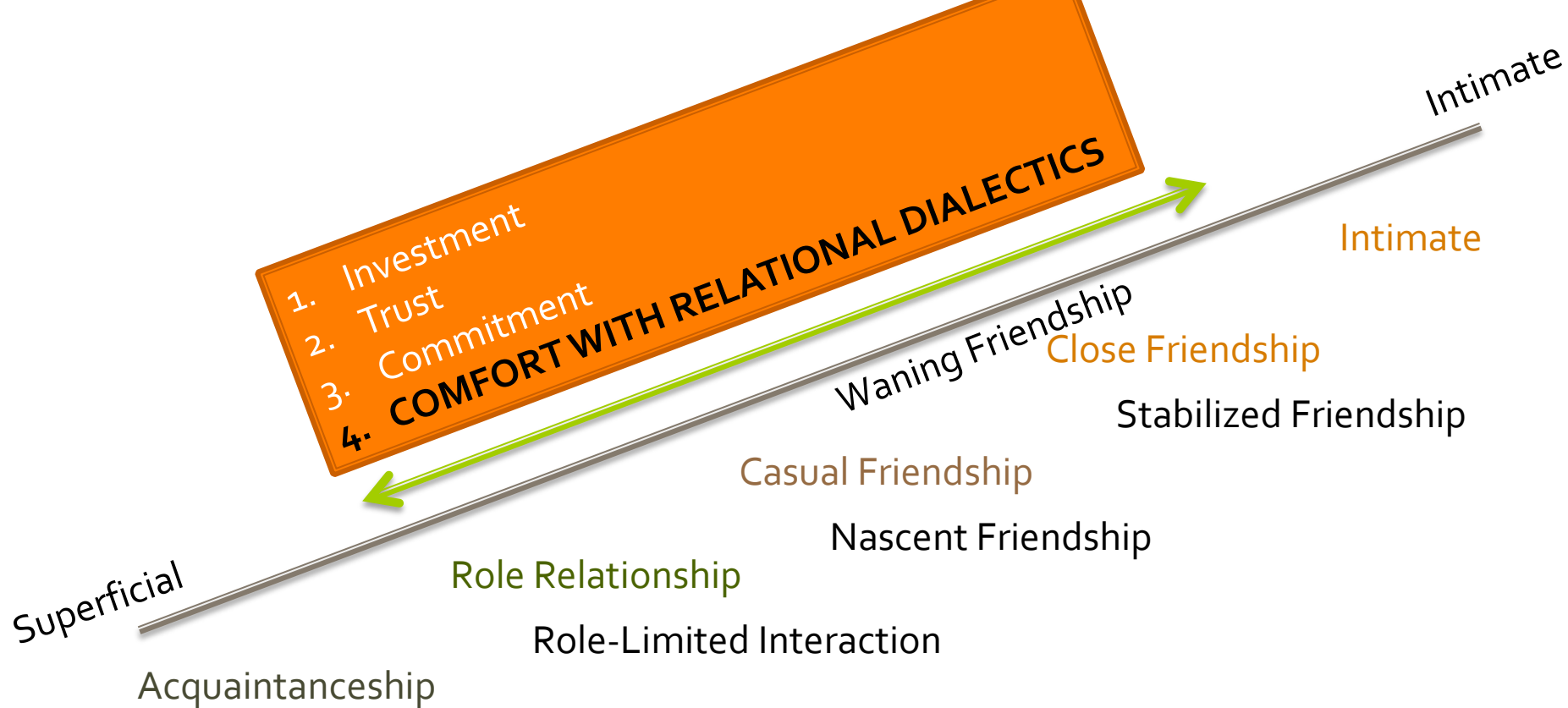
I've given it a lot of thought and I've decided to be spontaneous.

Next week. On Tuesday, at 2:30 p.m.

Stages of Friendship

- Role-Limited Interaction
- Friendly Relations
- Moving towards Friendship
- Nascent Friendship
- Stabilized Friendship
- Waning Friendship

Gamble, T. K., & Gamble, M. W. (2003). *The Gender Communication Connection*. Boston: Houghton Mifflin Company.



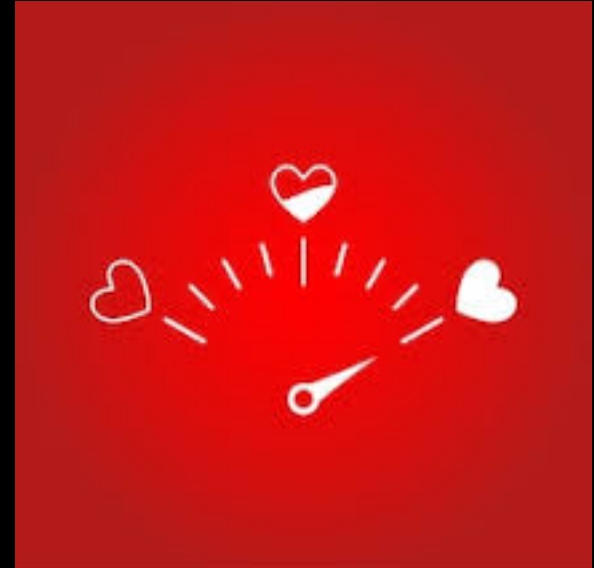
How do We Maintain Great Relationships?

1. Stay in touch
2. Be trustworthy
3. Demonstrate loyalty
4. Show gratitude
5. Repair mistakes
6. Choose compassion
7. Celebrate memories



GRAB BAGS

- #1 Social Capital
- #2 Social Intelligence
- #3 Listening
- #4 Identity Politics
- #5 Language/Cursing
- #6 Nonverbal Communication
- #7 Satisfying Relationships
- #8 Consummate Love
- #9 Conflict Management
- #10 Styles of Parenting & Leadership



Next Week: Consummate Love