

# Communication in Personal Relationships

## Chapter Ten

# Focus Questions

- What is the typical process of friendship development?
- How do romantic relationships typically escalate and deteriorate?

# Focus Questions

- What kinds of communication help sustain long-distance romances?
- To what extent are long-term romantic relationships equitable for women and men?
- What is the cycle of intimate partner abuse?

# Understanding Personal Relationships

- Voluntary commitment between irreplaceable individuals
- Personal Relationships are influenced by:
  - Rules
  - Relationship dialectics
  - Surrounding contexts
  - Commitment

# Features of Personal Relationships

- Uniqueness
- Commitment
- Relationship rules
- Affected by contexts

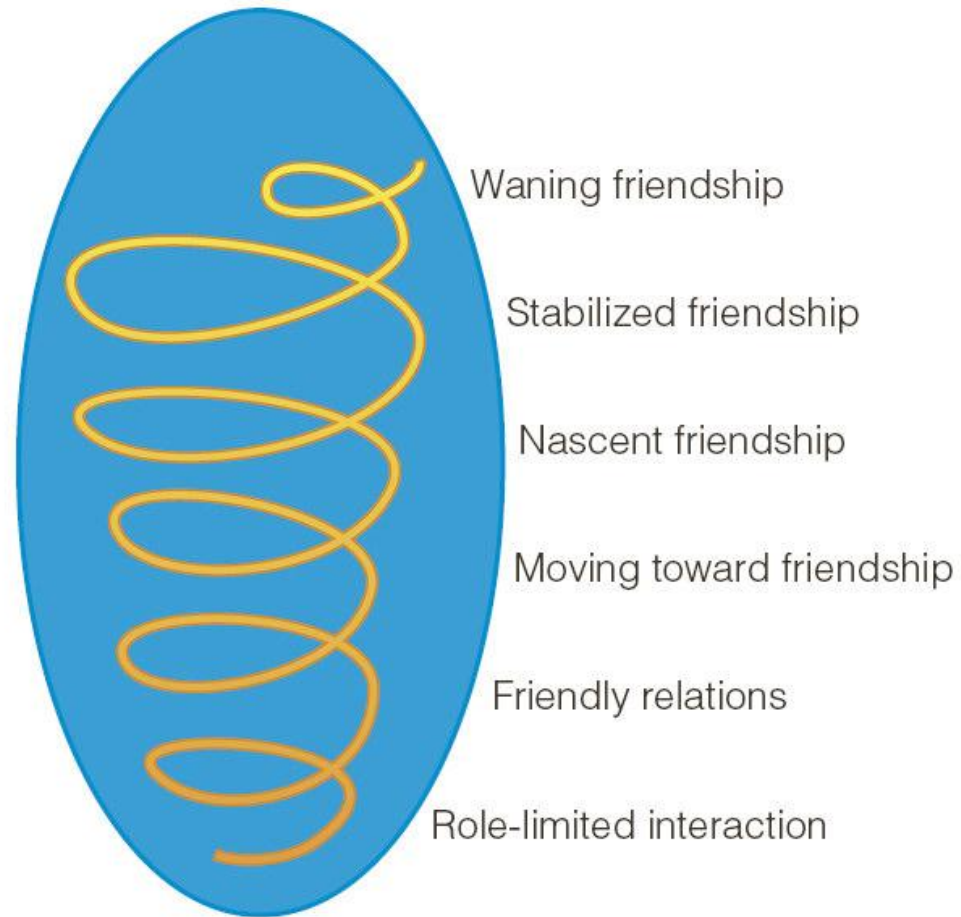
# Relationship Dialectics

- Autonomy/connection
- Novelty/predictability
- Openness/closedness

# How to Deal with Dialectical Tensions

- Neutralization
- Separation
- Segmentation
- Reframing

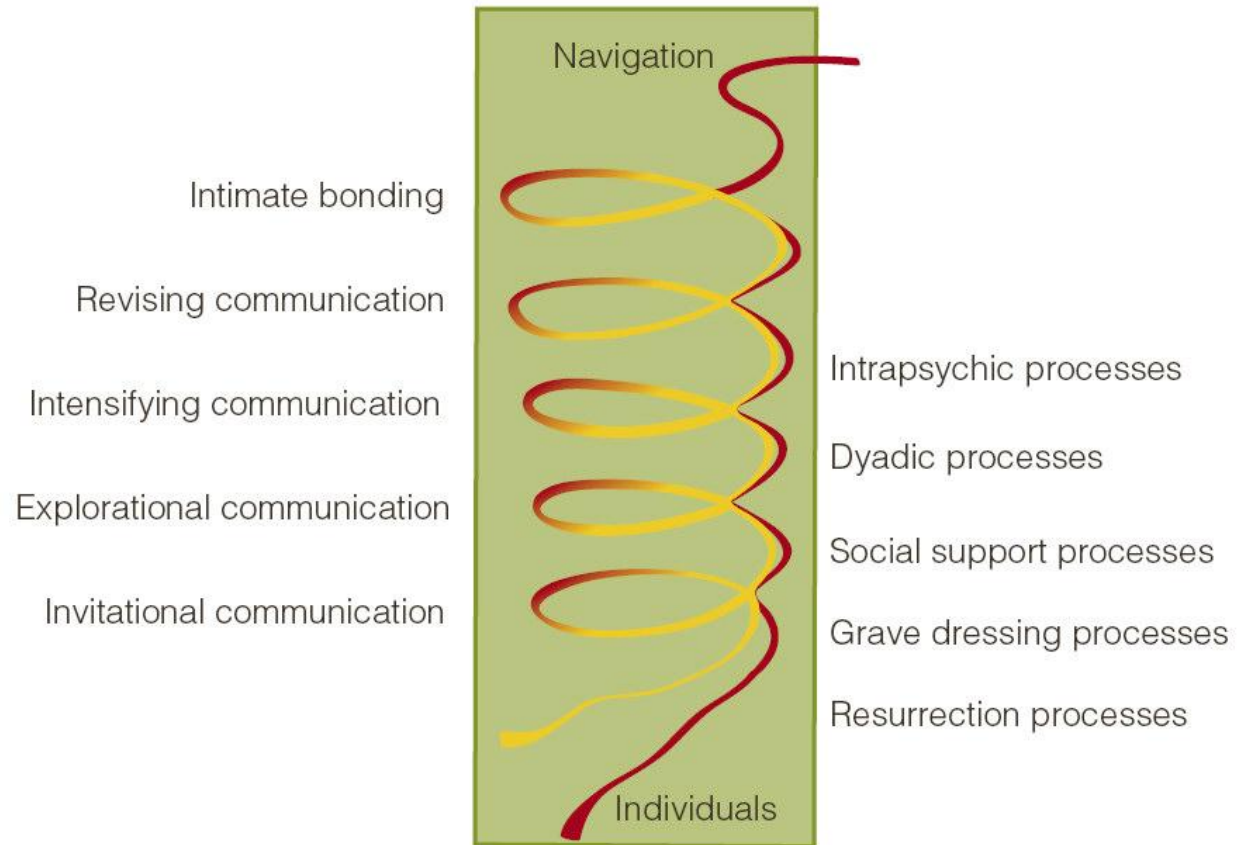
# Stages of Friendship



**Figure 10.1** THE STAGES OF FRIENDSHIP



# Three Stages of Romantic Relationships



**Figure 10.2** THE EVOLUTION OF ROMANTIC RELATIONSHIPS

# Escalating Romantic Relationships

- No interaction
- Invitational communication
- Explorational communication
- Intensifying communication

# Escalating Romantic Relationships

- Revising communication
  - not part of escalation in all romantic relationships
- Intimate bonding
- Navigating

# Greatest Influences on Attraction

- Proximity
  - physical nearness
  - Can be in person or in cyberspace
- Similarity
  - We are attracted to people similar to ourselves
  - matching hypothesis

# Relationship Culture

- Nucleus of an established intimate relationship
- Developed over time
- Evolves throughout the life of the relationship

# Relational Deterioration

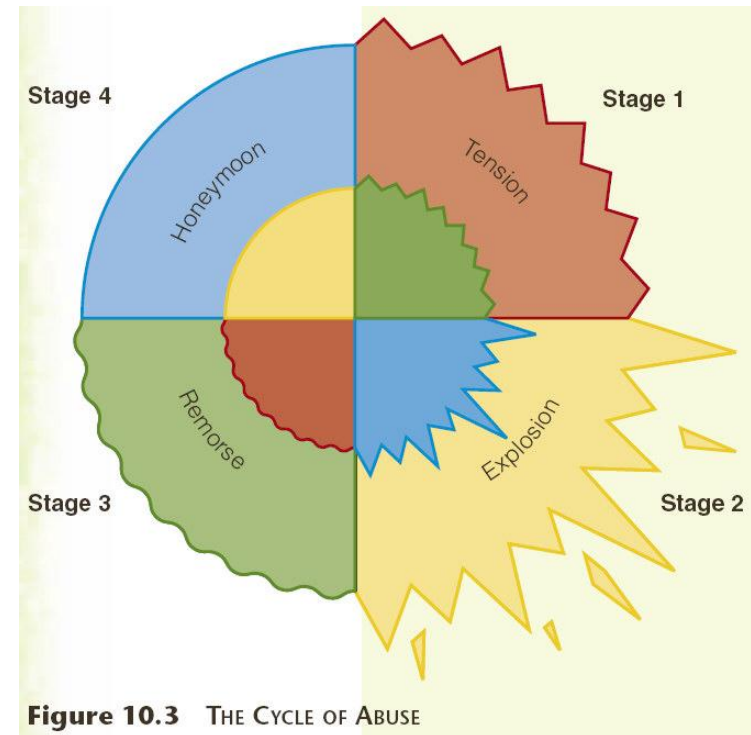
- Intrapsychic processes
- Dyadic processes
- Social support processes
- Grave dressing processes
- Resurrection processes

# Styles of Loving

- Eros
- Storge
- Ludus
- Mania
- Agape
- Pragma

# Guidelines for Communicating in Personal Relationships

- Adapt communication to manage distance
- Ensure equity in family relationships
  - Equity theory
  - Psychological responsibility
- Avoid intimate partner violence
- Insist on safe sex





# Summary

- Understanding personal relationships
- Features of personal relationships
- Relationship dialectics
- How to deal with dialectical tensions

# Summary

- Stages of Friendship
- Three Stages of Romantic Relationships
- Relationship Culture
- Styles of Loving
- Guidelines for Communicating in Personal Relationships