

**Psychology of Adjustment
PSY 131**

Chapter 7
Relationships

Getting together (attraction)

- What are key factors in attraction?
- Sometimes not obvious...
 - Proximity
 - Familiarity
 - Reciprocity
 - Attractiveness
- Rules of thumb
 - "Birds of a feather"
 - "Opposites attract"

Slide 2

Meaningful Relationships

- Each person in the relationship has a separate identity
- Both actively work at keeping the relationship alive
- Each person is growing and changing
- Each person is moving in a direction in life that is personally meaningful
- They encourage each other to become all they are capable of becoming
- Each has a commitment to the other

Slide 3

Anger in Relationships

- There is value in recognizing and expressing anger
- Express anger in a way that does not assassinate another's character
- Don't hold on to anger or nurse grudges
- Recognize danger signs when anger gets in the way of relationships
- Talk more about yourself than about what is wrong with the other person
- Decide when it is better not to express anger

Slide 4

Guidelines for Dealing Effectively with Conflict and Confrontation

- Conflict can be a healthy sign of individual differences
- If you confront a person, know why
- View confrontation as a caring act
- Accept responsibility for your own feelings
- Tell others how you are struggling with them
- Don't walk away from conflict
- Be open to forgiving others who have hurt you
- Be willing to forgive yourself

Slide 5

Barriers to Effective Communication

- Recognizing communication blocks is the first step toward opening the channels to dialogue
- Some barriers are
 - Hearing only what you want to hear
 - Being overly concerned about getting your point across
 - Silently rehearsing what you will say as you are "listening"
 - Becoming overly defensive
 - Making assumptions about the other person without checking them out

Slide 6

Predicting Success (and Failure) of Marriages & Relationships

- John Gottman – University of Seattle, “Love Lab”
 - Couples stay in lab for weekend
 - Observed intensely
 - Able to predict divorce/ no divorce with 90% accuracy
- Events of first five minutes of an argument vital
- Several signs that are predictive of divorce

Slide 7

Predictors of Divorce

- Harsh startup
- The four horsemen
- Flooding
- Body language
- Failed repair attempts
- Bad memories

Slide 8

Predictors of Successful Marriage

- Enhancing “love maps”
- Nurturing fondness and admiration
- Turning toward each other instead of away
- Let partner influence you
- Solve the solvable problems
- Overcome gridlock
- Create shared meaning

Slide 9

Hints for Coping with Termination of a Meaningful Relationship

- Allow yourself the time to grieve
- Express your anger without violence
- Take responsibility for your own part in the relationship
- Find a support network
- Make use of writing in your journal
- Be willing to forgive — both yourself and the other person
- Seek closure

Slide 10
