Close Relationships

Three Types
Measuring closeness
Factors of Friendship and Love
Development of Love
  Learning about love
  Encountering an Appropriate Love Object
  Attributing Arousal to Feelings of Love
Loneliness
Problems in Relationships

3 Types of close relationships
  1. Friends   2. Romantic partners 3. Relatives

Common element in each type of close relationship is interdependence—exists when two people frequently influence one another’s and engage jointly in many kinds of activities over an extended period.

Factors of Friendship and Love
  ---some think a relationship turns to love when two friends perceive themselves as potential sex partners….large studies suggest that friendship does not describe how love begins.
  ….with friendship proximity, and similarity matter most, and attractiveness matters as well
  ….with love attractiveness matters most, but similarity and proximity also matter.

Development of Love---Most people think of a sudden, intense response to someone as love…”falling head over heels in love”…..like it’s and accident ….slipping on a banana peel……passionate love……

3 Factors that Affect Development of Love
  1. learn love is an appropriate response….2. an acceptable target for love must be encountered 3. emotional arousal must occur and be attributed to love
Romantic Love
Companionate Love --- more like an old friendship....passionless

Problems in Relationships
1. boredom ---get into a runt with unchanging routines
2. dissimilar attitudes, values, and preferences.
3. replace positive evaluations with negative ones –emphasize negative behaviors instead of recognizing positive ones.

Loneliness – unmet desire for close relationships......