

# Unit 8

## Developing and Maintaining Relationships



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# Objectives

- **Explain key aspects of interpersonal relationships**
- **Understand how and why we form relationships**
- **Understand that every relationship has advantages and disadvantages**

# Objectives

- **Consider how people in relationships choose to divulge or withhold personal information**
- **Outline the predictable stages of most relationships**

# Interpersonal Relationships

The interconnections and interdependence between two individuals



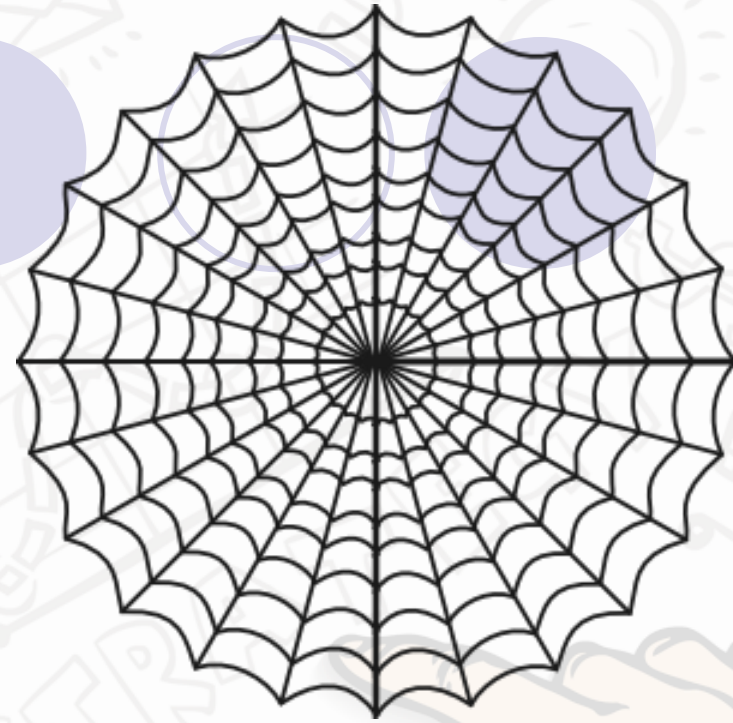
# Interpersonal Relationships

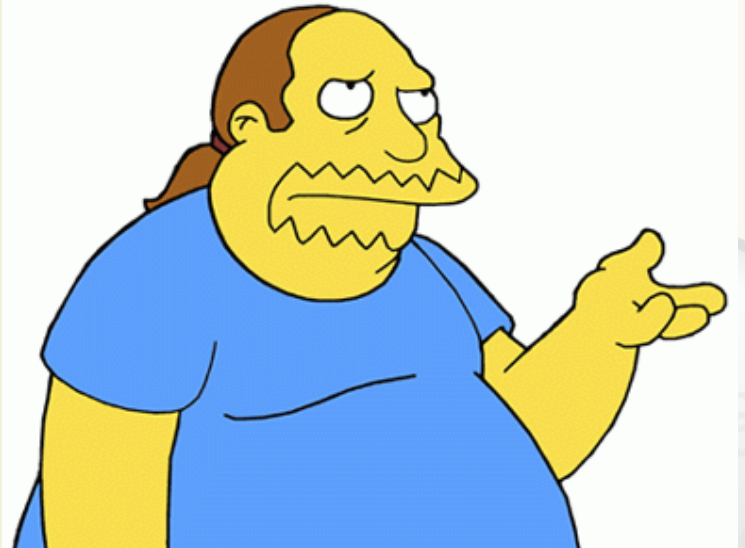
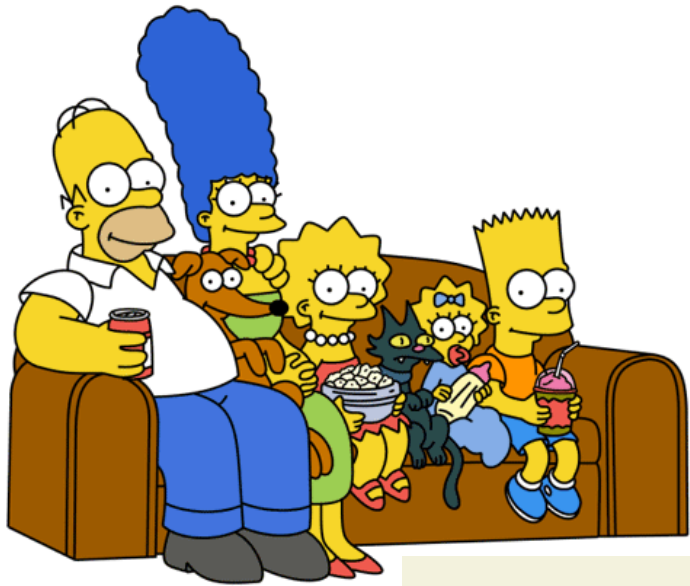
The exchange of verbal and nonverbal messages between two people who have a relationship and are influenced by their partner's messages



# Relational Network

**A web of relationships that connect individuals to one another**





# Types of Interpersonal Relationships

- **Family**

**Small social group bound by ties of blood, civil contract, and a commitment to care for one another**





# Types of Interpersonal Relationships

## ● Friendship

- Close and caring relationship between two people
- Perceived as mutually satisfying and beneficial



# Types of Interpersonal Relationships

## ● Romantic Relationships

### ○ Love

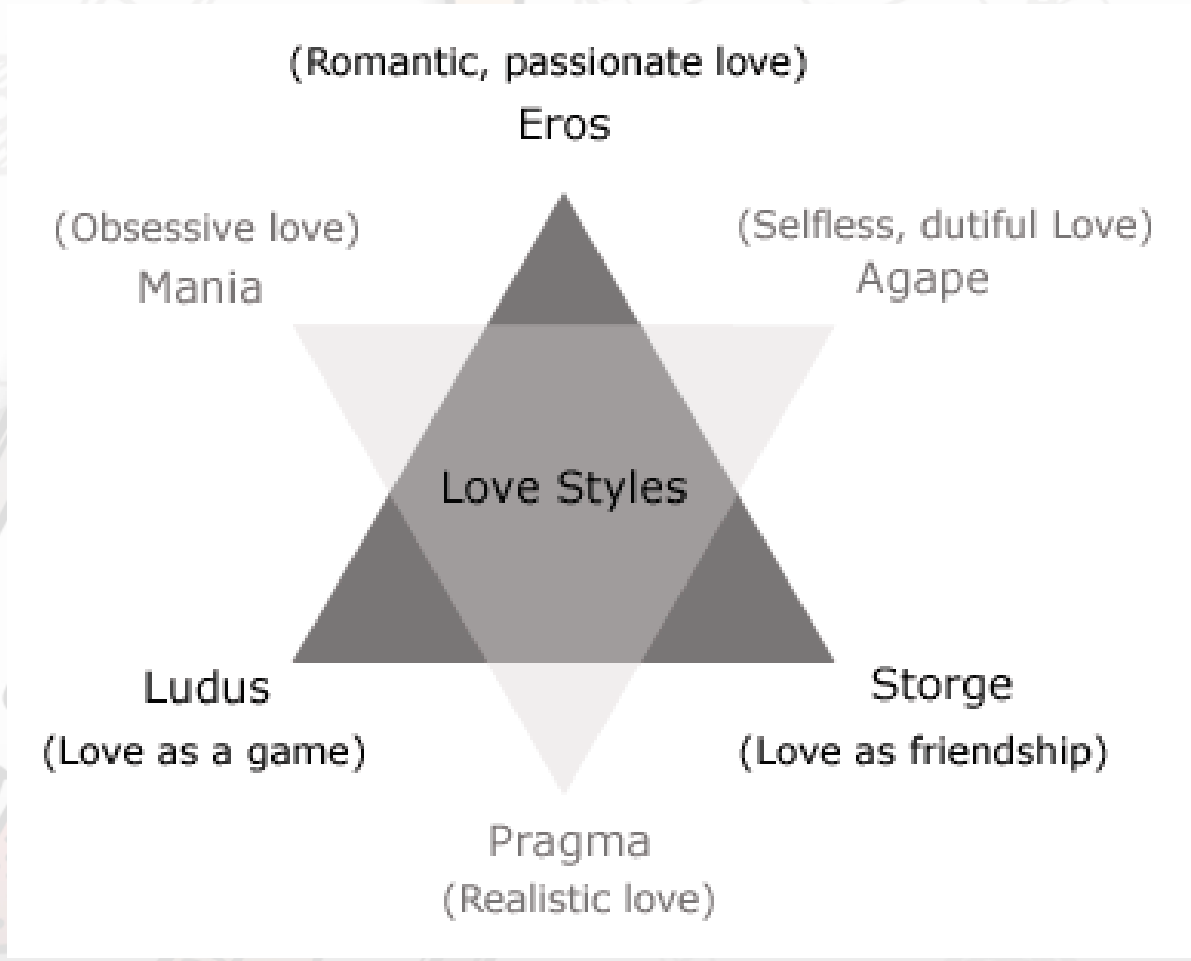
- “deep affection for and attachment to another person”

### ○ Intimacy

- “Closeness and understanding of of a relational partner”



# Love Styles



# Types of Interpersonal Relationships

- **Online Relationships**

- Virtual relationships
- Hyperpersonal communication



# Why We Form Relationships

- **Companionship**
- **Stimulation**
- **Achieving goals**
- **Proximity**
- **Physical attraction**
- **Similarity**



# Managing Relationship Dynamics

- **Costs and rewards**

- **Social exchange of costs and benefits**

- **Rewards**

- **Extrinsic (e.g. social status)**

- **Instrumental (e.g. saving on rent)**

- **Intrinsic (e.g. feeling of safety)**

- **Costs**

$$X = S^3 \setminus 4_1 = H^3 / \Gamma$$

$$v_j = 2 \sum_{k \geq 0} \frac{1}{(-27)^k (6k + j)^2}$$

$$v = (\text{vol}(X), v_1, v_2, v_3, v_4, v_5) \in \mathbb{R}^6$$

$$m = (-1, 9, -9, -12, -3, 1) \in \mathbb{Z}^6$$

$$v \cdot m = 0$$

$$\Gamma = \left\langle \left( \begin{array}{cc} 1 & 1 \\ 0 & 1 \end{array} \right), \left( \begin{array}{cc} 1 & 0 \\ -\omega & 1 \end{array} \right) \right\rangle \quad 1 + \omega + \omega^2 = 0$$

# Managing Relationship Dynamics

- **Reducing Uncertainty**
  - **Uncertainty reduction theory**
    - **Passive strategies**
    - **Active Strategies**
    - **Interactive Strategies**



# Dialectical Tensions

- Autonomy vs. Connection
- Openness vs. Closedness
- Predictability vs. Novelty

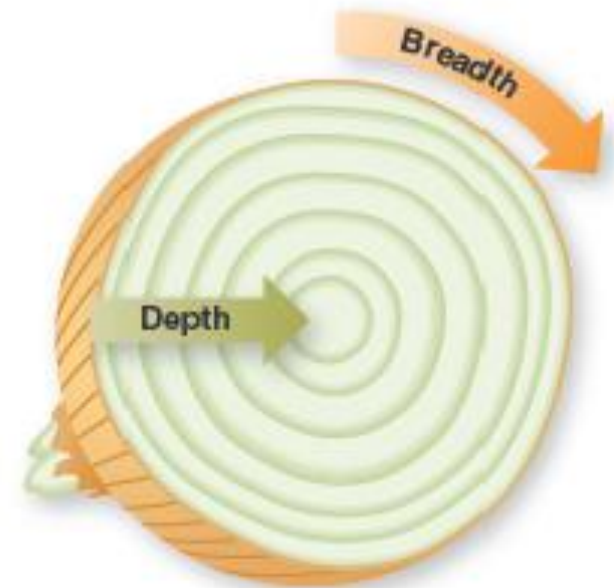




# Self-Disclosure and Relationships

- **Social Penetration Theory (SPT)**

How relationships move from superficial levels to levels of intimacy



# Self-Disclosure and Relationships

- **Communication Privacy Management Theory (CPM)**
  - We own private information
  - We control that information
- **\*Information has the potential to make someone vulnerable.**
- **\*We have the right to control our private information.**

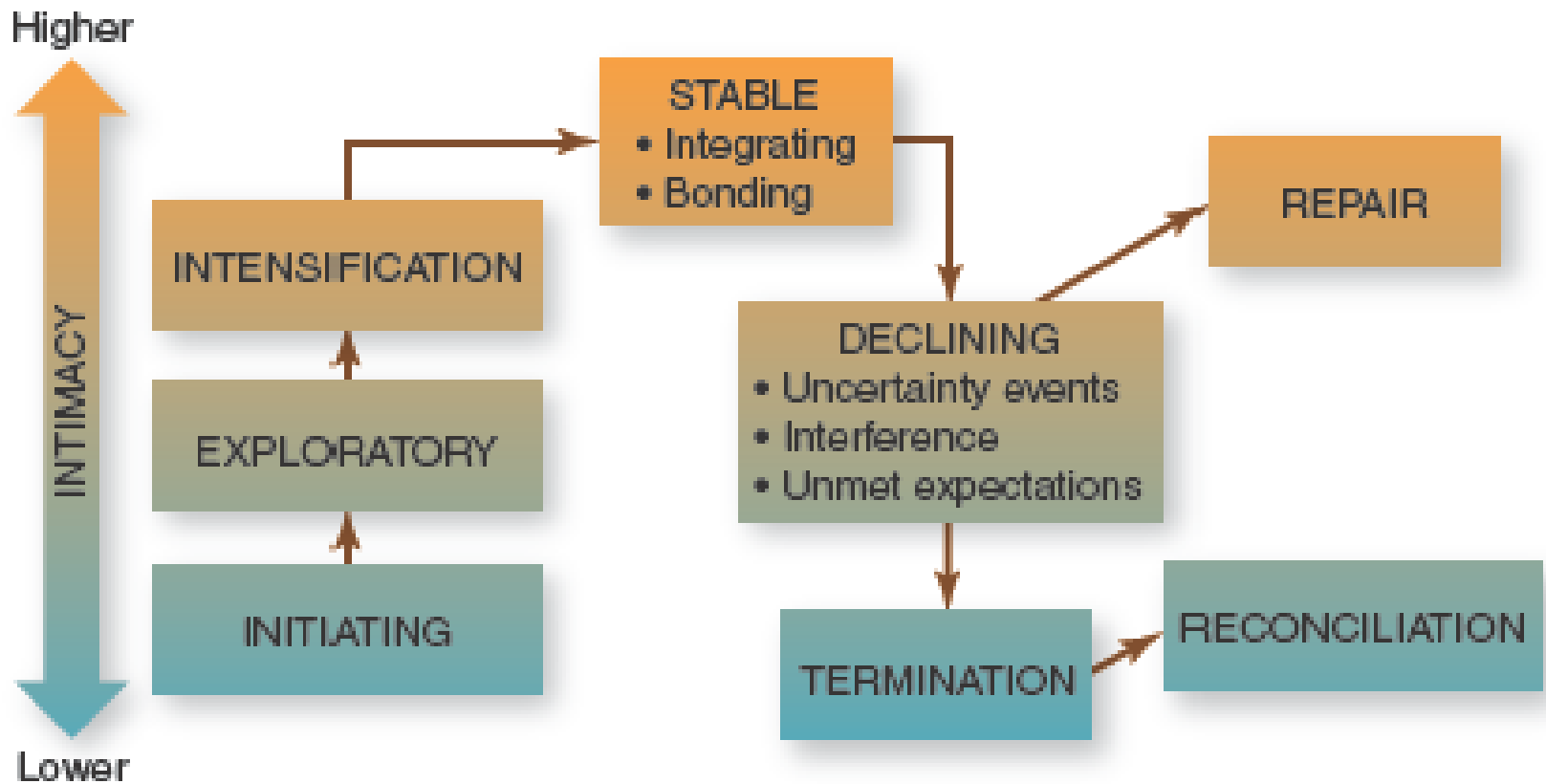


# Self-Disclosure and Relationships

- **Strategic Topic Avoidance**
  - Maneuvering the conversation away from undesirable topics
    - **Keep silent**
    - **Give unrelated response**
    - **Lie**
    - **End conversation**



# Stages of a Relationship



# Stages of a Relationship

- **Initiating Stage**

- **Make contact with another**
- **Many relationships don't move beyond this stage**



# Stages of a Relationship

- **Exploratory Stage**
  - Small talk
  - Uncertainty reduction



# Stages of a Relationship

- **Intensification Stage**
  - Personal self-disclosure
  - Share affection verbally
  - Pet names



# Stages of a Relationship

- **Stable Stage**

- Integrating or becoming one
- Bonding by sharing public messages about relationship





# Stages of a Relationship

## ● Declining Stage

### ○ Uncertainty Events

- Interference (with growth)

- Unmet expectations

- “Perfect couples never argue.”

### ○ Relationship Repair

- Repair tactics



# Stages of a Relationship

- **Termination Stage**

- **Passing away**

- Relationship gradually fades

- **Sudden death**

- Unexpected termination for one partner



# Stages of a Relationship

- **Reconciliation**

- Spontaneous development
- Third-party mediation
- High affect
- Tacit persistence
- Mutual interaction
- Avoidance

