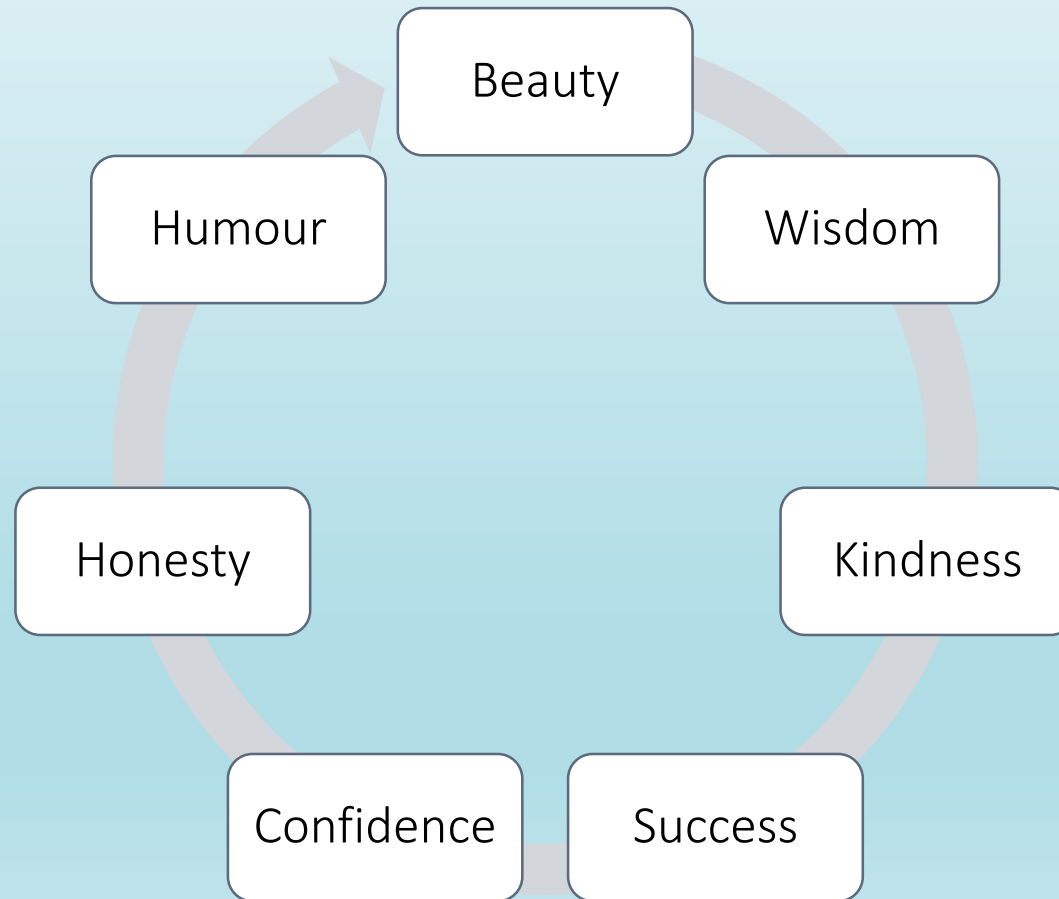


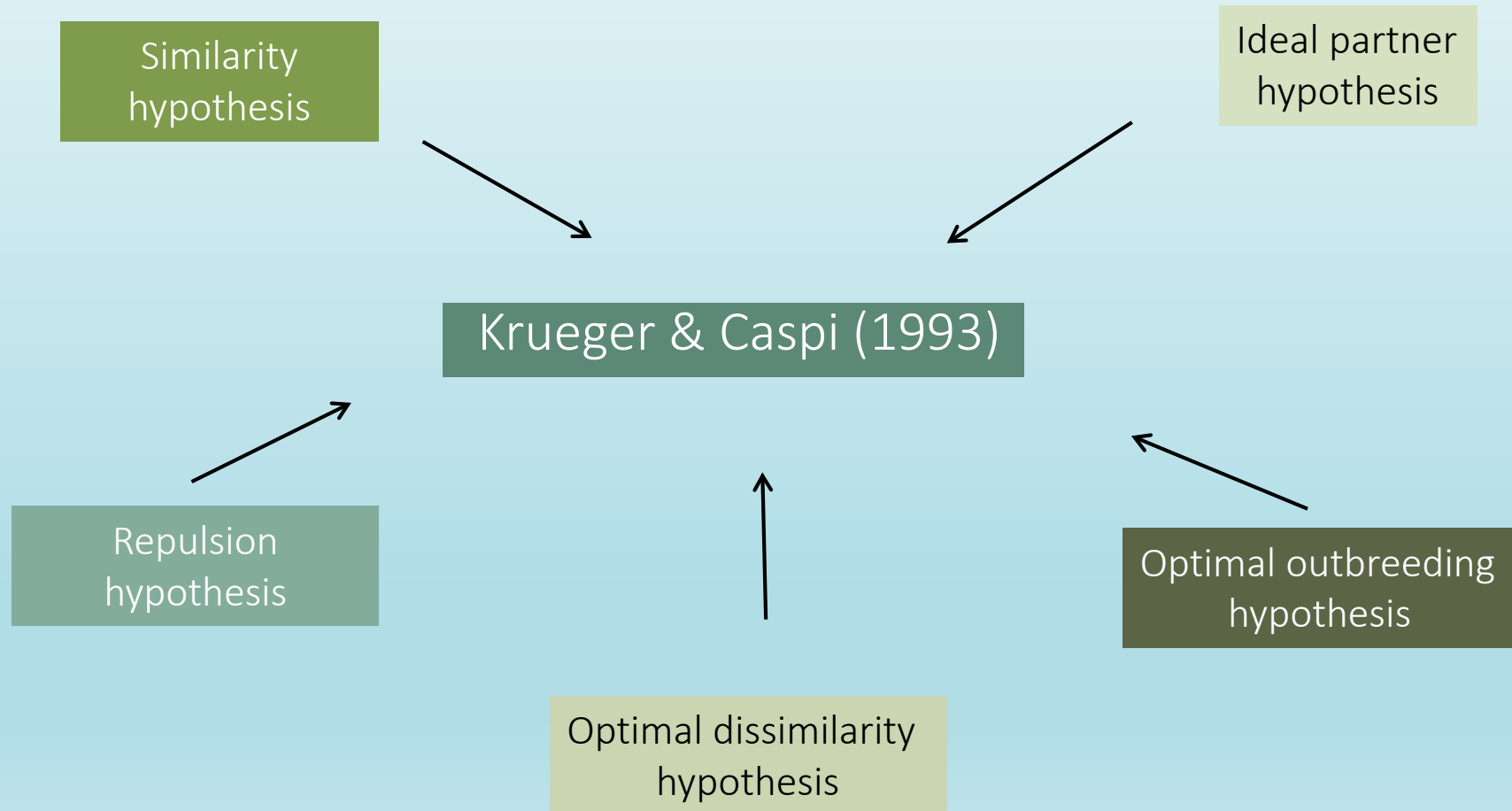
Interpersonal relationships

Hartz (1996)

Understanding our responses of finding someone attractive



Theories of interpersonal attraction



Fatal attraction

Diane Felmlee
(1995)

The characteristics we view as most important when choosing a partner may often be the very same characteristics that lead to the break-up of that relationship.



‘nice to passive’

‘strong to stubborn’

‘funny to flaky’

‘outgoing to over the top’

‘caring to clinging’

By the end of the relationship, we change our interpretation of our partner’s qualities, rather than the partner experiencing a change in their personality.

Love styles

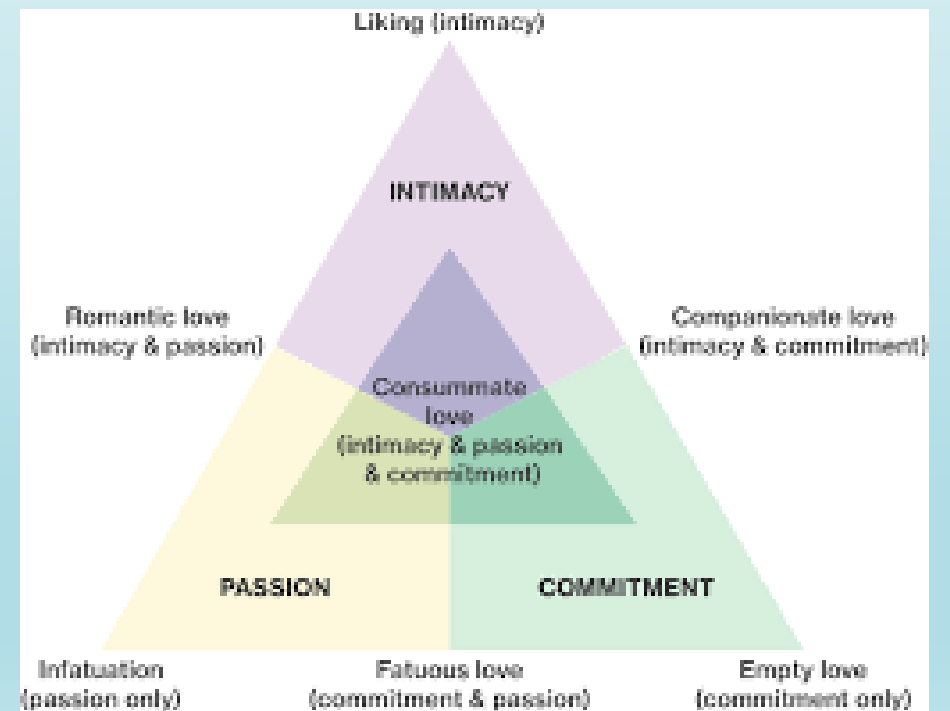
Walster and Walster (1978)



Clark and Mills (1979)

Exchange relationships and
communal relationships

Two kinds of love – passionate
and compassionate



Triangular theory of love (Sternberg, 1986)

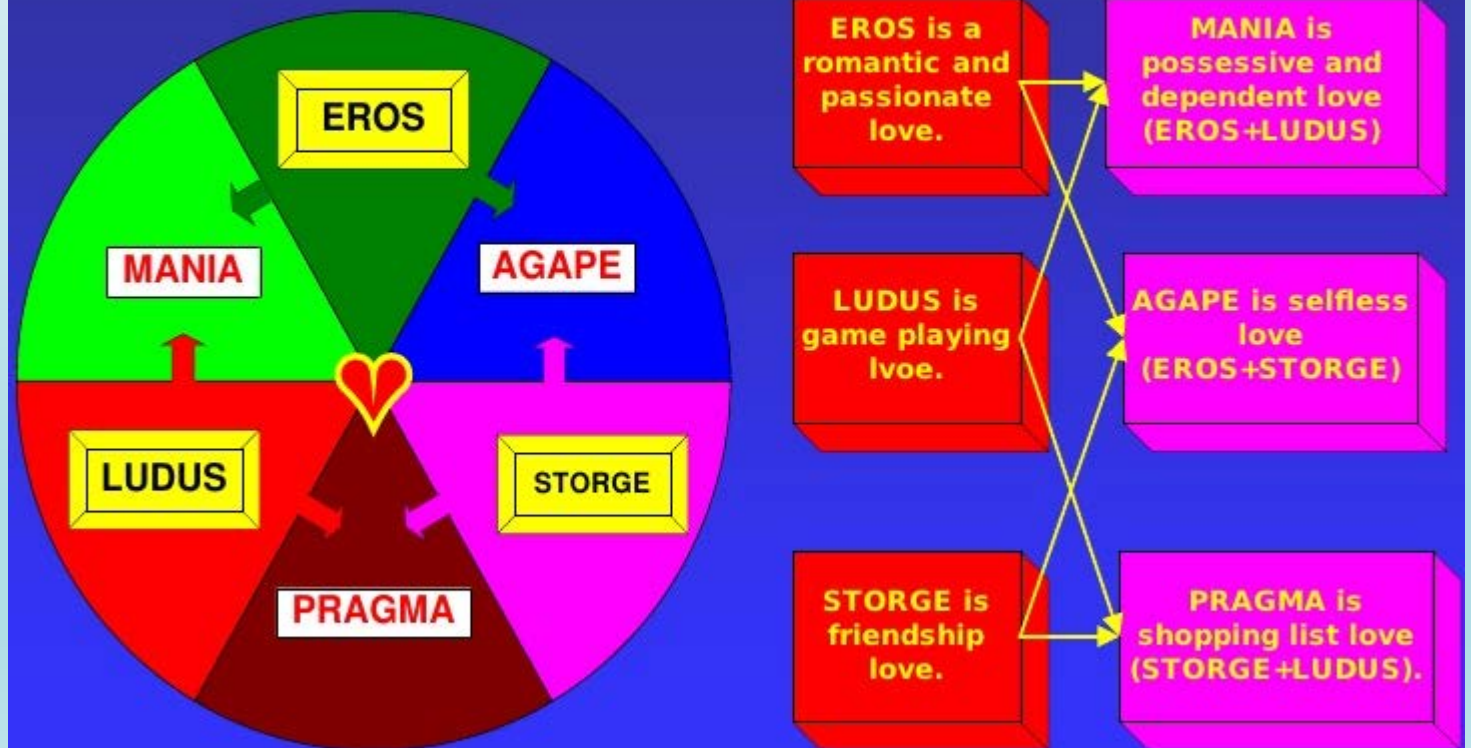
John Lee (1976)
the colours of love

Primary and
secondary



Love styles

John Lee's Colours of Love



Lee (1973, 1988),

Individual and group differences in love styles

Love Attitude Scale to look closely at the individual differences



Hendrick and Hendrick (1995) found that men tend to identify themselves to be ludic and manic lovers, whereas women tend to identify themselves as storgic and pragmatic.



Cross-cultural differences – Americans tend to identify themselves as adopting more storgic and manic approaches to love, as compared to the French, who display higher of the agape love style (Murstein et al., 1991).

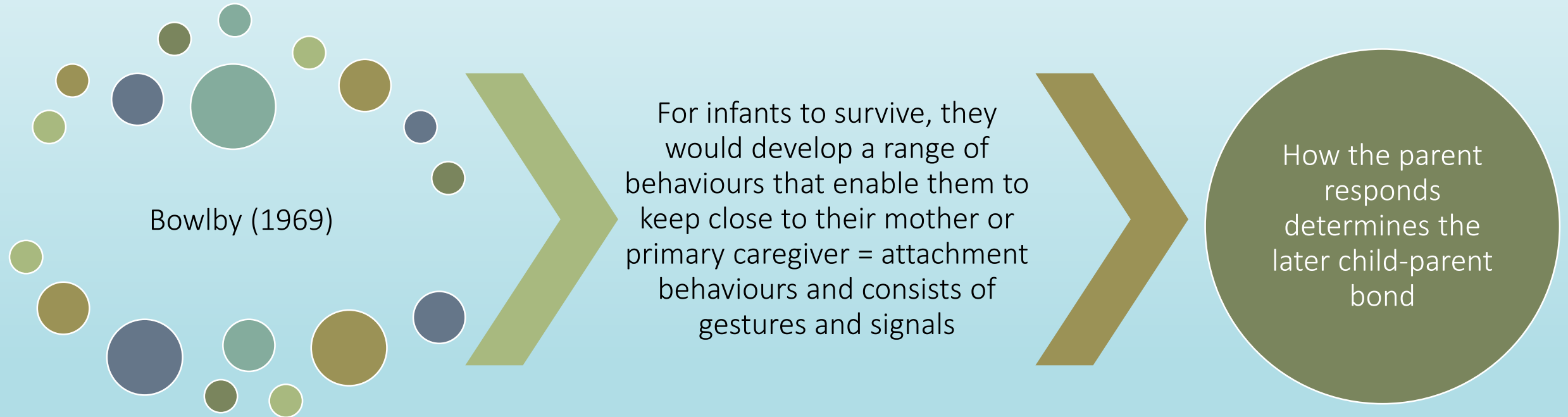
Three-factor model

Extraversion – social and carefree

Neuroticism – anxious and worrying

Psychoticism – solitary and antisocial

Love and attachment styles



Hazan and Shaver (1987)

Securely attached children are likely to become securely attached lovers

High on intimacy as well as passion and commitment

- More trusting
- Tend to have long-term relationships
- High self esteem and high regard for others
- Generous and supportive one lovers are under stress
- Positive, optimistic and constructive in interacting with the others

High break-up rate despite deep the involvement

Jealous and untrusting

Intense grieving following loss

Tend to be emotional, especially when under stress

Unstable self-esteem with self-doubt

Avoidant lovers do not feel comfortable being close to their partners, and they feel nervous when people get too close.

Less investment in relationships

Prefers to be alone

Withdraws from partner when under stress

Finds social interactions boring and irrelevant

Doesn't like disclosure by self or others

Anxious resistant lovers – are eager to get close to their partners and the partners are eager to get close to them

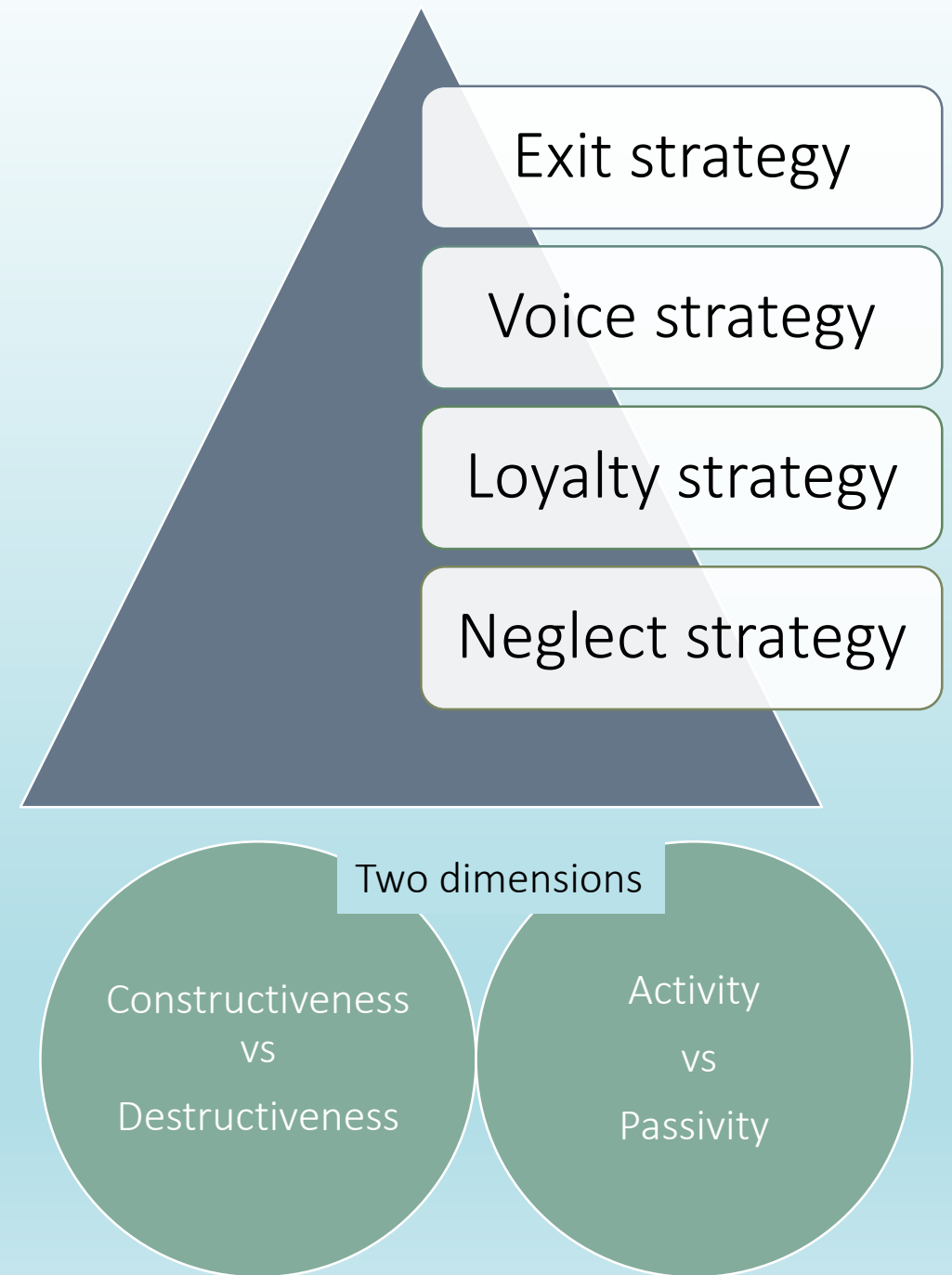
The major worry is abandonment.

The word ambivalent is sometimes used to describe an anxious resistant lover as is often the relationship is characterised by a mixture of opposite feelings or attitudes such as love-hate relationships.

Relationship dissolution

Investment model (Rusbult, 1983)

- Commitment
- Satisfaction
- Quality of alternatives
- Investments



Please read the two papers on forgiveness

Forgiveness in personal relationships: Its malleability and powerful consequences

https://www.researchgate.net/publication/232539587_Forgiveness_in_personal_relationships_Its_malleability_and_powerful_consequences

Toussaint, L. L., Worthington Jr, E. L., & Williams, D. R. (2015). Forgiveness and health: Scientific evidence and theories relating forgiveness to better health. New York, NY, US: Springer Science+ Business Media

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