

Relationships

Finding Who's Right

A Positive Psychology Perspective

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Bob Reese, PhD
rcreese@jchs.edu

PSY 330 Relationships



THOUGHT FOR THE DAY...

- Women are like phones:
 - They like to be held, talked to and touched often.



Relationships

- Relationship = a particular association between two or more people



Romantic or Love Relationship = an emotional and/or sexual association between two people

I'm in LOVE!

- I have been IN LOVE _____.
- A. Never
- B. Once, but it's over
- C. Once, and still am
- D. Several times
- E. Many times



Heterosexual Sexual Activity in Early Adulthood

- 90% have intercourse by age 22
- Most sex in the context of relationships
 - 71% only 1 partner in past year
 - Partners similar to each other
- Sex infrequent
 - Only 1/3 twice a week or more
 - More often in 20s, declines with age
- Most are satisfied
 - Over 80% of those in relationships
 - Minority report problems



Sex Difference in Sexual Attitudes

Women are more opposed to casual sex than men.

- A. True
- B. False



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Sex Difference in Sexual Attitudes

Men are more upset by sexual infidelity; women by emotional infidelity

- A. True
- B. False



Dangers of Sex



- STDs
 - AIDS
- Sexual Coercion
 - Rape
 - Date Rape
 - Abuse

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Types of Relationships

- Heterosexual

- Homosexual



*It's the Same
Regardless of
Sexual Orientation*

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Triangular Theory of Love

- Three components:
 - Passion
 - Intimacy
 - Commitment
- Passionate love early; compassionate love later
 - Passion gradually fades while intimacy, commitment grow
- Cultural differences



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Selecting a Mate



- Physical proximity
- Most select partners who are similar
 - What about “Opposites Attract”?

Gender differences

- Women: intelligence, ambition, financials
- Men: attractiveness, domestic skills

Study: Women Prefer Tall Men

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Gender Roles: Real or Imagined?

“Two Sides to Every Story”

- **IN HER DIARY:**
 - Tonight, I thought my husband was acting weird. We had made plans to meet at a bar to have a drink. I was shopping with my friends all day long, so I thought he was upset at the fact that I was a bit late, but he made no comment on it. Conversation wasn't flowing, so I suggested that we go somewhere quiet so we could talk. He agreed, but he didn't say much. I asked him what was wrong; He said, 'Nothing.' I asked him if it was my fault that he was upset. He said he wasn't upset, that it had nothing to do with me, and not to worry about it.
 - On the way home, I told him that I loved him. He smiled slightly, and kept driving.
 - I can't explain his behavior I don't know why he didn't say, 'I love you, too.' When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore.
 - He just sat there quietly, and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed.
 - To my surprise, he responded to my caress, and we made love. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep - I cried.
 - I don't know what to do. I'm almost sure that his thoughts are with someone else.
 - My life is a disaster.
- **IN HIS DIARY:**
 - My Harley wouldn't start today, can't figure it out.
 - But, at least I got laid.

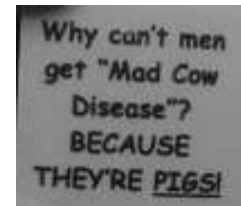


Relationship Goal Setting



When they tell you who they are,
Believe them!

Maya Angelou



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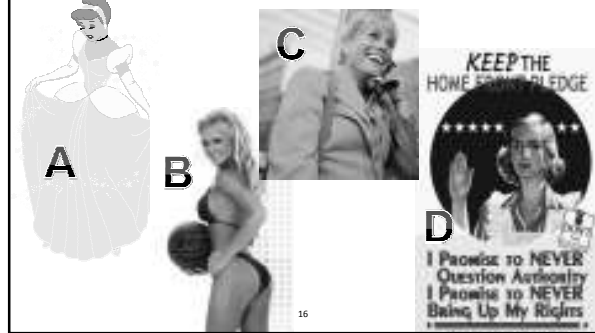
Relationship Goal Setting

- So – Who is “Your Prince”?



Relationship Goal Setting

- Who is “Your Princess”?



Ideal vs Perfect Mate ?

my mate has the eyes of johnny depp, the posture of eric robert, the nose of george clooney, the lips of christian slater, and the lips of the guy you just had sex with.



Looks are VERY important to me as I search for my Mate.

- A. YES
- B. NO

Attraction

www.gurl.com/.../comix/pages/0_702302-1-00.html

Relationship Goal Setting

- What do you want in a mate?


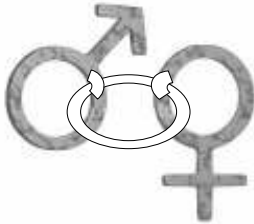
- 10 Qualities
 - Groups: Discuss
- LIST
- Focus on Qualities
 - Forget ‘Looks’ → You will be attracted to them in the 1st place
 - Keep positive: “want” vs. “don’t want”



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Relationship Goal Setting

- **Marriage**
 - ‘You’ + ‘Me’ = ‘US’
 - The Archetype of Marriage is a 3rd Entity





*“America doesn’t want a ‘Marriage,’
They want a ‘Wedding!’”
- Oprah Winfrey*

Relationship Goal Setting

- Look for “Ideal” vs. “Perfect”
- It is Possible to Change someone else.
 - A. TRUE
 - B. FALSE

What happens when you change?




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Are you willing to make heaven on earth with me?

‘50 First Dates’ and the Nice-To-Nasty Ratio

- John Gottman, a psychologist, says that if married couples “have a ___ ratio of positive to negative interactions,” they will have a happy marriage.
 - A. 1:1
 - B. 2:1
 - C. 3:1
 - D. 4:1
 - E. 5:1



• Buri, J. (2009). Psychology Today. 50 First Dates and the Nice-To-Nasty Ratio.
– <http://www.psychologytoday.com/blog/love-bytes/200902/50-first-dates-and-the-nice-nasty-ratio>

‘50 First Dates’ and the Nice-To-Nasty Ratio

- Every day when she wakes up, he once again is warm, kind and affectionate.
 - Every day he makes his love clear as he essentially says: "You can trust me with your love because I will not take it for granted. I won't abuse it. I will not leave you with more scar tissue on the heart."
- Can you imagine how our marriages (and our love relationships) would be thriving if each day we were intent upon elevating our nice-to-nasty ratio?
 - If, every day, we were determined once again to show our partner just how much we love them and just how much we value them in our lives?

‘50 First Dates’ and the Nice-To-Nasty Ratio

- Can you see your Relationship as
 - A Journey vs a Destination
 - A state of BEcoming

DO → HAVE → BE
BE → DO → HAVE

MAGIS

Relationship Goal Setting

- Affirm → Create “The Story”
- Repeat it often
- Change it as ‘US’ Changes
- Be ‘Present’

Effectiveness
Success
Energy
Balance
Joy
Gratitude



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Love Songs: Affirmation of Love



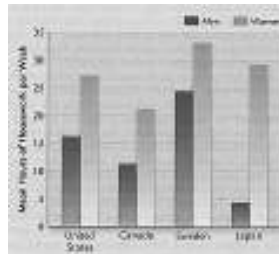
Traditional & Egalitarian Marriages

Traditional – clear division of roles

- Woman: cares for husband, children, home
- Man: head of household, economic support

Egalitarian – partners relate as equals

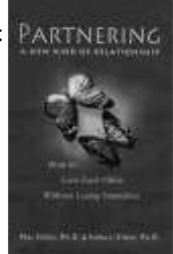
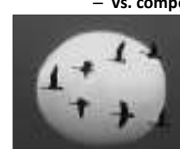
- Share authority
- Balance attention to jobs, children, home, spouse



Country	Men (%)	Women (%)
United States	~15	~25
Canada	~12	~22
Sweden	~25	~35
Japan	~5	~30

Egalitarian Marriage (Relationship)

- Partnering
 - How to love each other without losing yourselves
 - Rest in each other’s strengths – vs. compete

Stone, H., Stone, S. (2000), Partnering: A new kind of relationship. Novato, CA; New World Library 28

I love you with all my



LOVE



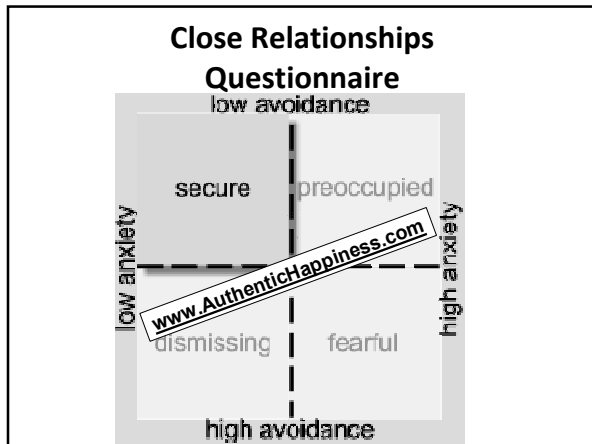
- You can’t fully love someone else unless you love yourself
- You can’t love yourself unless you know “Who You AM!”



You Have to Know Who You AM!


→


Introspection & Reflection; Self-Assessments



World's Shortest Fairy Tale

- Once upon a time a guy asked a girl "Will You Marry Me?"

She said "No!"

And the guy lived happily ever after.

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Keeping Love Alive

- Make time for relationship
- Tell partner you love them
- Be available when partner needs you
- Communicate constructively about problems - Win/Win
- Show interest in important aspects of partner's life
- Confide in partner
- Forgive minor offenses
- Try to understand major offenses

Set BOUNDARIES

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Daily & Open Conversation of Marriage

I have a voice ...

I listen and I hear you.

Because you listen I know you love me.

Don't Fall Into Stereotypes

Relationships: Communication

- Conversation "Done Well"** - a conversation in which the exchange of words and other signals leads both participants to feel energetic, optimistic, capable, friendly and competent. This can occur "naturally" and it can be orchestrated through the skillful, caring use of questions and attention.

» Mike Sands <msands@DCCNET.COM



Supportive Relationships

- Love
- Respect
- Responsibility
- Accountability
- Communication
- Boundaries
- Trust
- Honesty
- Love

EQUALITY

SUPPORTIVE RELATIONSHIPS

EQUALITY

HAPPIER
Flourish & Thrive

RELATIONSHIP MGMNT
Trust, Honesty ~ LOVE

SOCIAL AWARENESS
Boundaries, Communication

SELF-MANAGEMENT
Responsibility & Accountability

SELF-AWARENESS
Love & Respect of Self

S
U
P
P
O
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T

Who You AM!

**Relationships
Take Home Points**

- Love
 - Intimacy
 - Passion
 - Commitment
- Goal Setting is Smart
 - Focus on Qualities
 - ‘MAGIS’ Thinking
- Create Story of ‘US’
 - Rest in Other’s Strengths
 - Affirm it Regularly
- Communication Critical
 - “Daily Conversation ...”
 - Listen
 - Be Present
 - Always go for Win/Win
- Be Supportive
 - Be Positive
- Avoid Stereotyping
- Know ‘Who You AM!’
- BE → DO → HAVE

Related Articles & Books

- Lust For The Long Haul
 - <http://www.psychologytoday.com/articles/200512/lust-the-long-haul>
- For Women Only: Two Secrets about Men that Can Transform your Relationship
 - <http://positivepsychologynews.com/news/kirsten-cronlund/201001147438>
- For Men Only: Two Secrets about Women that Can Transform Your Relationship
 - <http://positivepsychologynews.com/news/kirsten-cronlund/201001147454>
- Gottman, J.M. (1994). Why Marriages Succeed or Fail: And How You Can Make Yours Last. New York: Fireside.

