

Final Notes: Interpersonal Communication Theory
Pick-Ups and Love

Top Ways People Meet the Person They Marry:

- Introduced by mutual friend 47%
- Lived near each other 33%
- In high school or lower level 22%
- At a party 15%
- At work 15%
- In college 14%

Class example: Breanne goes to a bar...

Pick-Ups:

I. **Stages**

a. **Assess Qualifiers (am I interested?) types:**

- i. **Extraordinary – distinguishes** person you're interested in from everyone else in the world and **EVERYONE knows** about it
 1. Ex: Joe won an Olympic gold medal a few years ago, and he wears it everywhere
 2. Could be body shape
- ii. **Esoteric – very few people know about it**, but those who do go "wow that's impressive"
 1. If your family is in the military you know what the ribbons mean on uniforms.
 2. ****makes it easier to meet people**** - immediately something to talk about – more of an exclusive club.

b. **Assess Availability**

- i. Taken or available? Some people spend too much time with friends when they want to meet someone!!
 1. Girls go out and all stand together – way harder to walk over and talk

c. **Find an opener**

- i. **Innocuous – service lines** – ask for some function that a person can do as a normal person
 1. Can you pass me that napkin? Normal conversation line
- ii. **Flippant – funny**, don't use often. Drunk
- iii. **Direct Approach – show interest in relationship**
 1. Ex: Is there anyone sitting next to you?
- iv. **Men initiate more than women** (but when "in control") no gender different

d. **Find an integrative topic**

- i. If you can't find a topic to talk about, the pick-up doesn't work!

e. **Present a "come-on" self**

- i. **Present a positive self** to each other – stand up taller etc.

- ii. Single people spent more time in the mirror at a bar than committed couples
- iii. **romantic background music helps
- f. **Schedule a 2nd encounter**
 - i. “close” the sale
 - ii. don’t be too predictable though
 - iii. a **little ambiguity** on the part of men makes them more interesting

LOVE:

- I. **Types of love:**
 - a. **Passionate**
 - i. **Altruism** – I’ll do ANYTHING for you
 - ii. **Attractiveness** – find everything about them really great – idolize in some ways
 - b. **Companionate – “best friend”**
 - i. **Respect** – has to be earned in relationships – by the *tough times*
 - ii. **Congeniality** – get along, match each other

most happy couples move to the companionate type with some passionate mixed in
 - c. **Commitment** – we’ll “take care of each other, we’ll be faithful”
 - i. **Fidelity**
 - ii. **Responsibility** – take care of each other deeply
 - 1. Ex: The Notebook.

Triangular Theory of Love – At some points in the relationship you move back and forth.

- II. **Falling in Love – Correlates**
 - a. **Romanticism – unrealistic beliefs** about relationships ex: “once we’re in love we don’t need to work out anymore”
 - i. Women are more realistic about relationships than men.
 - b. **Love Experiences**
 - i. **Men report more often**, but what they mean by love may be different
 - c. **Timing**
 - i. **Men fall in love quicker** – women more conservative. – evolutionally (stuck with kid)
 - ii. Once women fall in love, more serious about it than men
 - d. **Physical Attraction**
 - i. Men care a lot more than girls do about what their partner’s appearance looks like!
 - ii. Personal Ads example
 - e. **Partner Idealization** – you find your partner really great, think massively luck to be with them
 - i. Women engage in idealization WAY longer
 - ii. Idealization makes relationship happier over time – constantly look for things you find really great in your partner!

III. **Sex**

- a. **Sex and Communication** – go hand in hand
 - i. **Talking about sexual likes and dislikes**
 1. Better sexual relationships, better overall relationship satisfaction** - gives a little secret and its fun for the couples
 - ii. **Communication, during sex**
 1. “hook-ups” – if theres talk before, maybe during, and after it *feels* less manipulative
- b. **Sex and Romance**
 - i. **Feelings of love** (especially for women):
 1. Sexual intimacy – women want to have sex after they have feels, men will feel more intimate AFTER they have sex
 - ii. **Monogamy** – when you have 1 on 1 – generally happier
 - iii. **Sexual Satisfaction** ← → **marital satisfaction**
 1. Correlation between two!
- c. **Sex and Life-Span**
 - i. Many have little to no sex
 - ii. **Frequency does decrease over time**
 - iii. **No decrease in satisfaction** w/ sex (expectation of frequency has gone down)
 - iv. Children come → frequency plummets
- d. **Gender Differences and Sex**
 - i. **Women – more relationship/person oriented**
 1. Have sex with a PERSON, not a body
 2. See sex in terms of romance (think candles make it feel better in some ways)
 3. Sexual activity is more variable (in rel HIGH; not in rel little to NONE)
 4. Greater plasticity in sexual orientation – women like the person, not gender – more adaptable
 5. ****bias to be protective****
 - ii. **Men**
 1. **See more sexuality in everyday behavior of females than do females**
 - a. See sex in anything a female does
 2. More interested in sex (more fantasies, more frequent feelings of sexual desire) – evolutionary advantage: spread your seed
 3. Want more partners
 4. Willing to engage in sex sooner too
 5. More permissive attitudes about sex
 6. See sex as recreational – its fun!
 - iii. Who’s doing what with whom?

1. In the 15-19 year old group, 43% of men and 48% of women report neither having had an opposite sex partner
 2. Among 15-24 year olds, 29% of women and 27% of men had not had sexual contact with the opposite sex
 - a. This is substantial more than what was reported ten years ago (fewer people in the age group are having sex today)
 3. Among men and women older than 25, 99% have had vaginal intercourse
 - a. 90% of men and 89% of women had had heterosexual oral sex
 - b. 40% of men and 36% of women had had anal sex with an opposite sex partner
 4. Overall, 13% of women and 5% of men report same-sex sexual behaviors
- e. People have regrets about sex
- i. Inconsistent with morals
 - ii. Alcohol influenced decision
 - iii. Realized they didn't want the same thing as partner
 1. This feel "used"
 - iv. Failed to use condom
 - v. Felt pressured by partner
 - vi. Had planned to wait until marriage

Guest Speaker – Dr. Mark Bernstein
Interpersonal Communication and Deaf People

- Deaf people live and function in a very different communication world from that of people w/ normal hearing
- There are many similarities, of course, but there are **crucial differences**
 - o Ex: foreign country where you don't know the language – little town, not used to tourists, all conversation stops – look at you, look at each other and start talking.
 - o Imagine living like this every single day in own city
- Being a foreigner in your own land
 - o Ex: encounter on a train. They're used to people talking to them and not being able to understand – know how to signal they can't hear.
 - "Can you read?" – written on paper.
 - o Ex: the bus station episode – His dad, "self disclosure" – I'm deaf, but I can read your lips. – the guy writes back even though he says he can. Eventually gives up and just writes back.
 - o Ex: 4 year old interpreting on the phone for his father – help run a business, help make appointments at doctor. – he wanted to play outside, but dad needed him.

- Every conversation on the telephone is mediated by a little kid.
- Parents who have deaf children can't hear kids – good and bad.
 - Him and his brother could stay up in middle of the night playing sock baseball – parents never heard. Could never hear scream
- Best way to stop an argument with a deaf person? – **close your eyes** – screeching halt.

Definitions

Deaf vs. hard of hearing: functional definition – deafness is a hearing impairment serious enough that the person's sense of hearing is not functional for ordinary purposes of communication, even with a hearing aid. "doesn't work well enough"

Hard of hearing: you *can* use hearing if you make sounds loud enough

Prelinguistic deafness: either never had hearing at all (born deaf) OR lost hearing so early in life that they might as well have not had it. (before 3 years of each) occurred before learning speech and language. Babies learn about communicating through hearing people talk about what we're experiences and imitating them.

How can you tell if they're deaf??

Deaf Communication is characterized by:

- 1) Multimodality – because they can't hear, very naturally the person uses what DOES work well – **eyes** – very visually oriented
 - a. For most people visual comm. Is necessary; it may be combined with speech and hearing or used alone
 - b. Oral modes (speech, listening, lipreading) – deafness is not an all or nothing thing – there's degrees
 - i. Residual hearing – hear just a little bit (can make a little louder and they may hear *some*) this can help in conjunction with lip reading etc.
 - ii. Assistive listening devices (hearing aids, cochlear implants – surgically inserted inside ear!!) – can help use speech for communication
 - iii. Lipreading – acquired art – you pick up certain cues and guess the rest from context. – hard because sometimes you have to guess and you'll guess wrong.
 - c. Manually coded (signed) English
 - i. System of "showing English on the hands" to accompany vocal speech.
 - ii. "tree"! example
 - iii. every word has a sign to accompany it.
 - iv. You can learn to read and write easier using signs
 - d. Writing
 - e. American Sign Language
 - i. A full language in the visual-manual modality with its own grammatical system

- ii. Channels: hands, arms (handshapes, locations, movements, orientation)
 - iii. Uses a grammatical role of 3D space its self – body and shoulders
- 2) Features of Deaf Communication
 - a. Multimodality – bilingualism – using different methods to communicate
 - b. Signaling strategies
 - i. Have to learn which ones work
 - c. Use of eyes
 - i. Watch them** where you signal what’s going on
 - ii. Greatest way to hold the floor in sign language – keep signing, but don’t make eye contact with other person!
 - d. Interpreters
 - e. Technologies – TFF, text pager, and Videophone conversations
 - f. You have to ADAPT! – signaling devices such as “baby crier”; driving; being in the dark; arms loaded; etc.)
- 3) Tips for encounters: let them gage the encounter
 - a. Speech style: clear and focused
 - b. Visual body style – watch for lighting, don’t turn
 - c. Ask for guidance
 - d. Tips on use of interpreters:
 - i. Talk directly to the Deaf person!! – look in eye

CSD 308K

Social Networking

- **Social networking sites (SNS)**
 - 65% of adults use social networking sites
 - Boomers are the fastest growing population of SNS
 - 2008 → 2010
 - 18-22: 28% → 16%
 - 23-35: 40% → 32%
 - 36-49: 22% → 26%
 - 50-65: 9% → 20%
 - 65+: 2% → 6%
 - **More females than males** (2008 → 2010, increase in females, decrease in males)
 - Facebook is the most popular (92%)
 - Myspace (29%)
 - LinkedIn (18%) – professional
 - Twitter (13%)
 - Other social network services (10%)
 - Tumblr, instagram, pinterest

Facebook

- Created to meet girls and people
 - Harvard is divided by houses, hard to intermingle – why facebook was created

- Our friends on facebook
 - Average of 229 friends
 - 22% high school
 - 12% extended family
 - 10% coworkers
 - 9% college friends
 - 8% immediate family
 - 7% people from voluntary groups or organizations
 - 2% neighbors
 - 31% other
- Facebook's impact
 - Perspective taking
 - Changing how we take perspectives
 - Perceptions of particular events (ex. election)
 - Interested to annoyed
 - Changes perception of people
 - Met at party seems cool, but then see their posts...uhh
 - Changes how we communicate
 - Computer mediated communication
 - Verbs that were nouns, "facebook them"
 - Facebook score higher on perspective taking than others
 - More alternative and diverse crowds on facebook
 - Better take on and understanding of cultures in the world
 - Myspace users are more narrow minded
 - Trust
 - SNS users are very trustful
 - Tell the world on facebook everything
 - Privacy settings high so that strangers can't see them
 - But do you know all your friends? No.. but you trust them
 - Support
 - Receive social support a lot better
 - Able to reach out to 2,000 friends and receive support
 - Ex. person diagnosed with cancer (feedback and wallposts)
 - Diversity
 - More diverse sets of friends
 - Consider more types of people our friends
 - Colleagues, classmates, dorm neighbor, etc.
 - Revival
 - Reconnecting with people we lost touch with
 - Especially relevant to baby boomer generation
 - Closeness
 - Impacting the way we feel close to our friends and loved ones
 - Even revival relationships – you feel closer to them

- You know their thoughts, what they're doing, what interests them
- Facebook rules
 - Don't put on FB:
 - Phone number
 - Address
 - Nude pictures
 - Unprofessional pictures: drinking, drugs, 6th street, etc.
 - Emotional things
 - Rants
 - Criminal problems
 - Memes
 - Breakups
 - Location
 - Check-ins
 - Election stuff
 - Food – things you ate
 - Religion, bible quotes
 - Plays by plays – don't use like twitter
 - Baby pictures – when you're older
 - Channels
 - Where or how do we put it on facebook?
 - Message vs. wall post
 - Personal things should be in message (private conversations)
 - Deception and control
 - Presenting certain self online
 - How much do you lie?
 - How much do you trust about the other person and what they put on there?
 - Relational maintenance
 - How do we maintain relations?
 - Expect to maintain relations – birthday reminders
 - Romantic relationships
 - Talking to significant other by wall posts – awkward, annoying
 - FBO
 - Self consequences
 - If you get fired for photo?
 - Professor find out you were at ACL not at funeral and that's why you missed exam
 - Friend consequences
 - Friends in your picture and you screwed them over because they have a drink in their hand
 - Lost a friend based on what you said (back to relational maintenance)
 - Didn't talk to them enough on FB and lost real life friendship
- Block? Defriend?

- More likely to block than defriend
 - When defriend and they realize it more of a problem (if you are actually real friends)
 - People read into being defriended
- Why defriend?
 - Didn't know them
 - Not close to begin with
 - Did not like their posts
 - Invite to apps too much
 - Breakups (defriend ex)
 - Sometimes keep because you want to show them you're happy
 - Bad roommate situation
 - Debbie downers
- Watch what you say:
 - Future tenses
 - Always talking about future
 - "Can't wait to graduate, so ready to be done, want to get married and have 10 kids"
 - Negative emotions (Debbie downer)
 - Intensity
 - Repetitive
 - Anger
 - Ex. election posts
 - Alcohol
 - May or may not block friend for posting pics with alcohol
 - Don't want to be associated with people constantly posting alcohol and drug pictures
 - Money
 - Talking about money
 - Nobody cares
 - Check-in at certain places just for status
 - Discrepancies
 - Where lying comes in a little bit
 - If you know what they're like in real life and they show something different on facebook
 - Or you just talked to them and they weren't in a great mood then post a jolly status
 - Want consistency even on SNS
- Facebook and dating
 - How do you date on FB?
 - Relationship development
 - Not just maintain, but develop
 - More channels to communicate (message, wall post)

- Channels provides inclusion
- **Overanalyze**
 - Overanalyze your relationship
 - Read into everything
 - He likes a post of another girl
 - He friended more girls
 - Own status –
 - Don't want to defriend ex's because we want them to see how happy we are
 - Custom features
 - Block loved one when you say certain things (surveillance)
- **Surveillance**
 - Watch your significant other when you are on facebook
 - See pictures, posts, and adds
 - Go offline on chat
 - Feel like you are always under scrutiny whether or not they are actually observing you
 - Keep tabs
 - Would you let them go through diary, purse, notebook? No...
- **Public**
 - **Makes relationship public, no longer private**
 - Deal with consequences of relationship being public
 - Not holding hands in pic, are they in trouble?
- **Track record**
 - **Relationship history**, all ex's now on paper
 - Can go back and find them
 - Could be bad or good
- **Facebook and narcissism**
 - Narcissist thinks he/she is better than others; or is special
 - Eager for admiration
 - Hypersensitive to criticism
 - Lacking in empathy for others
 - Exploitative
 - Origin is from Greek myth
 - Inflated sense of self importance
 - Believe you are special or unique
 - Fantasize about gaining power over others
 - Desire lots of admiration
 - Unrealistic sense of entitlement (deserve A in class, nobody else does)
 - Self-serving bias
 - Manipulate other people
 - Empathy issues – unable to connect with individuals emphatically
 - Can't put themselves in your shoes

- Cannot understand what you are going through
- Suffer from envy of other people's possession and success
- Act arrogantly toward others
- Function of both personality traits
 - From culture around them – only child (all attention, etc.)
 - Have personality to be narcissistic
- Inflated sense of self importance
- Unrealistic sense of entitlement
- Manipulate other people
- Function of both personality traits
- Narcissism predicts:
 - More friends (may not be real but more)
 - More wall posts
 - Self-promoting info
 - Self-promoting quotes
 - Attractive, sexy, fun, self-promoting photos
 - Quantity of social interaction (likes, etc.)
- Profile pictures and narcissism
 - Attractive photos
 - Edited
 - Girls put ones with arms up and leg propped
 - Boys put up pictures with girls, where they're having fun, playing an instrument
 - Looking straight at the camera
 - Cropping others out
 - Zoomed in pictures
 - Engaged in some self-promoting activity
 - Look like you're "cool" or having fun

November 1, 2011 – Relational Control

Every relationship – almost every argument revolves around control, negotiates it.
 Money for example is really a control issue.

- I. Principles of Control (romantic, family, or even business)
 - a. Least Interest
 - i. If john doesn't care about the relationship, he has more control
 1. When you care less, you have more power
 - ii. The more you care, the stupider you get!! – you *care too much*
 - iii. Better to have a position of "I can walk away"
 - b. Alternatives
 - i. When you have alternatives, more choices, you have more power
 - ii. There's 3.5 billion guys in the world I could date!!

- iii. If he can walk down the street and get a better deal, he has more power – 2 toyota dealerships in a town

c. **Resource Control**

- i. **When you have more resources, you have more power**
- ii. Relationship resources: if you still work even when you have a crazy rich husband, it's a sense of control providing for yourself
- iii. Ex: person with higher level of education has more control
 - 1. Brains give you control!

d. **Scarcity**

- i. **We value those things that are scarce**
- ii. Ty company – beanie babies – you couldn't get them! "retired beanie babies"
- iii. Anything you have that distinguishes you among scarcity creates great value

e. **Rewards**

- i. **Person that gives out more rewards has more control**
- ii. If person feels good around you, they'll stick with you!

II. **Characteristics**

a. **Contracts – you are always cutting "deals" about who's in charge of what**

- i. **Implicit vs. Explicit** – implicit (ones we assume)
 - 1. He drives, you never talk about it! She picks the movies – don't talk about it
 - 2. Explicit – I'm in charge of this, you're in charge of that
 - 3. **EXPLICIT – better for happiness** 😊
 - a. Sarge vs. Jesse (police partner) example
 - b. Making things explicit when you first start going out makes things less complicated – avoid conflict.

ii. **Relational Expectations – they represent what our relationship should have**

- 1. **Short term** – need to act like you're happy when you go out! Don't use person as therapist, don't assume sexual intimacy, don't go home with someone other than who you took out!
 - a. Have to absolutely meet them
 - b. Believe something is going to happen and it doesn't, when they don't meet short term expectations you expect not to see them again
- 2. **Long term** - it's okay if someone is depressed sometimes, sometimes you DO want to talk about exes,
 - a. "on average" – if not, equity – you'll be as much as they will be.
 - b. Willing to put up with in long term relationships
 - c. Running into ex

iii. **Violations (of Expectations)**

1. **Dissatisfaction** (you expected _____, but now I'm unhappy)
 - a. Ex. discover partner has no drive like you thought
 - b. Doesn't want kids, thought did
2. Some people are in relationships we never could deal with! – (dysfunctional) they **have coping strategies**
 - a. Ex: "if you understood his family, you'd see why he does this" ; "she's insecure"
 - b. Partners never around
 - i. Works all the time
 - ii. Raised poor – needs security of having guaranteed job and money
 - iii. Friends say no he's a jerk he should be around
 - iv. You cope

b. Complementary vs. Symmetry

- i. Complementary – opposites attract (talker vs. listener)
- ii. Symmetry – means matched, birds of a feather flock together (core values)
- iii. Locus of Control – how you regard fate
 1. External – believe chance plays a huge role
 - a. Happier when bad things happen
 2. Internal – believe they're in charge of their own lives
 - a. Happier when good things happen
- iv. In good times it doesn't matter, but in bad times *being matched is critical*

c. Fairness – couples believe relationships should be fair

Outcome Fairness: what I put in, I get out

OA / IA (outputs person I gets) / (inputs person A gives) (1960's)

Violations – over-reward = guilt

Under-reward = anger

Equity:

OA / IA = OB / IB

Compare self to other – is there equal effort (ex. siblings at Christmas time)

I put in 100% get 100, he puts in 100% gets 300 – NOT FAIR!

Procedural:

Steel mill people being laid off – why did they not think it was unfair being laid off? **Because the procedures were fair – seniority meant everything.**

If people believe the procedures are fair, they can live with any outcome. – Brachman's findings. (may not like it)

Argue the process, not the outcome

Ex. road trips (no fast food stops) – set up rules with parents before
Secret is to lay out procedures ahead of time

Interactional Fairness – people need to be heard
don't have to agree, but understand**

people want to have a say in what's happening
want input heard

- If you feel listened to it is at least fair even if you are chosen against
- Just as important as any other fairness

health communication – my notes

- **Deviance**
 - Negative connotations – disgusting, evil, pedophiles, bad people, those in jail, criminals
 - **Deviants: people who violate norms**
 - Deviance is outside of what is expected or normal
 - Historically viewed as offensive, disgusting, contemptible
 - Evoking fear and hatred, resulting in punishment
 - Norms = normal or expected
 - **Reconceptualizing deviance**
 - **Deviance doesn't have to be negative** – the very act of violating expectations can be deviant
 - **Positive deviance: deviating from norms in positive ways**
 - Violating norm but not necessarily in a bad way
 - Lady Gaga – does things in a not normal way but its not necessarily bad
 - She's a role model
 - Has bigger message
 - Lying about exam score to not sound too smart
 - **Healthy deviance: engaging in healthy behavior that violates traditional norms**
 - Just emerged a couple years ago
 - **Not eating fast food**
 - Vegans
 - Not drinking
- **When you violate norms this can result in stigma**
- **Stigma**
 - **Lack of acceptance by greater society**
 - Generally because you possess a trait that is looked down upon by greater society
 - **Three classifications:**
 - **Abominations of the body (physical traits)**

- Tattoos, gauges, facial scars, eye patch, piercings, deformities, too beautiful (people are threatened by this)
- **Blemishes of individual character**
 - Involves morals and beliefs, somebody doesn't like something about your behavior
 - Dishonest person with no morals (immoral criminal person)
 - Promiscuity
 - Alcoholism
- **Tribal (group) associations**
 - Mormon, Jewish – religion
 - Gay
 - Vegetarian
 - Non-drinker
 - Cannibalism
 - Smokers, non-smokers
 - Greek life
- **How stigma happens**
 - **Enacted stigma: you are discriminated against because you deviate from the norm**
 - Not getting hired
 - TSA at airport because of race or religion
 - Someone refusing to rent an apartment to someone
 - **Felt stigma: you feel stigmatized but haven't been overtly discriminated against**
 - Feel stigmatized but actually no proof of discrimination against you
 - Internalized
 - Feel like outcast but nobody is treating you different
 - Vegetarian – may feel like people are looking at you but they aren't you are just self-conscious
 - **Courtesy stigma: stigma by association**
 - You don't have discrediting trait but your best friend or sibling does
 - Best friend was gay and they looked down on you for being friends with them
 - Greeks and GDI's - association
- Why don't people drink?
 - Age, reputation, religion, taste
- Research Question: How is **not drinking in college, and its potential stigma, negotiated communicatively by students who abstain from alcohol**
 - Participants & Method (don't need to know)
 - 25 students
 - Aged 18 to 26 (average age 20.6)
 - 60% were female

- 8 Asian or pacific Islander (32%); 1 black (4%); 12 Caucasian or white (48%); and 4 Latino(a) (16%)
- 64% (16) involved in religious organizations
- 28% (7) involved in greek/spirit organizations
- Face-to-face interviews/constant comparative method
- **Theme 1: Asserting a positive or healthy non-drinking identity**
 - Open about non-drinking, does not care about others looking down upon her
 - Inspire others that it is okay to not drink in college
 - Wanted to be true to herself and her identity and wanted to influence others to do the same
- **Theme 2: Saving drinkers' face while maintaining their own**
 - **Face = desired self image**
 - People want to be liked, respected, and have independence to make their own opinions
 - Didn't want drinkers to view them as nerdy or weird, also didn't want to seem judgmental towards those who did drink
 - Were honest but were strategic in their wording
 - **Careful in rejecting the drink not the drinker**
 - Some say they will flat out tell people I don't drink but you can drink around me I don't care
 - It's a personal choice
 - Same thing as not smoking, not eating meat, etc.
- **Theme 3: Concealing their non-drinking status**
 - **Very worried about stigma**
 - Play it off like they drink – don't disclose that they are not drinkers
 - Want to fit in at parties
 - Would say like "I'm not drinking tonight, have to study" – don't confess to not drinking
 - Pass as a drinker a lot of times
 - Hold a red cup
 - Some brought a red bull
 - Some had club soda with a lime in it
 - Purpose of holding a cup – nobody asked
 - Nobody was like what is in your cup
 - You have a cup, you're good
 - Act crazy – people assume you're drunk
 - Some would accept drinks and hand off to a friend or just hold it
 - Holding something shut down questions
- In a culture where drinking is the norm, they have to decide how they are going to manage their situation
- Non drinkers must decide whether and how to (not) disclose their non-drinking status while minimizing social risks

- Participants weighed risks vs. rewards of disclosure; more risks = less disclosure; more rewards = disclosure
 - Risks socially – not open
- Sheds light on communication strategies non drinkers used to negotiate stigma
- Stigma is based on your attitude
 - Can say you don't judge them but if you sit in a corner sulking it seems that you are
 - Have fun without it
- Excuse makes a difference
 - I don't like a test – oh try this
 - I'm allergic or a bad thing happened once or family issue – people will not question
 - D.D. – one or two will wear off in time
 - I have a test – screw homework

November 3, 2011 – Shyness

- I. **Types of Shyness**
 - a. **Dispositional** (5-10% of people)
 - i. Always shy no matter what the situation is
 - b. **Situational**
 - i. walk into party and know no one, have to give a huge speech.
 - ii. EVERYONE suffers from it
 - iii. Embarrassed or awkward
 - iv. Everyone has at certain moments
- II. **Dispositional Correlates** (profound consequences)
 - a. **Educational – shy kids don't do as well as outgoing kids** – shapes future
 - i. shyness predicts what reading group you're assigned to – more than how well you can read!
 - ii. Molly vs. Mary – the teachers said the shy kid wouldn't do as well
 - iii. High school – borderline grade go talk to teacher
 - iv. college – almost a ½ grade point different than shy and not.
 1. big classes – theres no diff bt shy and not
 2. small – philosophy, public speaking
 3. shy ppl vs. outgoing majors
 - v. 1st and 2nd grade how did they decide if you were a good or bad reader? They would make you read aloud
 1. theater kid – can't read but has personality (pass)
 2. has siblings – can't read but can mimic what other people do (pass)
 3. shy kid – can read but has enormous stage fright, so she freezes up (fail)

- 4. get discovered not by capabilities alone but by ability to communicate capability
 - vi. By the time you get to high school half grade point average between shy and not shy people
 - 1. participation grades
 - 2. teachers don't remember shy kids
 - vii. What do people major in during College
 - 1. Shy: Library science, computer science (don't talk to anyone)
 - 2. Not Shy: philosophy, communications
 - 3. More willing to go to office hours or argue borderline grades – non shy people
- b. **Occupational** – you're offered a promotion
 - i. who will want the promotion?
 - ii. shy people choose professions where they don't have to have interaction
 - iii. shy people do worse in interviews – less job offers and less money offered
 - iv. really savvy people choose occupation where they can move up – everyone around it shy so they can distinguish self
 - v. **less likely to get promoted once getting a job, say no I don't think so to the job offer**
 - 1. **the higher you go in the organization the more important communication is**
- c. **Relational**
 - i. who is more likely to return something to store – NON-SHY
 - ii. SHY – they do more online shopping
 - iii. Usually disappears in close relationships
 - iv. same thing in relationships!!
 - 1. **more likely to stay in relationship when unhappy? – SHY**
 - a. non-shy knows they can go find someone else!
 - v. "dating anxiety" – some people are afraid to go out with people they're attracted to
 - 1. some extraordinarily attractive people miss out on opportunities!

III. **Causes of Dispositional Shyness**

- a. **Genetic** Dispositional shyness
 - i. identical vs. fraternal shyness – identical share the exact same genes
 - ii. identical twins are treated differently than fraternal
 - iii. identical twins raised separately – STILL had similarities
 - iv. compelling evidence of some genetic component – shy parents give up kid and raised by different parents
 - v. Discovered by twin studies

- vi. Identical twins were much more similar in terms of shyness than fraternal twins are – leading to genetic differences
- vii. Identical twins are treated the same
 1. Everyone assumes you are the same person, treated same
 2. Fraternal treated much more differently
- viii. So study those separated at birth
 1. Twins separated but still have ridiculous similarities
 2. Twins raised apart were amazingly similar
- ix. Prove genetics – guys who ran orphanages
 1. Children given to adopted parents, find a home for child
 2. Natural pair of parents and adopted set of parents
 3. Measured shyness when became 20 or 30 years old
 4. Measured natural parents shyness and adopted parents shyness
 5. Environmental vs. genetics – to a great degree, shy kids matched natural parents (genetic component)

b. Reinforcement Model

- i. **1) Punishment** – as a child constantly punished for talking
- ii. **2) Non-responsiveness** – you feel impotent around people
 1. **neglect** may be worse than abuse. we *want a sense of agency*
 2. shy because they were ignored
 3. denies humanity
- iii. **3) Learned Helplessness**
 1. dog treat machine – hits again and again, then shock!
 2. we hate randomness – when you can't predict you give up
 3. want consistency
 4. want our actions to have reliable and dependable consequences
 5. when we can't predict consequence that will come we give up

c. Skills – you don't get the same skills as other people!

- i. daycare kids have better social skills
- ii. kids raised by mom at home!
- iii. meanest group of people in world = kids!
- iv. most people have dating anxiety because the parents had really weird rules about boys

d. Modeling – you don't have good models

- i. **we learn how to do things from models**
- ii. 2nd and 3rd child are usually better at things because of older kids models
- iii. you also learn set of skills from peer groups***
- iv. Kids who grow up in small towns seem to be more shy – less models

- v. More siblings – more models – less shy
- IV. **Reducing Dispositional Shyness – POSSIBLE TO GET RID OF!**
 - a. **Behavioral Therapies**
 - i. **systematic desensitization** – squeeze hand a release, get really really **relaxed** – then have hierarchy of relationships...work down series
 - ii. **Cognitive restructuring** – what people have that make them shy are nonrealistic beliefs** they **challenge those beliefs** here
 - iii. **Visualization** – golfer tourney example – rain storm, so cant practice – great golfers would look at model of course and study each hold like they're playing that hole – visualize EVERYTHING they're going to do
 - 1. if you visualize the exam, you'll DO better!
 - b. **Skills training – you need to teach skills at the same time**
 - i. if you don't get practice early then you don't know how to do things
 - 1. you have to pick things up as you go along
 - 2. girl who wasn't allowed to date, had to be in all the time so she never picked up on how to go out with people
 - ii. have to give them skills to feel confident with
- V. **Causes of Situational Shyness – everyone has it!**
 - a. **Conspicuousness** – nodding head again and again – thinking too much about it – how now brown cow
 - i. Biggest explanation
 - ii. when you feel people are watching you, you generally get more nervous
 - 1. when you feel conspicuous you begin to watch yourself as well
 - 2. the more you think about what you're doing the less you can do it
 - 3. shift attention away from you to something else
 - b. **Rigid Rules** – people with writers block know the rules of writing, but the rules use them!! – they struggle way too much on first sentence
 - i. shy when there are rules about what you're supposed to do
 - ii. ex of brother and not dating
 - iii. **nervous when rules run us!**
 - c. **Labels – when we're anxious we label things**
 - i. roller coaster ride – "I'm going to die!"
 - ii. No physiological difference between fear and excitement
 - 1. Feel sick, butterflies, sweaty palms
 - iii. what you call something matters
 - iv. **you can label anything positive or negative**

- d. Evaluating – when you feel like you’re being evaluated, judged = get more nervous
 - i. 1st interview is always awkward – if you know you want to work for Z, have 2/3 interviews before
 - ii. any lawyer brings in witness the week before or so to practice and familiarize the situation**
- e. Novelty / Ambiguity
 - i. the 1st time you walk in makes you feel more nerv rather than 20th time go to class
 - ii. Winston Churchill – “imagine audience naked” – that way he doesn’t feel evaluated
 - iii. Withdrawal until we know what to do and feel comfortable
 - iv. Ex. testifying in court (run through)

November 8, 2011 – Self Disclosure

You disclose more things in a relationship than you would to other people; we expect ppl to disclose – you know secrets etc. there’s many reasons “why” people disclose:

- one hallmark of all relationships is telling your partner, friend, family member things you would not tell most people
 - Reveal secrets about yourself
 - Talk about things you would not usually talk about with strangers or acquaintances
 - Every relationship at some point needs that information out there at one point
 - Could be positive
 - Just something you don’t tell everyone because it is personal

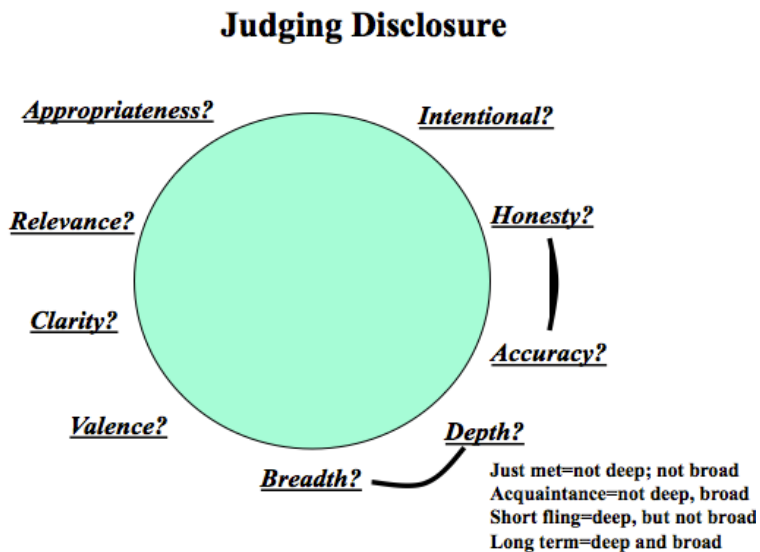
I. Functions (“reasons”) of self-disclosure

- a. Expressive – express a feeling; need to “just scream”
 - i. It’d be weird to do it privately! Need to emote
 - ii. Venting
 - iii. Just need body their to listen
- b. Seek Validation –
 - i. We want someone to say “that’s normal” when we think we’re really weird
 - ii. “its reasonable”
 - iii. ex. wanting to take year off after getting into good university
- c. Clarification
 - i. Want to figure out something, grab someone and start talking –
 - ii. Thinking out loud
- d. Relationship Development
 - i. When you first go out you present the “best self”

- ii. **At some point you gotta explain some things:** weird mother or father; you dated someone else years ago they don't like
 1. Have to tell people sometimes
 2. Ex. fear of stairs because brother died falling down them
 - a. Relationship needs to know this even though they don't really want to disclose it
 - b. Why don't you want to buy house with multiple stories?
- iii. Dreams** - at some point most couples do disclose
- iv. Relationships need to develop through entire life-span
- e. **Information-giving**
 - i. They "need to know"
 - ii. Weird rash on body, go to doctor, ask what have you been doing lately, *nothing really* (well there was this guy last weekend)
 - iii. GIVE INFO
 - iv. Ex. scholarship application
- f. **Impression Management**
 - i. The **more intimate the info, the more we trust the information**
 - ii. I like chocolate mint ice cream vs. something really intimate about life
 - iii. **Highly manipulative people do this** – tell really intimate
 1. "the last time someone broke up with me I tried to kill myself"
- g. **Seeking Advice**
 - i. "what do you think I should do?"
 - ii. this is the **only one the receiver needs to talk**
 - iii. men more often give advice right away, like to problem solve

4 Dis-closeive Moments (examples in class)

How do we **Judge Disclosure?**



- **Intentional?** – we trust **unintentional disclosure** more
 - “people are more honest when they’re drunk” – we think this bec when they’re drunk they cant do things intentionally
 - overhearing people talk about you – probably more tre
- **Honest? → Accuracy?**
 - Possible to be honest but totally inaccurate?
 - Accuray is debatable...NOT honest
 - Honest - can’t say its wrong
 - Ex. childhood memories (skewed)
- **Depth & Breadth of Disclosure**
 - We believe deeper disclosures to be true (more intimate)
 - Breadth – how *broad* is the disclosure
 - When you go deep first, you have to go back and do breath
 - In a relationship have depth and breadth
 - Just met = not deep; not broad
 - Acquaintance = not deep, broad
 - Short fling = deep, but not broad
 - Seemingful meaningness
 - Don’t know daily things
 - Long term = deep and broad
- **Valence** – How positive or negative?
 - We like positive more
 - We **trust negative more** (can’t imagine making up something neg)
 - Ex. first date: I am rich vs. my dad is an alcoholic (more likely)
- **Clarity**
 - Clear – gives someone something to work with
 - Unclear – are you okay? I’m not feeling well....doesnt give people much understanding.
 - “I just don’t feel like it” – hard to be empathetic to
 - **perfectly okay to have feeling you cant describe, but can’t get mad at partner for not understanding**
 - “you need to be careful around my uncle” – unclear... WHY? Skeletons in closet..
- **Relevance**
 - Is it relevant to conversation?
 - Stay on topic, judged more reasonable
 - We like disclosure that’s relevant – “popping up” is weird
- **Appropriateness**
 - Is this the right setting?
 - Ex. fighting in public – yes or no?
 - Talking about sex in front of parents - NO

- II. **Correlates**
 - a. **Personality**

- i. Certain types of people disclose more (extroverted/outgoing)
 - ii. **Shyness – disclose less to strangers**
 - 1. Among close people shy people tell just as much as a non-shy
 - iii. **Self-Esteem**
 - 1. High self esteem people disclose more
 - 2. Low – disclose more bad things
 - iv. **Sex**
 - 1. **No difference IN AMOUNT**
 - 2. **How they disclose differs**
 - a. Girls – schedule disclosure meeting
 - i. More direct about disclosure
 - ii. Receive more disclosure (both genders are more likely to disclose to females)
 - iii. More responsive
 - b. Men – need activities to disclose things on
 - i. Tend to be more indirect
 - ii. Disclose in brief way
 - v. **Attractiveness**
 - 1. Women will disclose to anyone
 - 2. Men prefer disclosing to uglies than good-looking
 - a. **MISTAKE** – people invested in you get closer to you
 - b. **Behavior**
 - i. **Dyadic effect – we tend to reciprocate the topic and depth of disclosure**
 - 1. Talk about family → you talk about family; matching reciprocity, if you want someone to talk about something, talk about it yourself!!
 - ii. **Interruptions**
 - 1. Long pauses are good if you want more!! – shut up!
 - iii. **Alcohol**
 - 1. Drunk people disclose more – takes away inhibitions
 - c. **Environment (like a bar)**
 - i. **Lighting** – dim light creates more disclosure (ex. mcdonalds vs starbucks)
 - ii. **Fewer Participants**
 - 1. If roommate is in room girlfriend isn't going to disclose
- III. **Evaluation**
 - a. **Timing** – When does it happen? When's the right time?
 - i. 7-8 weeks – most disclosure
 - ii. don't tell too much too soon – or not enough
 - iii. anytime something BIG happens, there's more disclosure
 - iv. ex: decide to get married – now more disclosure
 - b. **Equity**

- i. Disclose as much as I disclose
 - c. Distinctiveness
 - i. We like disclosure that is only about / to us**
 - ii. Like knowing we're special "one and only"
 - iii. Secrets hold relationships together
 - 1. Even if negative (pregnancy scare)
 - d. Sex
 - i. If women disclose less – she is "cold" – more neg evaluations
 - ii. Men – more positive evaluations if he DOESN'T disclose. Its "weird" if he discloses a lot
 - iii. Unfair bias
- IV. Family Disclosures
 - a. Couples
 - i. Matching – matched with how much disclosed
 - ii. Why not?
 - 1. Men said they didn't disclose things bc didn't want to bring work home, and didn't think spouse would get it
 - 2. Women – you wont pay attention/listen, you're too busy and don't want to hassle
 - 3. ***very different reasons for not disclosing**
 - 4. Attributional bias
 - a. Women try to get man to disclose by saying I'll take you seriously, its not a problem
 - b. Assume our reasons for not disclosing are the other persons reasons
 - iii. Satisfaction
 - 1. Happy couples disclose more than unhappy couples
 - a. Don't run out of things to talk about
 - 2. Sign of breaking up: agree not to talk about certain thing anymore
 - iv. Relationship Length
 - 1. Serious – disclose more
 - 2. Disclose more at first then periodically throughout when there is big change (marriage, kids, job loss, death)
 - v. Working vs. at home
 - 1. Get more when both people work outside home – there's more to talk about
 - 2. For happy couples: cell phones make them happier – they can communicate all the time
 - b. Children disclosure
 - i. Mom vs. Dad
 - 1. Availability
 - 2. Getting it
 - 3. Evaluation

4. Trust
 5. Topic
 - ii. Satisfaction – mom’s satisfaction with being a mom is closely related to her getting disclosure from her kids; Dad’s satisfaction is not correlated w/ disclosure.
 - iii. Amount discrepancy
 1. Kids believe they don’t disclose much; mom and dad believe disclose more
 2. “we know you...we raised you!”
 3. parents overestimate amount received – this can create problems sometimes – parents think know better than actually do
 - iv. Parents vs. Peers – as girls get older they disclose more to friends
 1. When mom becomes more like friend, you’ll disclose more to her.
- V. Getting someone to talk more to us – why not disclose?
- a. Socialization
 - b. Not rewarded
 - c. Role assignments
 - d. Power position

LDR

- More and more couples are dealing with LDRs not only with dating but enduring relationships
- Definition
 - Distance
 - Distance doesn’t matter (physical)
 - Tends to reduce accessibility
 - Access
 - Technology to be in touch
 - Private jets and planes
 - Long distance with planes vs. in city but one person is in jail
 - Distance does not matter, matters if you are accessible or not accessible
 - Celebrity “LDR” vs. ours
 - They have so much money and access to each other
- Advantages
 - LDR – may actually talk more
 - Personality characteristics
 - “Sailor on every boat”
 - Multiple boys all around the time
 - Multiple relationships, easier to carry on and hide
 - High achiever

- Partner eats up too much of your time
- Relationships offer
 - Status
 - Sense of security
- ^ get those without the person in day to day life
- Face to face relationships eat up a lot of time
- **Positive consequences of LDRs**
 - **More control**
 - Don't have to negotiate when you eat, where you eat, what you eat?
 - Don't have to worry about what you are wearing
 - **More personal time**
 - Get more hang up time by yourself, more time to do things by yourself
 - Can sleep as long as you want, if you like to be lazy (and your bf is really get to it person)
 - **More friendships**
 - Face-to-face relationship you only have so much time
 - More time with partner, reduce time with friends in close relationships
 - LDR allows more friendships
 - **Other relationships**
 - Allows other relationships
 - LDR with someone here as well
 - Happens a lot in fall, when going from HS to College and starting LDR
 - **More partner idealization and "first dates" THIS IS WHY PEOPLE ARE HAPPIER FOR LONGER IN LDRs**
 - When close in relationship comfort level increases – no make up, gains pounds, don't clean room for each other
 - When you're in LDR there are first date experiences you get ready and prepare for that person
 - **Survival skills**
 - Have to learn to cope with things others don't have to
 - How to lock out of house, have to know how to break window and get into house (mom can't call dad if he's in Russia)
 - When both people are around don't have to worry about being in both skills
 - LDR are great, not so for most people though
- **Negative consequences of LDRs**
 - **Loneliness**
 - Not always lonely, but when something bad or something good happens to you there is nobody around to share in your sadness or celebration
 - Call and phone rings endlessly, text with no reply
 - Check every minute but nobody there
 - **Tension/stress**
 - When get tense, more tense than face-to-face

- Harder to make up and resolve fights in LDR relationships
- Amplifies unhappiness
- **Other relationships**
 - Relatively clear that if they have boyfriend LDR and boyfriend here they will chose the one here
 - Close relationship usually beats out LDR
- **Break-ups**
 - Break up more often in LDR (college, etc.)
 - But among married, no difference due to distance
- **Predictions of success**
 - **Money**
 - Poor people don't do as well in LDR as rich people
 - LDR costs money –
 - Flights to visit
 - Phone calls – if international
 - Plan dates and visits
 - Technology has made LDR cheaper
 - Not as bad as it used to be
 - Skype, call, text
 - **Support system**
 - People around you who help you keep the relationship together
 - Two primary support systems in LDR
 - Family
 - Helps in LDR if your parents like your partner
 - Money – they will provide money for you to fly and visit him if you get in a fight and need to fix it (if they don't like him they'll let it go)
 - Vacations and holidays – see partner over holidays because you are from the same place
 - If parents love partner they will let you go to their thanksgiving
 - If they dislike your partner they will be offended and upset at your request to go to his thanksgiving over yours
 - Support chance to get together when they like partner
 - Even if you don't like your parents everyday, most people want their parents support for their relationship
 - Feels bad when they disapprove
 - Friends
 - Want friends to support LDR
 - Keep you out of harms way
 - Ex. girl who gets slutty when she drinks, roommate protects her relationship by removing her from situation and taking her home (makes sure she does nothing she will regret)

- IF THEY LIKE HIM
 - If they dislike him, have power to attempt to destroy
 - Because of jealousy or whatever reason
 - Good friends will encourage relationships
 - If you want good LDR make sure friends that matter to you like partner, or at least don't discourage you from relationship
- Rules
 - Every relationship has rules – what we can do, what we can't do
 - What we find acceptable and what we do not
 - Reciprocity
 - Common rule
 - Visiting – you go there, he comes here, you go there, he comes here, etc.
 - I respond fast to texts, you take hours to reply
 - Gets stronger in LDR – all you have for relationship sometimes
 - Fidelity
 - Couples generate couple different rules about fidelity
 - Who cares, do what you want
 - If it is good, it will last no matter what
 - Almost ALWAYS guarantees end of relationship
 - Strong fidelity rule
 - Do not sit next to other gender
 - Think of yourself as nun
 - No parties without me
 - Also doesn't work in most cases
 - Middle fidelity (mid-level)
 - Certainly we are going to have to go out and meet people, going to have to do group projects with those of opposite gender
 - Don't get in harms way
 - Avoid situations we could get in trouble
 - Call and inform others
 - Don't get too weirded out with other genders being in life
 - Crucial thing isn't what rule you chose, but rather that both people agree on it
- Prior experience
 - With person
 - Lot of experience with a person you can always do LDR better
 - Experience becomes anchor
 - If you start a relationship with someone basically LDR (summer fling) it is hard
 - Don't get experiences, not enough history to support relationship
 - With relationship
 - More relationships you get, the wiser you get

- May come with more rules too
- With LDRs
 - Communicate
 - If something is going on, communicate it immediately
 - Don't show jealousy
 - All about trust, prove trust
 - Don't know all of the above your first LDR
- Shared trajectory
 - When you know where the relationship is going (trajectory) you almost always feel better
 - When you know distance will end at some point you feel better
 - Ex. we will move to ___ together when we graduate in may
 - Like the sense that at some point we will be back together again
- Frequency of visits
 - How often should you see your partner?
 - Depends upon how you do goodbyes
 - If the drama is too big on the goodbyes it begins to run the entire relationship
 - How much drama is involved?
 - Less drama involved the more frequently you can visit each other
- Sharing
 - Have to share things
 - Share couple things important in LDR
 - Memories
 - What you have in common
 - End of relationship is end of memories
 - Why do we say if you have experience with the person you will do better
 - Because you have shared memories, something to connect you together
 - Also sharing junk
 - Material items
 - Clothes, tooth brushes at each other houses etc.
 - Together long enough
 - Having stuff together is weird cement, can't fake it
 - Not having that stuff makes it more a visit than a stay
- Talk
 - Small talk
 - Small talk vs. heavy talk
 - For most relationships at most times, small talk is best – it's how you know each other
 - Small talk – how was class? What'd you do today? What did you eat?

- In the long term – small talk people have the stronger relationship
 - Sometimes when you get together with your partner from LDR in person it is weird at first
 - Small talk is glue that holds the relationship together
 - It is how you update each other
- Couples often times have rituals when they get back together again
 - Re-bonds the relationship, need a way to get reconnected
- Relationship talk should not be done on phone but more face-to-face
- **Technology**
 - Helps a lot, but have to be careful (takes away the tone)
 - People read more into technology conversation
 - Don't get feedback
 - Allows us to do better LDR but hinders too
 - Enhances but also gets in the way of LDR
- **Choice perceptions**
 - When people perceive you have a choice not to be with them it hurts the LDR a long time
 - Ex. story of fighter pilot
 - Had to go fight (she was okay with it), but when he got choice to return or stay on duty and he chose on duty it caused tension
 - When people perceive you have no choice it makes the LDR much better
 - Blame something external for long distance

November 15, 2011

Jealousy

- I. **Social Comparison Jealousy**
 - a. Definition: **Envious, you perceive someone has something you wish you had**
 - b. Benign vs. malicious envy
 - i. **Benign is when you are envious but clearly realize the other person deserves it**
 1. Number 1 in class got into Yale (deserves it) vs. number 25 in class
 - ii. **Malicious envy can be very detrimental** to yourself and relationships
 1. When you are number 1 and didn't get into Yale when number 25 did
 - c. **Why?**
 - i. **Negative**
 1. **Perceive it says something bad about you**
 2. Its bad not to have a nice car. Envious because only smart people have nice watches, that must mean I'm not smart
 - ii. **Relevant (to life)**

1. You don't care about having a car on campus because you feel it'd be more trouble than worth – **not relevant**
- iii. **Similar**
 1. **Person is similar to you** – someone YOUR age in your same apartment has a nice car – the person is *like you, similar to you*
- d. **Consequences**
 - i. Degrade the Other – got car with drug money
 - ii. Happy when they fail - happy when they crash
 - iii. Negative self image – feel bad about self
 - iv. Depression & anxiety - give up hope
 - v. Motivation
 1. Friend who made tons of money
- II. **Social Relations Jealousy**
 - a. **Definition: *perceived threat to relationship***
 - i. Can be a jealousy of job too – neuro surgeon example
 - b. **Causes:**
 - i. Loneliness
 - ii. Uniqueness
 1. Belief in relationship – no one else in world feels the way we do. All of a sudden you feel he's having another rel w/ someone else – now its not special anymore
 2. Relationships are defined by secrets
 - iii. **Monogamy** – bring another person into relationship
 - iv. **Esteem (self esteem)**
 1. **Low self esteem tend to be more jealousy**
 - v. **Rules**
 1. Every relationship has rules. When you think partner is more interested in someone else, a rule is broken
 - vi. **Context** –
 1. **Studying with opposite sex during day in union vs. night at apartment**
 - c. **Correlates**
 - i. **Self esteem**
 1. **Low self-esteem more jealous**
 - ii. **Self esteem dependence**
 1. Some people are highly dependent on others for self esteem
 2. Mood depends totally upon what partner thinks of them
 3. **Self esteem dependent is more jealous**
 - iii. **Locus of control**
 1. **External locus gets more jealous (internal knows they can control situation)**
 - iv. **Sex**

1. Women tend to internalize jealousy
2. Men tend to externalize jealousy
- v. Relational Uncertainty
 1. When you're unsure of relationship, you tend to feel more jealous
- d. Responses to Jealousy
 - i. Express your feelings
 1. "I'm upset", "I'm worried"
 - ii. Express only negative feelings
 1. "How come I'm not good enough"
 2. no one wants to be around you – problem!
 - iii. Denial and Distancing
 1. Don't let the other person know – deny it
 2. Become distant – pull back emotionally
 - iv. Violence / threats
 - v. Surveillance
 1. Stalking (when jealous) carousel.
 - vi. Compensate – get even or find distraction
 - vii. Manipulation attempts
 1. At party – introduce them to someone you think they are interested in to see how they react
 - viii. Derogate and confront the rival
- e. Coping with Jealousy
 - i. Self related responses::
 1. Acknowledge your feelings
 2. BUT use considerate restraint***
 - a. Delay response – hold back
 - b. Soften response (don't attack)
 - i. Responding too strong can push away
 - ii. Other-related Responses:
 1. Reassure the person
 - a. Know girlfriend is jealous, reassure her
 - i. Label jealousy differently – they are insecure, scared, lonely, protective, they care
 - ii. Can't do much about jealousy but can reassure them about things that make them feel jealous
 1. "I bet I would feel lonely in that situation"
 2. Identify expectations – see if there's loyalty expectations
 3. Specify Behaviors
 - a. Bother you
 - b. Bother them

4. Jealousy contract

- a. When reassurance doesn't help
- b. Need contract
- c. Set of rules about relationship – can't do it, end it
- d. Kids in class get jealous of teachers sometimes

5. Reduce the other's dependency

- a. Less dependent on you, less jealous

III. Affairs

a. What Is An Affair?

Sexual \leftrightarrow emotional

Physical \leftrightarrow non-physical (phone, internet)

- which is worse?

- o Both create jealousy

b. Why do people have them?

i. Increase rewards (it was fun!)

ii. Increase self-rewards

- 1. Sometimes "rush" of relationships may be gone
- 2. Person makes us feel better about ourself
- 3. Self esteem bolstered

iii. Test relationship

- 1. Wanted to see if we could survive this affair
- 2. Are we stable?

iv. Get even

- 1. He did it, I'll do it.

v. Unplanned

- 1. I was drunk.

c. How Often do they happen?

- i. 25% of husbands
- ii. 15% of wives have at least one affair
- iii. women are having more affairs
 - 1. more opportunity now** wives are working outside home now
 - 2. changing beliefs
- iv. take home: everyone's doing it more now

d. Gender Differences?

- i. Women – interpret more as an emotional thing (emo intimacy)
- ii. Men – physical intimacy; she was hot; really good in bed
- iii. Women justify affairs by referencing **falling in love**; men – by **referencing excitement of sexual conquest**

e. Coping After Getting Caught

- i. **Justification** – "Hi, you caught me. This person thinks I'm great and you don't. I actually love this person, and not you. She's hot, you're not"

1. Someone have affairs to end relationship? – men do things to make women want to initiate divorce
- ii. **Excuse**
 1. I was drunk, everyone was doing it!, I must have been drugged
- iii. **Apologize**
 1. “im sorry, I blew it, I want us to work. I’ll do whatever it takes.
 - a. If you want relationship to work – Apologize first, then excuse
- iv. *****Justification ends relationship*****
- v. Affairs are very dangerous things for relationships – you can forgive, but never forget. Turning point – changes something that will never recover
- vi. **Most people forgive and move on – one time**
- vii. **Series – usually ends**

Fighting – November 10, 2011

- I. **Types of Fighting**
 - a. **Substantive Fight**
 - i. **Issues** – orange no burnt orange
 - b. **Procedural**
 - i. Not about moves, **about processes**
 - ii. I want to go to dinner first, I want to go to movies first
 - c. **Affective**
 - i. **When you fight about person**, not about issue or procedure**
 - ii. When people raise affective, its easier to get way by go for something procedural or issue

Topics Married People Fight About:

- children
- sex
- housework
- money
- leisure
- alcohol

II. Unfair Fighting

Exploitive – tactics that take advantage of other

- III. **Hitting Below the Belt** – taking advantage of someone’s “weak spot”
- IV. **Morality – use it as an issue**

- a. Grad student here – very religious – her husband wanted to have a baby – she knew she didn't want to stay in marriage at this point – He pulled the “if you really believe in God, you'd have a baby” –
- b. “you'll go to hell statements”
- c. “those are evil, dishonest people”
- V. **Blaming the other for something they can't control**
 - a. Ex: you can't chose your parents!!
 - b. Employee that used to be on time, but now is late – the bus route changed – they can't control this
- VI. **Comparisons (make)**
 - a. “you have bad friends, my *old girlfriend* had great friends, *all my other friends* have nice friends”
- VII. **Indirect Fighting**
 - a. **Go to a friend / family to fight for you**
 - b. Leave other people out of it!!
- VIII. **Overemotional**
 - a. **Criers – to manipulate people**
 - b. Husband & wife in marriage counseling
- IX. **Hit and Run**
 - a. **Think somethings done and its not – keeps coming back over and over**
 - b. Every time resolved, come back up
- X. **Violence**
 - a. **Only answer is to exit situation immediately –**
 - b. Men get hit too!

Psyching the Person Out:

1. **Mind reading** – saying you know what theyre thinking
2. **Character Analysis** – saying something about the person – “you are a loser” **talk about the situation, don't talk about the person.**
-Situation vs. Characteristic
3. **Prediction Making** “You're going to be lonely the rest of your life”

Conversational Techniques:

- 1) **Monologue**
 - a. If only 1 person talks its not a fight, but a public speech!
- 2) **Silence**
- 3) **Constant interruptions (2:33)**
- 4) **Switching**
 - a. **Topics**
 - b. **Levels – (specific to general)**
 - i. When someone wants to talk about specifics, do it, general, then talk general

Extremities:

- 1) **Overkill – big deal out of something small**
 - a. Girls generally don't do relationship threats unless they're serious – the moment a girl hears one is contemplate status of relationship

2) Never forget / never forgive

- a. Everyone does dumb, hurtful, and bad things – can you forgive and forget? – measure of happiness
- b. If you can never forget it – you need to GET OUT.

3) Unrealistic Threats

- a. Why didn't you do the dishes? WOW we should just sell the house?!
- b. Parents stop paying tuition
- c. "we may not be around forever" spend time with us

4) Irrelevant Weapons

- a. Why didn't you do dishes? OK, no more sex – that has nothing to do with it

Crazy-Making:

1) Deny obvious feelings

- a. Crying and looking sad – "I'm not sad at all"

2) Being Intentionally Inconsistent – when someone's random they make us go crazy

3) Demand something, get it, and then say you never wanted it

- a. People test each other, saking them to do different things, then when person does it, they get upset about it – unfair – manipulative test

4) Agree to something, then deny you ever discussed it

5) "gaslighting"

6) Build up hopes, then shatter them

- a. Trip example

7) Follow the letter of the law, not the spirit of the law

- a. I'll pick you up at 7:00 – once the clock turns, drives off!

8) Psychologize

- a. Why do you feel the need to fight with me?
- b. Do you think you're being a tad defensive?
- c. Are you afraid to talk about this? Did you have a bad childhood?

9) Never stop

- a. Fights have to end!! You end relationships when its more work than it is fun – too much fights

10) Ignore / Disconfirm

- a. Abuse is a horrible thing, neglect may be just as bad.
- b. When you respond to an argument, youre treating the person as a human being
- c. When you ignore – not treating as equal
- d. People WANT to be relevant

FAIR FIGHTING

- Some fighting is good – its how you do it that matters
 - Sanely vs. insanely
 - Today – SANE!

- Basic Skills
 - Editing (watch what you say)
 - Editing skills are important
 - Pause
 - Fight starts – take a breath
 - Count before you say anything
 - Once you say it you can't take it back
 - Most often, first thing out of your mouth is the worst
 - Remember, "words hurt deeply"
 - Sticks and stones may break my bones but words will never hurt me
 - TOTALLY UNTRUE!
 - Words last forever in many cases
 - Can't take back what you say
 - Discuss what you've thought about
 - How do you discuss the issue you want to talk about in terms of editing
 - Determine problem behavior
 - What is causing the fight? What is pissing you off or upsetting you?
 - Bumpy cranberry sauce vs. flat cranberry sauce
 - Better when you can find something specific
 - Decide the value of the fight
 - Is it worth the fight?
 - 65 year old aunt brining bumpy cranberries
 - She's so old its not going to change
 - It's not worth it
 - Problems that will occur are not worth it
 - Decide if the person can change
 - Aunt raises cranberries, hate store bought ones, she can't change - that is who she is
 - Describe the problem (problem, feelings, outcomes)
 - When you describe the feeling, the other person has a hard time disagreeing
 - Talking about feelings gets peoples attention
 - They get why it is important when you describe the feeling
 - Consequences of change
 - If you change Aunt Judy, the family will love you a lot more
 - Editing means take things out, don't include them
 - Leveling (Reduce the intensity) – basically no screaming
 - Be clear and specific
 - Perfectly okay to have a feeling you cannot describe but it is not fair to lay that feeling on someone else
 - Level by getting more specific
 - Watch assumptions

- **Intention vs. consequence**
 - Little kids judge things on consequence
 - Ex. spilling milk
 - As we get older we judge on intention and consequence
 - She didn't MEAN to spill the milk
- When we are really angry with people we sometimes forget the intention
 - Sometimes we do things we don't mean to
- **Avoid excuses**
 - Sometimes in value in not making an excuse
 - Say to dad "I am sorry, you are absolute right" – he has nothing to reply
- **Be present focused**
 - Don't worry about the past and don't worry about the future
 - Remember the past but don't haunt people with it
 - There is nothing you can do about it
 - Can't predict future either
- **Don't fear losing**
 - Don't think of it as a win/loses
 - Happy couples don't worry about losing
- **Practice conflict reduction skills**
 - **Establish common grounds by:**
 - **Setting ground rules**
 - Don't fight late at night (when we are tired)
 - Sometimes might be good to go to bed angry if you are both tired
 - Don't fight in public
 - Don't fight about things we can't control
 - How you're going to fight? When? Where? Why?
 - Parents not fighting in front of their children
 - **Highlight goals – "we both want to be fair to each other" vs. "I'm going to get what I want out of this"**
 - Why are we here? What is our goal here?
 - **Goal is to have couple happy NOT win the battle**
 - **Emphasizing commonalities**
 - What do we have in common?
 - Emphasize what you have in common – hard to get in fight
 - **Fractionate**
 - **Break into subdivisions**
 - Not I can't stand what you are – let me tell you what most bothers me right now
 - **Reframe**
 - **Your language (avoid adversarial language)**

- You're this way, YOU do that
 - Walk in planning to make point with someone
- Reframe to more positive
 - We need to do this., etc.
- Reframe your complaints into requests
 - Aunt Judy – next year could we have flat and bumpy cranberries? Much better than saying I HATE BUMPY ONES!
- Reframe into major joint goals
 - Joint goals are future commonalities
 - What do we want to do in the future?
 - When they imagine their future they have to change the way they fight
- Mange the setting
 - Some environments are not good places to fight
 - Some settings are better than others
 - In front of family at thanksgiving – BAD
 - Don't fight in front of bosses
 - Don't fight when we are tired
 - Don't fight when we are drunk
 - Good SOMETIMES to fight in public because people are less likely to make a scene
 - Controls behavior
 - Not one or the other, variable
- Know what “sets you off” and learn to control those things
 - Everyone of us has 3 or 4 things that set us off and make us angry immediately
 - “hot buttons”
 - Know something sets you off when voice goes higher than you want it to
 - Have to know them and how to control them
 - Lose control – lose everything
 - Ex. debates, hitting below belt – had to be trained to not get upset when it happens
- Who gets more angry?
 - Younger more than older
 - Generally speaking the older you get the less angrier get
 - Feeling rushed for time
 - MORE angry
 - Late for class and partner wants to have meaningless convo – shut up gotta go
 - Having children (esp. for women)
 - Children are big fighting things!
 - We all owe our parents an apology, we screwed up their lives
 - Children become fighting issue

- Issues about time with kids
- Especially for women
- **Having financial strains**
 - Money creates lots of fight
 - Being rich doesn't guarantee happiness but you won't fight
 - Restricted budget, money is a choice budget and you have to make decisions and negotiations
- **Less educated (more educated act more proactively – talking it through; changing situation)**
 - Why college is good for you!
 - Education correlates with less anger in fights
- **Start with point of agreement**
- **Resist counter-arguing**
 - Stop counter arguing
 - Leveling skill – let the other person have their way (you DON'T have to win)
 - Don't say that's not true, say I understand how you can feel that way
 - Never wins!
- **Ask questions rather than making statements**
 - Mom says you're late for dinner
 - DON'T say no I'm not...blow ups
 - Rather, Mom, what do you mean I'm late for dinner? It was at 6.. Yeah, you're right I was a little late I'm sorry
- **Presume good will**
 - **Understanding means more than agreement**
 - Pictures where they can be different things depending on how you look at it
 - Normal people never say or do anything they believe to be wrong
 - When people say or do things they have good reasons
 - Don't tell them they are wrong, try to figure out their incredibly good reason
 - People don't do things they believe to be stupid
 - If you want to be successful with people, they have good reasons – find them
 - Summarize their argument before you disagree
 - Let me understand what you are saying...
 - People don't NEED you to agree with them, they want you to understand them
- **Engage in perspective taking: different people may see the same event or issue differently. People don't say things they know to be wrong**
 - **Developing perspective taking skills**
 - **Seek out "interests" that underlie "positions"**

- Positions are what they want, interest is **why** they want them
- If you figure out the why you can figure out reason and issue better
- **Depersonalize**
 - **Don't talk about people, talk about behaviors**
 - Not you're lazy, say you know what I thought we agreed you would be here at 7 not 7:15
- **Manage the setting**
- **Make a concession early-on**
 - **Giving in on one thing reduces fights in most cases**
 - Notion of reciprocity
- **Creative thinking**
 - **Come up with another issue**
 - **Two solution rule: come up with at least two suggestions that you could personally live with**
 - **Nothing good happens after midnight**
 - Don't stay out after midnight
 - Reassure them nothing bad happens
 - I'll call you to make sure I am somewhere safe
 - About alcohol – you can smell my breath when I get home
 - **Try an unexpected approach...shake things up (ex. lets imagine all the solutions that wouldn't work)**
 - Let's suppose nothing is going to work - I want to stay out until midnight and you won't let me
 - Provide me a hotel room at the place where the party is at then...

Come up with something that won't work

Networking

- Using network
 - **The importance of networks**
 - **Vital communication skill**
 - **People good at networking do better in their lives**
 - Live longer, more friends, do better in work situations
 - **Networks define you**
 - You are a function of your network
 - Network creates who you are
 - Success in friendship depends on network
 - Meet friends, boyfriends, get jobs through networks
 - **Networking is a key interpersonal skill**
 - **Types of network**
 - **Social support**
 - **Networks we have in lives that help us do better in our lives**

- People we go to school with who will cover for us and give us notes
 - People who drive to grocery store when you are hungry and your car is broken
 - People who invite you to party where you meet your boyfriend
- All the people apart of your life who make your life what it is
- People with good social support live longer
 - Get help they need to make their lives easier
 - As you get older, social support becomes absolutely critical
- Women are significantly better at social support networking
 - Women tend to be more responsive socially
- **Organizational networking**
 - **Get to know bosses secretary and that allows you to see boss informally**
 - Learn to play golf to get to know those at work
 - People who have better organizational network literally do better in their career
 - Knowing people matters, or more importantly them knowing you
 - Get more opportunities, nominations, more jobs
 - Want to get jobs through networking
 - Good at organizational networking do better in lives
- **Some principles**
 - **Task performance still matters**
 - Still have to be a good performer
 - Can be good networker, but can only talk/bs with people for so long before they realize you are not making contributions
 - **Intelligence + networking leads to success**
 - **It isn't who you know, it is who knows you**
 - Pride ourselves on people we know, but **that doesn't matter if they don't think of you when opportunities come up**
- **Networking Skills**
 - **Use to become more effective everyday in life**
 - **You have a bigger network than you think**
 - How many people do you know on a nodding relationship (not that you remember there name but you recognize them and they would recognize you and you would nod in recognition)
 - Huge number – classmates, social group members, teachers
 - Ex. getting letter to person in Boston
 - We have huge networks, challenge is to keep using the network
 - **Never underestimate the value of “connecting”**
 - Making new friends
 - Ex. going to class
 - Sit with people you don't know, expand network

- Every smart person is saying I want to know new people, I want to meet new people
- Multiplier effect
- Don't burn bridges – you may need them later
 - Leave with class and respect
 - There is almost never a need to burn a bridge, just move on
- Keep in touch - regularly
 - Out of touch is out of mind
 - Find excuses to stay in touch and/or reconnect
 - The older you get the less frequently you have to be in touch with people to stay in touch
 - If you get in touch with people only when you need them its manipulative
 - Be in touch with them before you need them
- Do favors that cost you a little and gain you a lot; be proactive – offer favors before they are asked
 - Good networkers are good at doing favors for people
 - If you don't want to do them to be nice, do them for the potential doors it will open
- Keep records – stay personal
 - Use technology (Facebook)
 - Individuating characteristics – things that make that person different in your mind from anyone else in the world
- Exercise your network - a network that isn't used disappears
 - Investment theory
 - The more favors I do for you the more I owe you
 - The more favors I do for you the more I invest in you, you will not be allowed to fail
 - No harm in asking for favors, get people to invest in you, you do owe them
 - Ask for advice not questions
- Befriend those without friends
 - Most people at parties are socializing, though there is typically one person standing around obviously not knowing anyone
 - Go over and befriend that person
 - If you make friends with someone who has no friends, they will be your friend forever (and it is just the right human being thing to do)
- Become the parent of relationships
 - Introduce two people – they owe you
 - Smart networkers are constantly trying to introduce people to each other
- Differentiate between power and position
 - Never assume that position implies power
 - Look for the informal influencers
 - Moms typically have a lot more power than dads do

- Don't worry about title
- Seek out opportunities to expand your network
 - Weak links matter
 - Everyone in the network does not know the same people or things
 - Know people who know others and know things you have no reason to know
 - May not be good friends but are acquaintances
 - These people link you to other networks
 - More important than strong links – they know same people and things as you so they cannot help you that much
 - Far more interesting lives
 - Also make your lives more practical – know lawyer, doctor, plumber
- Proximity, proximity, proximity
 - Distance makes the heart grow yonder, not fonder
 - Out of sight out of mind
 - Network disappears quickly
 - Need to find ways to stay proximate to your network
- Remember “Thumper’s rule” – Don’t be negative, it will get back to them
 - Thumper was bambi’s best bunny rabbit friend
 - If you got nothing nice to say, shut up
 - Good rule in networking
 - Everything you could imagine happening in a soap opera happens right on UT’s campus
 - Want to watch it but don’t want to be apart of it
 - Stop trash talking people, it always gets back to them
 - Not saying don’t listen, always interesting to learn about people – but don’t contribute it
 - Be neutral – don’t create or pass it on
- Manage your disclosures – don’t overestimate your relational strengths
 - Most of your friends don’t need to know everything about your life
 - Really good networkers understand that sometimes the better thing is to shut up
 - People don’t need to know all the bad or even all the good about you
 - Sometimes staying quiet is more effective
 - Don’t tell them too much

Story telling

- Successful people are good story tellers
- Children learn stories at home about values
- Our lives revolve around stories
 - We think in narrative
 - Think better in story
 - We learn many of our values via stories

- Those we salute because we are supposed to have them
- Those that come from your heart – happen because of stories
 - Learn from fairy tales
 - Goldie lock and three bears: don't talk to strangers
 - 3 pigs and wolf: what you put into it is what you get out
- We create and share bonds through stories
 - Reacquaint yourself with friends when getting home from college by telling stories
 - Ex. family reunions
 - Families are stories
 - Going to visit high school – you know you don't belong
 - Stories are changed
 - People apart of the story are gone
- Perhaps most important: people “get it” when you tell a story
 - Understand why something is important when you tell a story
 - Ex. husband who is always late and misses dinner, wife whose mom had cancer
- The grammar of a story
 - Setting, main characters, characters' goals, obstacles encountered, resolution, lesson learned
- Stories are brilliant way of cross culture communication
 - All use same structure to tell a story
- Keys for effective narrative:
 - Has a point; what do you want your listener to feel, believe, and remember from your story?
 - No point is like joke without punch line
 - Make point obvious
 - Told quickly
 - Stories that go on too long bore people, they get distracted
 - People need to sense you care about it
 - Inclusive – others need to grasp idea and feelings
 - Want to lead change, not follow it
 - Ex. hockey story
 - Kids in Nigeria did not get this story when he told it because they had never played hockey
 - Vivid details matter
 - Need details to hit home
 - Some details matter, but not too many
 - Validate basic values
 - Need to match values
 - Don't buy stories that don't match your values
 - Any value you deeply believe in has a story

- When you figure out why you believe a value, you know the story behind it
- Is personal
 - Spending time creating your own stories is the best way
 - You can buy or find stories anywhere
- Use factoids
 - If you can't make and remember stories, use factoids
 - Ex. big tree example

November 22, 2011
Ending Relationships (break ups)

- I. Stages of a Break-up
 - a. Denial and Disillusionment
 - i. Some what cynical in mind about it (pretend things are good around friends)
 - b. Erosion & Anger
 - i. Disillusionment becomes evident
 - ii. Fighting about almost anything – unpredictable
 - c. Bargaining
 - i. Try to make deals with each other
 1. "I'll go to ballet this week, you go to football game next"
 - ii. when you're happy you don't bargain.
 - d. Detachment
 - i. Lonely stage of breakup – still in relationship, but same time, not
 - ii. Mentally far apart
 - e. Separation
 - i. 1 person says "its time to end relationship"
 - ii. Preknowledge (most people know its ending)
 - iii. Mutual vs. Single
 1. Mutual is easier to deal with
 - iv. Gender
 1. Women more likely to initiate end of relationship
 - f. Attempted Recovery
 - i. One person says "maybe we should be together...lets get back together"
 - ii. Dumpee – more likely
 - iii. About control in some ways
 - g. Mourning
 - i. Really sad, upset
 - ii. Sunday afternoon – loneliest day after a break up
 - h. Restructuring
 - i. Reach pt where life doesn't include other person anymore
 - ii. Life changes!!

- iii. Come up with good speech about why relationship ended
- i. **Acceptance**
 - i. Everything is fine now that you're not intimate
 - ii. You can be friends with ex – **much later**
 - iii. Can only be friends when you have no desire to have relationship back
- II. **Why People Break Up (predictors)**
 - a. **Talk Matters (ratio of pos / neg)**
 - i. Happy talk vs. neg talk
 - ii. 4:1 ratio to be happy!
 - b. **Four Deadly Sins (conversation)**
 - i. **Criticism** – for partner or habits
 - ii. **Contempt** – “that jacket looks stupid on you” “if you cared about humanity you wouldn't eat meat”
 - iii. **Defensiveness**
 - iv. **Stonewalling** – refusal to make any change whatsoever
 - c. **Alternate sources of satisfaction**
 - i. When there's more sources of satisfaction (other relationship) there's more likelihood to break up
 - ii. “stay out of harms way”
 - d. **Decrease in satisfaction and commitment**
 - i. Easy to be committed when w/ each other all the time
 - e. **Communication**
 - i. **Heavy Talk (vs. small talk)** – can become negative
 - 1. When predominates couples aren't as happy
 - ii. **Meta-talk** – “talking about the talk”
 - 1. I don't like the tone of your voice
 - iii. **Strong positive and negative reactions to your partner**
 - iv. **Inability to influence**
 - 1. Women want to influence more
 - v. **Unfair fighting**
 - vi. **If-then Statements**
 - 1. “if we do this, then we have to do this___”
 - 2. if we go to your mom's for Thanksgiving, then we go to my family's for xmas
 - 3. changes relationship to one of love to a deal
 - vii. **Inability to exit arguments prior to escalation**
 - 1. Happy couples have warning system in minds
 - f. **Judgments**
 - i. **Win-lose attitude:** If you get your way, it means I lost
 - ii. **Quid pro quo**
 - 1. “this for that”
 - iii. **Attributions**

- 1. Attribute behavior to 1 or 2 causes (Internal or External) character OR situation
 - iv. “we will never agree”: Agree to disagree
 - 1. this is not a good coping method
 - v. “its hopeless”: Unwilling to repair
 - g. Withdrawal
 - i. Excuses not to be involved with each other anymore
 - h. Early / late differences
 - i. Early divorce = negative & volatile
 - ii. Late divorce = suppressed emotions
- III. Coping with Break Ups
- a. Initially
 - i. Do not avoid emotions (okay to be emotional)
 - ii. Avoid reminders
 - 1. Don’t make a shrine in room!!
 - iii. Develop a support group (make sure you didn’t dump your friends before) – get friends around you again!
 - iv. Avoid dysfunctional behaviors
 - 1. Drunk texting, dialing, depression, stalking
 - b. Middle Stages
 - i. Learn from experiences
 - ii. Assume some role – take some responsibility
 - 1. This doesn’t allow you to be a puppet on strings anymore
 - 2. He can’t control your emotions anymore
 - iii. Create a “script” – your story
 - c. Finally.....
 - i. Recast as an opportunity – find someone else!
 - ii. Build self esteem and confidence
 - 1. Exercise is great!!
 - 2. Activity is nice – gain a new hobby – get busy
 - iii. Be careful not to move into another relationship too soon!

November 29, 2011

Death and Dying

- I. Fear of Death
 - a. Suffering
 - i. Don’t want to die drowning, shark attack, burning, starvation
 - ii. Most death requires it
 - b. Humiliation
 - i. Don’t have any control –probably disabled
 - ii. “hospice movement” – tries to take humiliation away
 - c. Extinction

- i. If you really believe in religion there's some guarantee you'll come back afterwards
 - ii. Want to be present later
 - d. Loss of loved ones
 - i. Will they be okay afterwards?
 - e. Changes in Society (way society regards death)
 - i. Reduced religiosity
 - 1. Less religious over all – more fear
 - ii. Lower Social Support
 - 1. People move more often now
 - 2. You used to know same people all of life**
 - iii. Fewer Rituals
 - 1. Ex: Irish memorial ritual
 - 2. Ritual gives us predictability
 - 3. Death is punctuation mark
 - iv. Less publicness
 - 1. More private now
- II. Coping With Death
 - a. Subterfuge
 - i. Hide it, don't talk about it, its not real
 - ii. "passed away"; "not doing well"
 - iii. don't like the talk about it
 - b. Denial
 - i. Don't think they'll die
 - c. Death defying
 - i. Cope by taking huge risks
 - ii. Bungee jumping!!
- III. Stages in Dying Process (dyers and survivors go through same process) – all revolve around communication
 - a. Denial
 - i. It can't happen! It's a mistake! Do one more test!
 - b. Anger
 - i. Why? Why does this happen?
 - ii. Engage in unhealthy behaviors & ask WHY'D you do it?
 - c. Bargaining
 - i. "lets make a deal"
 - ii. there must be a cure for this some place – fly around world
 - d. Depression
 - i. "its useless, hopeless" stage
 - ii. bargaining and anger aren't working
 - iii. force people away
 - e. Acceptance
 - i. Get happier again once accept
- IV. Survivor Stages (death of an adult)

- a. **Immediate** (first 48 – week)
 - i. **Everything falls apart**; close to family; fall apart
 - ii. Weird behaviors – emotional wrenching
 - b. **Intermediate** (1 – 2 years)
 - i. **Can cope on daily basis, death doesn't run life, but is there often times when thought about**
 - ii. Dream about person, talk fantastically about person
 - iii. Idealization of loved one (Pollyana principle)
 - c. **Recovery** (year ½ - 2 years)
 - i. **Can go days, even weeks without thinking of loved one**
 - ii. **Even over time anniversary of death slips mind**
 - iii. Want to get to this stage
 - iv. It's OKAY not to think about them
- V. **Characteristics (people dealing with death and dying)**
- a. **Age**
 - i. **Young adolescents (very egocentric) and really old people cope best!**
 - b. **Gender**
 - i. **Women cope better than men do!**
 - ii. Men seem unwilling to do work in process of dying than women do (emotional work) – guilt afterwards
 - c. **Anticipation**
 - i. **Better than sudden – more chance to wrap up**
 - ii. Sometimes relief happens when person does die
- VI. **Aiding & Coping:**
- a. **Avoid significant changes**
 - i. Sell car, toss all clothes out, sell house
 - b. **Be willing to listen** (not necessarily talk – or push talk)
 - i. Be normal self!
 - c. **Keep survivor in good health**
 - i. People in depressed stage can do unhealthy things – “don't care” – give up on living
 - d. **Find Support Groups**
 - e. **Know time heals ; NEVER say it**
 - i. IF you say you'll get over it, it feels dismissive
 - f. **Focus on their feelings**
 - i. Don't put yourself in their shoes** focus on them!
 - ii. Even if you've lost a loved one, its an individual experience
 - iii. Let them be who they need to be
 - g. **Do your work before**
 - i. Find out what the person would want if loved one dies – ASK
 - ii. If you know something matters, know ahead of time
 - iii. Families can get torn apart** - arrangements
 - 1. Dividing of assets

iv. If you're angry towards grandfather – get it out before he dies