Objectives

- Differentiate between and describe different types of relationships
- Describe characteristics of successful partnerships
- Identify factors that promote attraction
- Differentiate between the various theories of love
- Describe good communication skills, including non-verbal communication
- Define terms pertaining to gender and sexuality

Relationships

- Relationships begin with who you are as an individual and what you bring to the relationship
- Important relationships:
  - __________
  - __________
  - __________
  - Many more: coworkers, mentors, what else can you think of?
A Healthy Sense of Self

• Reasonably self-esteem
• Capacity for __________
• Ability to be both alone and with others

• What are other attributes of a healthy individual?

Friendship

• Reciprocity
• Length and stability
• Psychological and emotional buffer

How do Partners Differ from Friends

• Deeper level of connection and caring and usually include a ______ component
Characteristics of Successful Partnerships

- Independence & maturity
- Good self esteem and mutual respect
- Good communication
- Good sexual relationship
- Enjoying spending time together
- Being assertive and flexible
- Focus unselfishly on each other
- Good family & friend relationships
- Sharing spiritual values

What is Attraction?

- A systematic screening process when deciding if someone could be a potential partner
- Factors which promote attraction are:
  - 
  - 
  - 

Theories of Love

- ______ Theory
- ______ Theory
- ______ Theory
- ______ Theory
Building Your Communication Skills

- Knowing what to say
- Using __ statements
- Saying what you’d like to have happen and keeping the topic narrow
  - ______ vs. hearing
  - __________

Nonverbal Behavior

- May or may not correlate with the words
  - _____ communication is based on nonverbal cues
- Posture, body language, facial expressions, body position, touch, eye contact, the way something is said

Gender & Sexuality

- _____ – biological status
- ______ – culturally based
- ______ – identity
  - Influenced by:
    - ______
    - ______
    - ______
Relationship terminology

- Marriage
- Partnerships
- Cohabitation
- Divorce
- Blended families
- Singlehood

Where do people meet their partners?

- School
- Work
- Extracurricular or social activities
- Religious organizations
- Online dating sites
- Social networking sites
- Compatibility sites

Readings

- There are no readings for this chapter