

Interpersonal Relationships





Interpersonal Relationship

is a *perception shared* by two people of an *ongoing interdependent connection* that results in the development of *relational expectations* and varies in *interpersonal intimacy* (Beebe, Beebe, & Redmond, 2014)

A decorative graphic in the top-left corner showing the silhouettes of several people with their arms raised in celebration, set against a light blue background.

DIMENSIONS of Interpersonal Relationships

- I. Context
- II. Affinity
- III. Control
- IV. Time
- V. Intimacy

A group of silhouettes of people with their arms raised in celebration, set against a light blue background.

DIMENSIONS of Interpersonal Relationships

V. Intimacy

A. physical

B. intellectual

C. emotional

A decorative graphic in the top left corner showing the silhouettes of several people with their arms raised in celebration, set against a light blue background.

Questions to ask to know if you and your partner are emotionally connecting

1. Are you sharing your “head” and “heart”?
2. Do you tell them your secrets?
3. Would you trust them with your life?
4. Do you accept all of each other?
5. Do you tell them big news?
6. Do you talk about your relationship?
7. Do you make lots of small talk?



Formation of Interpersonal Relationships



Bases of Human Attraction





**What makes
you attracted
to someone?**



Bases of Attraction



- Appearance

Bases of Attraction



- Personality

Bases of Attraction



- skills/talents

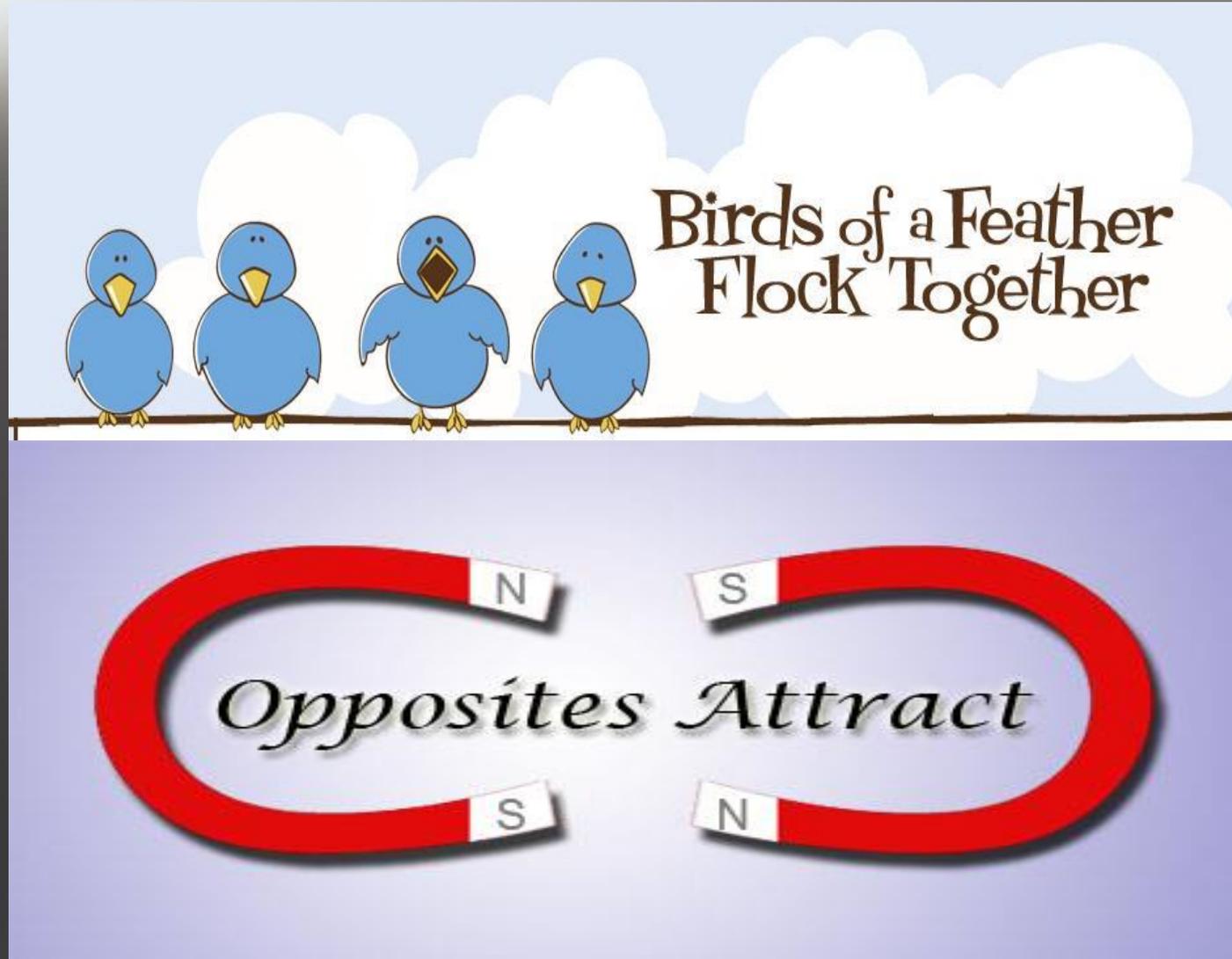
Bases of Attraction



- Proximity

Bases of Attraction

- Similarity



Bases of Attraction



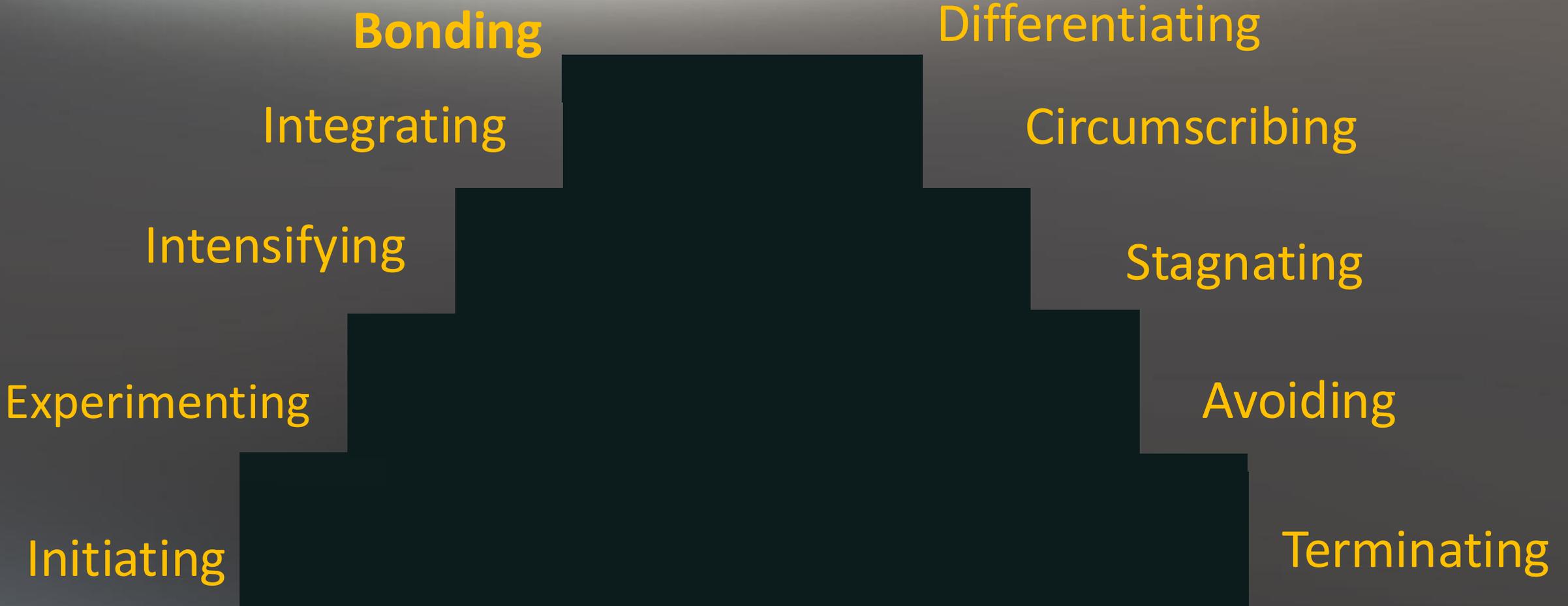
- Reciprocity of Liking

Bases of Attraction

- Reinforcement



Stages of Relationship Development





Stages of Relationship Development

Coming Together

Stage

Characteristics

Initiating

- Conversation openers
- Presenting self
- Formulation of first impressions



Stages of Relationship Development

Coming Together

Stage

Experimenting

Characteristics

Making “small talks”

- Functions:
 - for uncovering integrating topics and openings for more penetrating conversations
 - way of increasing the scope of a current relationship
 - for uncertainty reduction
 - to maintain a sense of community



Stages of Relationship Development

Coming Together

Stage

Intensifying

Characteristics

- Expression of feelings toward the other
- Touching is more common
- Forms of address become more familiar
- Express feelings of commitment



Stages of Relationship Development

Coming Together

Stage

Integrating

Characteristics

- Parties begin to take on an identity as a *social unit*
- Common property may begin to be designated
- Sense of obligation to the other grows



Stages of Relationship Development

Coming Together

Stage

Characteristics

Bonding

- Symbolic public gestures are made
- Public display and declaration of exclusivity



Stages of Relationship Development

Coming Apart

Stage

Differentiating

Characteristics

- Need to reestablish individual identities
- Likely to occur when a relationship begins to experience the first, inevitable stress



Stages of Relationship Development

Coming Apart

Stage

Circumscribing

Characteristics

- Characterized by restrictions and restraints
- Entails a shrinking of interest and commitment
- Option for withdrawal



Stages of Relationship Development

Coming Apart

Stage

Stagnating

Characteristics

- No growth occurs
- Loss of enthusiasm
- Same routine without any sense of joy or novelty



Stages of Relationship Development

Coming Apart

Stage

Avoiding

Characteristics

- Creating distance between each other
- Done under the guise of excuses



Stages of Relationship Development

Coming Apart

Stage

Terminating

Characteristics

- Characterized by summary dialogues about where the relationship has gone and the desire to dissociate