

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 a group of 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, located in the top left corner of the slide.

DIMENSIONS of Interpersonal Relationships

V. Intimacy

- A. physical**
- B. intellectual**
- C. emotional**

A decorative graphic in the top-left corner showing the silhouettes of four 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

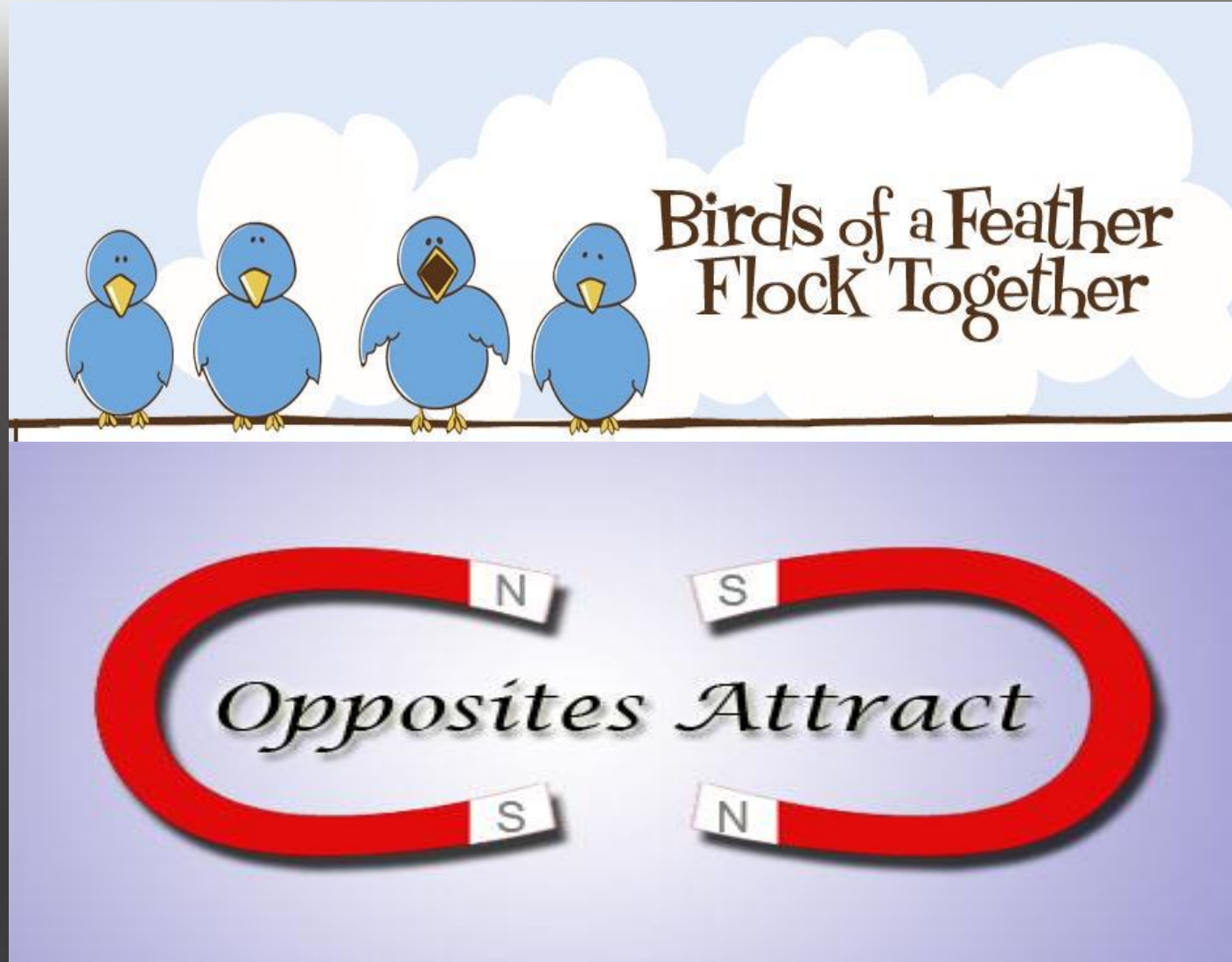
Bases of Attraction



- Proximity

Bases of Attraction

- Similarity



Bases of Attraction



- Reciprocity of Liking

Bases of Attraction

- Reinforcement





Stages of Relationship Development

Bonding

Differentiating

Integrating

Circumscribing

Intensifying

Stagnating

Experimenting

Avoiding

Initiating

Terminating



Stages of Relationship Development

Coming Together

Stage

Characteristics

Initiating

- Conversation openers
- Presenting self
- Formulation of first impressions



Stages of Relationship Development

Coming Together

Stage

Characteristics

Experimenting

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

Characteristics

Intensifying

- 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

Characteristics

Integrating

- 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

Characteristics

Differentiating

- 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

Characteristics

Circumscribing

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



Stages of Relationship Development

Coming Apart

Stage

Characteristics

Stagnating

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



Stages of Relationship Development

Coming Apart

Stage

Characteristics

Avoiding

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



Stages of Relationship Development

Coming Apart

Stage

Characteristics

Terminating

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