



BOĞAZIÇI UNIVERSITY
SUMMER TERM



PSY 101.01

Introduction to Psychology

Summer term 2025

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**How are you today?
...and Why?**



What did you learn last time?

What was difficult? What was fun?

In a scale of 0-10 how much do you want to be here today?

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Introduction to Psychology

Let's Begin
...with breathing





Developmental Psychology



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Introduction to Developmental Psychology



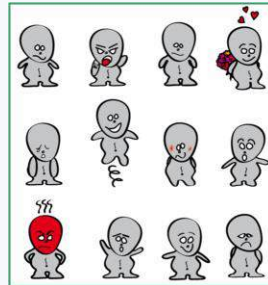
Developmental Psychology

Discipline of psychology that studies the transformations in psychological functioning (cognitive, affective and social functions), from the beginning to the end of life

Cognitive functions



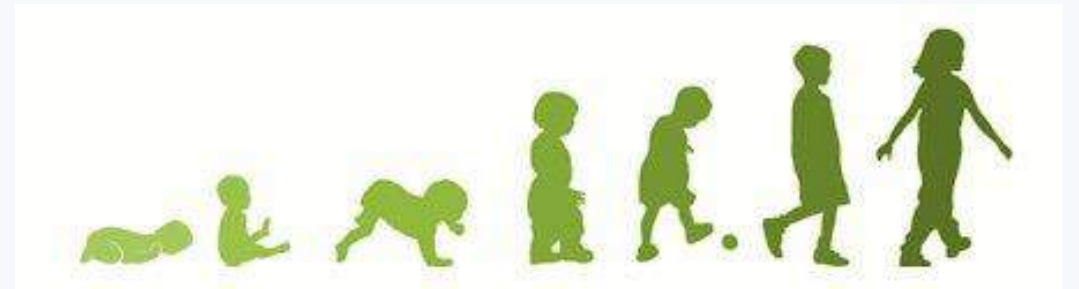
Affective functions



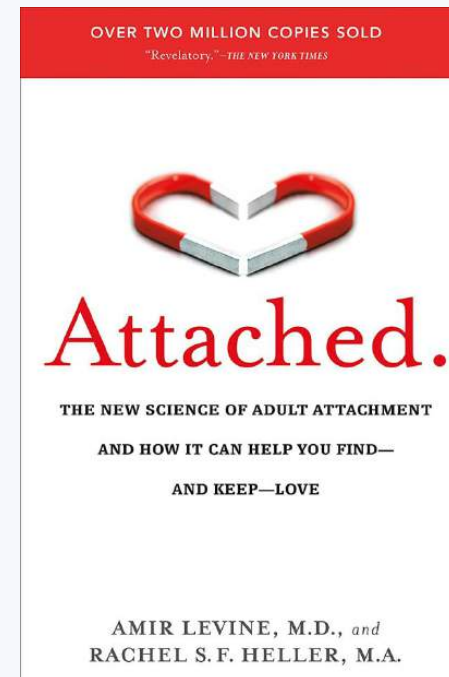
Social functions



From conception (fetus, infant) until death



- Attachment Theory
- Infant-adult
- Adult-adult (romantic relationships)
- Do a questionnaire / discussion
- Book recommendation: Attached



- From birth the child is immersed in a bath
 - socio-cultural.
- The development of the child takes place in a bath of interactions within the groups in which the child lives.
- These interactions will expand, diversify and become more complex.
- The child has a vast repertoire of **signals** available from birth playing a role in the establishment of exchanges and interaction with others.



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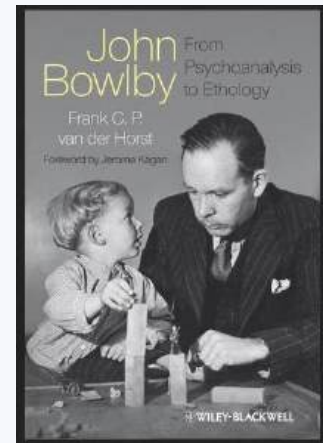
The origin of the concept of attachment

- **Konrad Lorenz**(1903-1989):
ethologist developed the theory of **the imprint (1935)** To
- **Experience with geese:**
- <https://www.youtube.com/watch?v=lysBMqaSAC8>
- **Rene Spitz**(1887-1974) Psychiatrist - Anaclitic depression
- “Romanian Orphanages” a depressive state that
- Occurs in some **children** separated early from any bond of affection:
 - Short version: <https://www.youtube.com/watch?v=VCeWr8OFuEs>
- Children tested : <https://www.youtube.com/watch?v=ChoOExRLT4Q&t=220s>



The origin of the concept of attachment

- **John Bowlby** (1907-1990) Attachment and loss. 1978. (PUF) Problems of **loss** and some **separation**
- “In the human baby there are innate behaviors called attachment whose function is to reduce the distance, and to establish proximity and contact with the mother. Innate behaviors would also exist in the mother with the same function, even if the theory admits that learning plays a role in the expression of these behaviors”. **John Bowlby**
- Intro: <https://www.youtube.com/watch?v=3LM0nE81mIE>
- **The origin of the concept of attachment**
- Problem of **loss** and some **separation**
- **His principal work** "Attachment and Loss". PUF, 1978
- Attachment theory. He will rely more particularly on the discoveries of Lorenz and those of Spitz on hospitalism.



The concept of attachment

- Attachment behavior is much more important in humans than in animals and has a dual function:
 - **Protective function**
 - **Socialization function**
- Bowlby's theory of attachment:
- <https://www.youtube.com/watch?v=Bn47aLV85UM>
- <https://www.youtube.com/watch?v=sdddBCPc1RI>

- According to Bowlby, over the course of interactions, the child forms a cognitive representation of parental responses that guides his attachment behavior.
- This **attachment behavior is specific to a relationship** (different for father and mother) and is **malleable** according to interpersonal events.
- Bowlby:

<https://www.youtube.com/watch?v=K0iip5SK9e0>



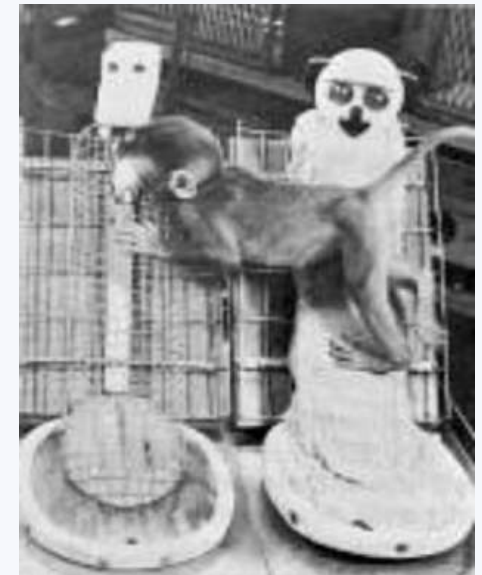
- **The origin of the concept of attachment Harry Harlow(1905-1981) Attachment in Monkeys (Harlow, 1958)**
- **Example, one of these experiences was to use three groups of monkeys:**

Experience on preference of fur to bottle:

<https://www.youtube.com/watch?v=OrNBEhzjg8I&t=7s>



Figure 4. Wire and cloth mother surrogates.



- **A control group:** monkeys who gave birth and raised their own young.

Result: good survival of the young, normal mortality rate in the conditions of captivity.

- **Second group:** little ones "raised" by a mother of wire covered with fur and decked out with baby bottles. The little ones could cling to the fur and suckle.

Result : high mortality.

- **Third group:** little ones "raised" by a wire mother decked out in baby bottles.

Result : the little ones were dying

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Strange Situation

- Ainsworth (1913-1999): Research on the quality of attachment
- Developed an experimental procedure called:
- "**strange situation** " (strange situation) in 1970.

This experimental procedure of a few minutes consists in

- subjecting a child to a slight stress comparable to daily stress.

Ainsworth, MDS, & Bell, SM (1970). Attachment, exploration, and separation: Illustrated by the behavior of one-year-olds in a strange situation. Child Development, 41, 49-67.



Strange Situation

Ainsworth: Research on the quality of attachment

- “**strange situation** ” (strange situation)
- **AIM** =evaluate what types of contact the child has with his mother when he is alone with her or with her and an unknown person or when he finds his mother after having been left alone with or without the unknown person.

Video intro: <https://www.youtube.com/watch?v=SFCQLshYL6w>

extra similar: <http://www.youtube.com/watch?v=QTsewNrHUHU>

Protocol of Strange Situation (there are similar variations)

It has **8 pre-determined stages**, including the mother leaving the child, for a short while, to play with available toys in the presence of a stranger & alone and the mother returning to the child.

- Stage 1 – Mother and child enter the playroom
- Stage 2 – The child is encouraged to explore
- Stage 3 – Stranger enters and attempts to interact
- **Stage 4 – Mothers leaves while the stranger is present**(reaction of the baby informative)
- **Stage 5 – Mother enters** and the stranger leaves (reaction of the baby most informative)
- Stage 6 – Mothers leaves
- Stage 7 – Stranger returns
- Stage 8 – Mother returns and interacts with child

- Harlow: Ape Study
- <http://www.youtube.com/watch?v=hsA5Sec6dAI&feature=fvwrel>
- • Ainsworth: Strange Situation
- <http://www.youtube.com/watch?v=zWsyIVVvDdw&feature=related>

Types of Attachment Styles

- Ainsworth: Research on the quality of attachment " **strange situation** " (strange situation)
- These studies enabled Mary Ainsworth to highlight three distinct attachment profiles:
 - - Profile A: Insecure- **avoidant**= 20% of children
 - - Profile B: **Secure**= 70% of children
 - - Profile C: Insecure - **Ambivalent – Resistant**- 10% of children
- &
- - Profile D (added by Mary Main – 1985): **Confused insecure**

Examples: <https://www.youtube.com/watch?v=DRejV6f-Y3c>

Protocol of Strange Situation

- **Ainsworth:** Research on the quality of attachment " **strange situation** " (strange situation)
- More Examples
- [Secure](#)
- [Insecure Avoidant](#)
- [Insecure Ambivalent / Resistant](#)
- [Insecure Diorganized](#)

Time course of development of Attachment

- The descriptive works of Ainsworth (1970) show the age of evolution of the demonstrations of the attachment of the baby to his mother or to her substitute, according to the sensory-motor evolution of the child.
- **1) 0-3 months. The initial pre-attachment-Orientation and signals without figure discrimination**
- **2) 3-6 months. The emergence of attachment-Orientation and signals directed to a discriminated figure**
- **3) 6-24 months. Attachment proper - Maintaining closeness to a discriminated figure by means of locomotion and cues**
- **4) 24 months +. Multiple attachments - Proximity with a discriminated figure by means of a rectified internal model**

- Many parameters will intervene in the interaction: the baby's temperament, the adult's adjustment, physiological state, physical and psychological contexts...

Still Face experiment

- **Still Face Experiment**
- Tronick, EZ & Cohn, JF (1989)
- **(1)**The mother is asked to keep a totally impassive face in front of her 6 month old baby.
- **(2)**This one tries to establish a communication by the glance, the facial expressions and the vocalizations.
- **(3)**Faced with the lack of response, the baby gradually looks away and presents a state of distress which ceases when the mother responds to her child again.
- <https://www.youtube.com/watch?v=YTTSXc6sARg>

- **Links to father**

- - For about 20 years, the father has been studied as a communication partner of the baby.
- - Like the mother, he is an attachment figure who elicits specific manifestations from the child.
- -Boris Cyrulnik:
- <https://www.youtube.com/watch?v=8rBNuAbnMTc> (french)
- Netflix babies about Love: <https://www.youtube.com/watch?v=YOv5jDFtvsl&t=379s>



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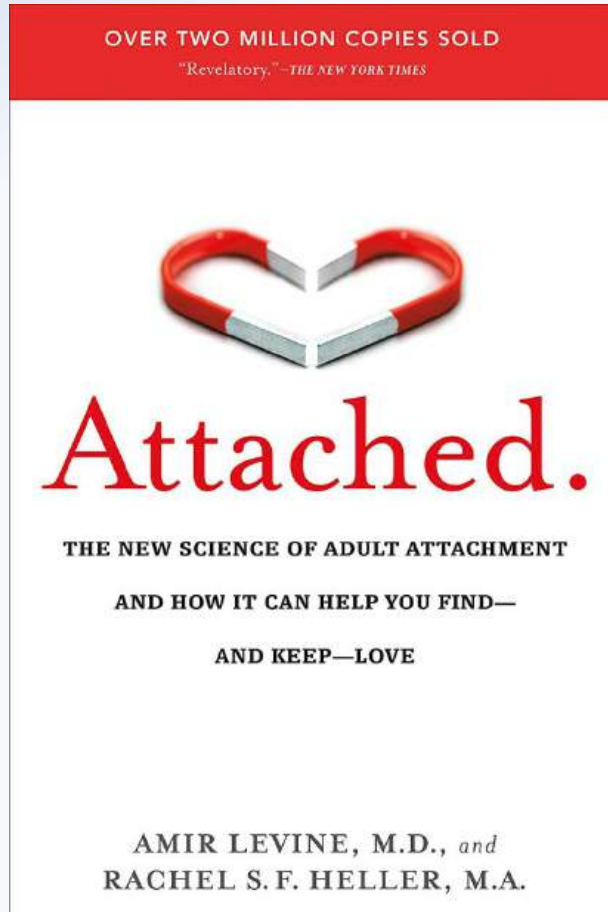


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Social development: **Attachment Theory : in Adulthood**



Adult Attachment Styles



THE SECURE
THE ANXIOUS
THE AVOIDANT

Stable but changeable

Check the small box next to each statement that is TRUE for you.
(If the answer is untrue, *don't* mark the item at all.)

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.	<input type="checkbox"/>		
I find it easy to be affectionate with my partner.		<input type="checkbox"/>	
I fear that once someone gets to know the real me, s/he won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			<input type="checkbox"/>
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when s/he is feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that s/he might become interested in someone else.	<input type="checkbox"/>		

	TRUE		
	A	B	C
I feel comfortable depending on romantic partners.		<input type="checkbox"/>	
My independence is more important to me than my relationships.			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner.			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid s/he will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships.		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>
I tend to get very quickly attached to a romantic partner.	<input type="checkbox"/>		
I have little difficulty expressing my needs and wants to my partner.		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why.			<input type="checkbox"/>
I am very sensitive to my partner's moods.	<input type="checkbox"/>		
I believe most people are essentially honest and dependable.		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person.			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner.		<input type="checkbox"/>	

	TRUE		
	A	B	C
I worry that if my partner leaves me I might never find someone else.	<input type="checkbox"/>		
It makes me nervous when my partner gets too close.			
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.	<input type="checkbox"/>		<input type="checkbox"/>
An argument with my partner doesn't usually cause me to question our entire relationship.		<input type="checkbox"/>	
My partners often want me to be more intimate than I feel comfortable being.			<input type="checkbox"/>
I worry that I'm not attractive enough.	<input type="checkbox"/>		
Sometimes people see me as boring because I create little drama in relationships.		<input type="checkbox"/>	
I miss my partner when we're apart, but then when we're together I feel the need to escape.			<input type="checkbox"/>
When I disagree with someone, I feel comfortable expressing my opinions.		<input type="checkbox"/>	
I hate feeling that other people depend on me.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, I don't let it faze me. I might feel a pang of jealousy, but it's fleeting.		<input type="checkbox"/>	
If I notice that someone I'm interested in is checking out other people, I feel relieved—it means s/he's not looking to make things exclusive.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	<input type="checkbox"/>		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.		<input type="checkbox"/>	

	TRUE		
	A	B	C
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.			<input type="checkbox"/>
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	<input type="checkbox"/>		
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt).	<input type="checkbox"/>		
If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.		<input type="checkbox"/>	
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.			<input type="checkbox"/>
I won't have much of a problem staying in touch with my ex (strictly platonic)—after all, we have a lot in common.		<input type="checkbox"/>	

*Adapted from Fraley, Waller, and Brennan's (2000) ECR-R Questionnaire.

Add up all your checked boxes in column A: _____

Add up all your checked boxes in column B: _____

Add up all your checked boxes in column C: _____



Developmental Psychology

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Attachment Theory : in Adulthood & Romantic Relationships



Adult Attachment Styles & Romantic Relationships

- THE SECURE (a bit above 50%)
- THE ANXIOUS (around 20%)
- THE AVOIDANT (around 25%)
- + disorganized (around 5%)

What Is My Attachment Style?

- This questionnaire is based on the Experience in Close Relationship (ECR) questionnaire. The ECR was first published in 1998 by Kelly Brennan, Catherine Clark, and Phillip Shaver,

Add up all your checked boxes in column A: _____

Add up all your checked boxes in column B: _____

Add up all your checked boxes in column C: _____

<http://openpsychometrics.org/tests/ECR.php>

THE SECURE

- feel comfortable with intimacy
- over 50 percent
- “I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me.”
- “I don’t often worry about being abandoned or about someone getting too close to me. (Measure of the secure attachment style)”

THE SECURE

- Being warm and loving in a relationship comes more naturally
- Enjoy being intimate without becoming overly worried about relationships.
- Don't get easily upset over relationship matters.
- Often effectively communicate needs and feelings to your partner
Can read your partner's emotional cues and know how to respond to them.
- Share your successes and problems with your partner, and are able to be there for him or her in times of need.

THE ANXIOUS

- Around 20% of adults
- Are often preoccupied with their relationships, and tend to worry if their partner love them back
- “I find that others are reluctant to get as close as I would like. I often worry that my partner doesn’t really love me or won’t want to stay with me.”
- “I want to merge completely with another person and this desire sometimes scares people away. (Measure of the anxious attachment style)”

THE ANXIOUS

- Want to be very close to your romantic partners
- But often fear, that your partner does not wish to be as close as you would like him/her to be.
- Relationships tend to consume a large part of your emotional energy.
- You tend to be very sensitive to small fluctuations in your partner's moods and actions (overly attuned)
- Often take your partner's behaviors too personally.
- You experience a lot of negative emotions within the relationship and get easily upset.
- You may tend to act out and say things you later regret.

THE AVOIDANT

- Around 25% of adults
- avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness.
- “I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them.”
- “I am nervous when anyone gets too close, and often, love partners want me to be more intimate than I feel comfortable being. (Measure of the avoidant attachment style)”

THE AVOIDANT

- It is very important for you to maintain your independence and self-sufficiency and you often prefer autonomy to intimate relationships.
- Even though you do want to be close to others, you feel uncomfortable with too much closeness and tend to keep your partner at arm's length.
- You don't spend much time worrying about your romantic relationships or about being rejected.
- You tend not to open up to your partners and they often complain that you are emotionally distant.
- In relationships, you are often on high alert for any signs of control or impingement on your territory by your partner.
- Can have less needs for being in close relationships

Don't worry Nothing is wrong with you 😊

- By understanding that people vary greatly in their need for intimacy and closeness, and that these differences create clashes
- New way of looking at romantic relationships
- Understanding your triggers in relationships
- Understanding your needs and conflicts
- Understanding your patters in partners

There are other factors too...

In addition, people with each of these attachment styles differ in:

- their view of intimacy and togetherness
- the way they deal with conflict
- their attitude toward sex
- their ability to communicate their wishes and needs

Regulating the nervous system

- Our partner regulates our blood pressure, our heart rate, our breathing, and the levels of hormones in our blood. (Coan, Schaefer, & Davidson, 2006)
- Telling participants that they were about to receive a very mild electric shock. → Under stressful conditions the hypothalamus becomes activated.
- Women when they were alone awaiting the shock—their hypothalamus lit up.
- Women who were holding a stranger's hand while they waited. → This time the scans showed somewhat reduced activity in the hypothalamus.
- And when the hand that the women held was their husband's → their stress was barely detectable.

Regulating the nervous system

- Furthermore, the women who benefited most from spousal hand-holding were those who reported the highest marital satisfaction
- The study demonstrates that when two people form an intimate relationship, they regulate each other's psychological and emotional well-being.
- Their physical proximity and availability influence the stress response.
- Emotional unavailability in a partner can activate the **amygdala**, the brain's threat detection system, especially in insecurely attached individuals (Coan et al., 2006; Mikulincer & Shaver, 2007). This leads to fight, flight, freeze, or fawn patterns—depending on the attachment orientation.

What else does it serve?

- We need to deal with novel situations and difficult challenges. We want to be highly functional at work and in the world
- If we feel secure, like the infant in the strange situation test when her mother is present, it is easier to explore and go out.
- We can take more risks, be creative (Mikulincer & Shaver, 2007)
- And if we lack that sense of security? If we are unsure whether the person closest to us, our romantic partner, truly believes in us and supports us and will be there for us in times of need, we'll find it much harder to maintain focus and engage in life.
- The ability to step into the world on our own often is supported by the knowledge that there is someone beside us whom we can count on

“Dependency paradox.”

- We will go and explore more if our feeling of security is satisfied through our attachment figure (Feeney, 2004, Mikulincer, & Shaver, 2007)
- The **dependency paradox** refers to the idea that the more effectively dependent people are on their partners for emotional support, the more independent and autonomous they become.
- Contrary to the belief that reliance on a partner leads to emotional weakness or codependency, secure emotional dependence actually frees up psychological resources

What if we don't feel secure enough

- What happens when the person we rely on most—doesn't fulfill his or her attachment role?
- We are programmed to seek their emotional availability. What if they aren't consistently available?
- We can be triggered according to our attachment style

Example Anxious Attachment

- **Trigger:** A partner doesn't text back promptly, cancels plans last minute, or seems emotionally distant.
- **Response:** Panic, obsessive rumination ("Do they still love me?"), excessive texting or calling, seeking reassurance.
- **Core fear:** Being abandoned or not being loved enough.
- **Example:** If their partner doesn't answer a call during a stressful moment, they may spiral into anxiety and seek constant contact to feel secure.

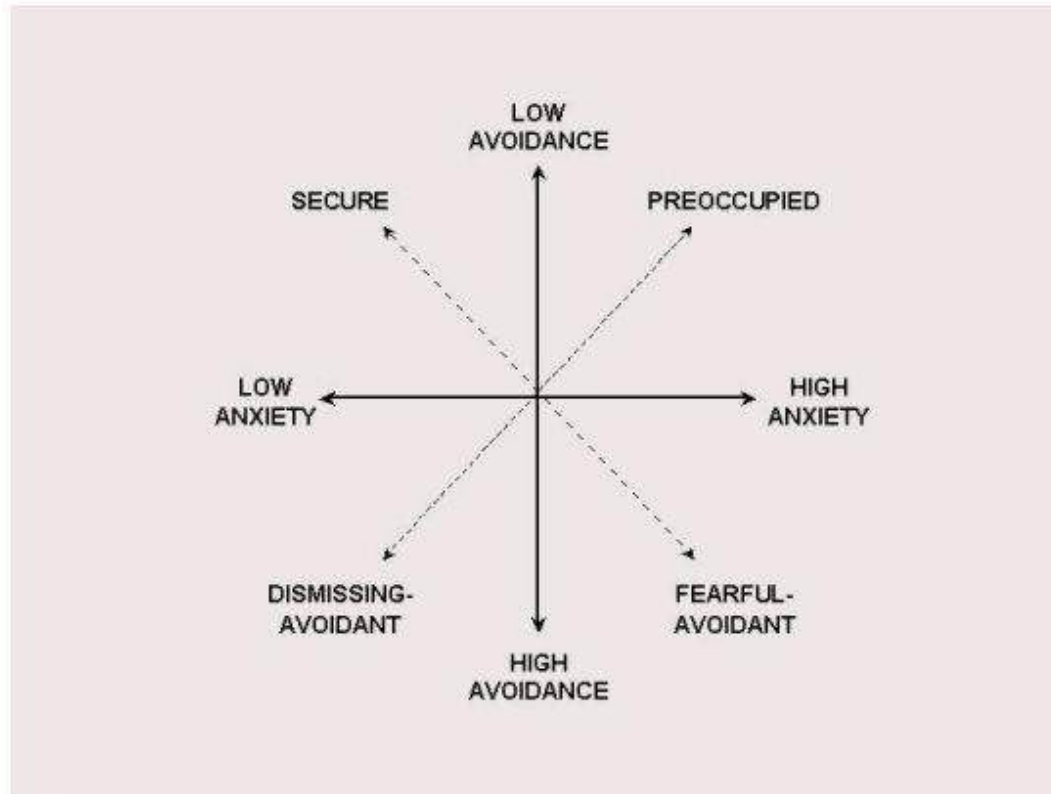
Example Avoidant Attachment

- **Trigger:** A partner becomes overly emotional, demands closeness, or wants to “talk about the relationship.”
- **Response:** Emotional withdrawal, need for space, intellectualization (“They’re overreacting”), shutting down.
- **Core fear:** Losing independence or being engulfed.
- **Example:** If their partner cries during a conflict and asks for closeness, they may feel overwhelmed and pull away—physically or emotionally.

What if we don't feel secure enough

- Secure – can become more insecure
- Anxious – alarmed attachment system, can show protest behavior (e.g, catastrophic thoughts about the relationship)
- Avoidant – deactivating strategies (e.g, feeling less attached to your partner, isolating physically and / or emotionally)

Brennan, Clark, & Shaver, 1998



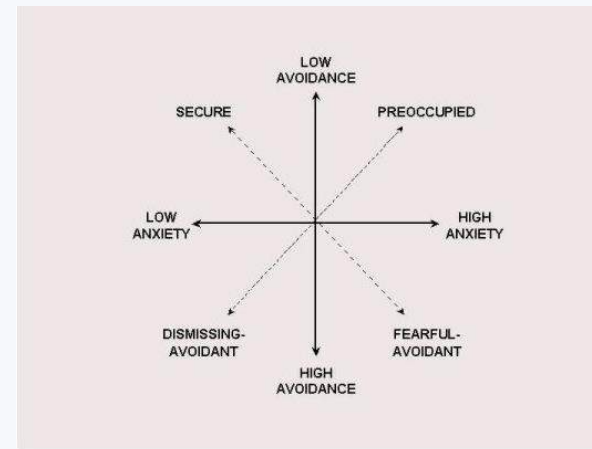
Two-dimensional model of adult attachment styles

1- Attachment Anxiety (horizontal axis):

- Refers to fear of rejection and abandonment.
- High anxiety: Preoccupied with relationships, often seeks excessive reassurance.
- Low anxiety: Comfortable with closeness, doesn't worry much about partner availability.

2- Attachment Avoidance (vertical axis):

- Refers to discomfort with closeness and dependence.
- High avoidance: Prefers independence, avoids emotional intimacy.
- Low avoidance: Comfortable relying on others and being emotionally close.
- (Brennan, Clark, and Shaver, 1998)



Good romantic relationships

- John Gottman – father of couples therapy
- Bids for connection
- Four horsemen of the apocolypse
- [Video](#) Gottman

Bids for connection

- A [bid](#) is any attempt from one partner to another for attention, affirmation, affection, or any other positive connection.
- Bids show up in simple ways, a smile or wink, and more complex ways, like a request for advice or help.
- In general, women make more bids than men
- In the healthiest relationships, both partners are comfortable making all kinds of bids.

DR. JOHN GOTTMAN'S LIST OF MINOR BIDS FOR EMOTIONAL CONNECTION

01. **Pay attention to what I say.**
"How do I look?" "Did you see that squirrel?!"
02. **Respond to simple requests.**
*"Could you take Pooh for a walk?"
"While you're up, can you grab the salsa?"*
03. **Help or work with me.**
"Let's help Grandma outside."
04. **Show interest or active excitement in my accomplishments.**
"Do you like my drawing?" "How were the cookies?"
05. **Answer my questions or requests for information.**
"Phoebe's on the way, can you give her our address?"
06. **Chat with me.**
"Let me tell you what happened when he came back..."
07. **Share the events of your day with me.**
"What've you been up to?"
08. **Respond to my joke.**
"Did you hear the one about...?"
09. **Help me de-stress.**
"I've been cooking all day, I'm so tired."
10. **Help me problem solve.**
"Greta wants to go on a walk but my foot hurts."
11. **Be affectionate.**
"Come cuddle with me while I read."
12. **Play with me.**
"Let's get the chess board!"
13. **Join me in an adventure.**
"Do you want to explore the woods tomorrow?"
14. **Join me in learning something.**
"Let's go to that ice-skating class!"

Responding to bids

When a bid is made, partners can respond one of three ways

1. Turning Towards

2. Turning Away

3. Turning Against

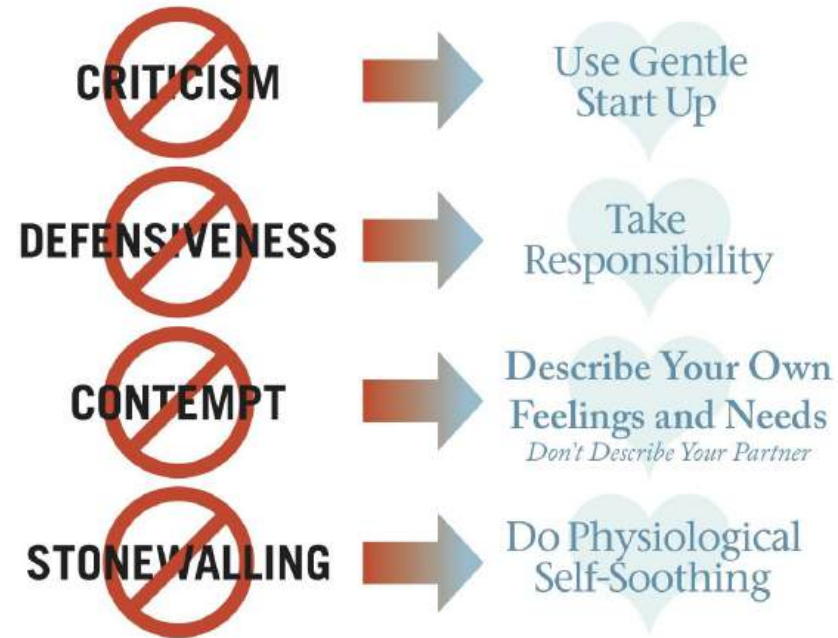
Turning Towards is a key factor in happy and successful Marriages. In simple terms, this means that you can do something today that will positively impact your relationship over the long haul.

LEARN HOW TO TURN TOWARDS

BID FOR CONNECTION	TURNING TOWARDS	TURNING AWAY	TURNING AGAINST
"Hey, can you come in here for a minute?"	"Sure, What's up?"	"In a second, I almost have this game beat."	"Can't you see I am watching the game here!"
"Did you hear about the drama with that company?"	"Yes, how terrible. What do you think about it?"	Radio Silence	"You need to get off Facebook."
"Check out that view"	"Wow that's amazing!"	"mm-hmm" – Partner does not look up from reading	"Really, you had me look up for that?"
"I'm so sick of being overlooked at work."	"How frustrating. I'm sorry they don't see what everyone else sees."	"Have you tried talking to your boss?"	"You need to build a backbone with those people."
"I feel like a horrible mother."	"Our children are lucky to have you as their mother."	"Who ever said that?"	Partner rolls eyes
"I'm exhausted."	"Anything I can do to help you feel more rested?"	"I know, me too."	"You don't think I'm tired?!"
Partner lets out an exasperated sigh.	"Are you feeling okay?"	What's the matter with you?	"Oh, here we go, now what?"
Partner looks over and pats the couch	Partner takes cue and snuggles up	Sits next to partner and plays on their phone	"Maybe if you'd clean up, we'd have time for that."
Partner comes behind you and wraps arms around you.	You embrace the hug	Continues to do the dishes without acknowledging	Pulls away - "I've got to get this done."

Four Horsemen of the Acapocalypse

Stop the Four Horsemen with their Antidotes



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1. Criticism

- [The first horseman is criticism](#). Criticizing your partner is different than offering a critique or voicing a complaint. The latter two are about specific issues, whereas the former is an ad hominem attack. It is an attack on your partner at the core of their character. Makes place for the other horsemen. The important thing is to learn the difference between expressing a complaint and criticizing:
- **Complaint:** “I was scared when you were running late and didn’t call me. I thought we had agreed that we would do that for each other.”
- **Criticism:** “You never think about how your behavior is affecting other people. I don’t believe you are that forgetful, you’re just selfish. You never think of others! You never think of me!”

2. Contempt

- [The second horseman is contempt.](#) When we communicate in this state, we are truly mean—we treat others with disrespect, mock them with sarcasm, ridicule, call them names, and mimic or use body language such as eye-rolling or scoffing. The target of contempt is made to feel despised and worthless.
- Contempt goes far beyond criticism. While criticism attacks your partner's character, contempt assumes a position of moral superiority over them:
- *“You’re ‘tired?’ Cry me a river. I’ve been with the kids all day, running around like mad to keep this house going and all you do when you come home from work is flop down on that sofa like a child and play those idiotic video games. I don’t have time to deal with another kid. Could you be any more pathetic?”*

2. Contempt

- Research shows that couples that are contemptuous of each other are [more likely to suffer from infectious illness](#) (colds, the flu, etc.) than others due to weakened immune systems!
- Contempt is fueled by long-simmering negative thoughts about the partner—which come to a head when the perpetrator attacks the accused from a position of relative superiority.
- Most importantly, *contempt is the single greatest predictor of divorce*. It must be eliminated.

3. Defensiveness

- [The third horseman is defensiveness](#), and it is typically a response to criticism.

We've all been defensive, and this horseman is nearly omnipresent when relationships are on the rocks. When we feel unjustly accused, we fish for excuses and play the innocent victim so that our partner will back off.

- Our excuses just tell our partner that we don't take their concerns seriously and that we won't take responsibility for our mistakes.

3. Defensiveness

- **Question:** “Did you call Betty and Ralph to let them know that we’re not coming tonight as you promised this morning?”
- **Defensive response:** “I was just too darn busy today. As a matter of fact, you know just how busy my schedule was. Why didn’t you just do it?”
- Instead, a non-defensive response can express acceptance of responsibility, admission of fault, and understanding of your partner’s perspective:

4. Stonewalling

- [The fourth horseman is stonewalling.](#) Stonewalling occurs when the listener withdraws from the interaction, shuts down, and simply stops responding to their partner. Rather than confronting the issues with their partner, people who stonewall can make evasive maneuvers such as tuning out, turning away, acting busy, or engaging in obsessive or distracting behaviors.
- It takes time for the negativity created by the first three horsemen to become overwhelming enough that stonewalling becomes an understandable “out,” but when it does, it frequently becomes a bad habit.

4. Stonewalling

- It is a result of feeling [physiologically flooded](#), and when we stonewall, we may not even be in a physiological state where we can discuss things rationally.
- If you feel like you're stonewalling during a conflict, stop the discussion and ask your partner to take a break:
- *"Alright, I'm feeling too angry to keep talking about this. Can we please take a break and come back to it in a bit? It'll be easier to work through this after I've calmed down."*
- Then take 20 minutes to do something alone that soothes you

The Four Horsemen & Antidotes:

@theselfspace

CRITICISM

Verbally attacking personality or character.



GENTLE START-UP

Talk about feelings using "I" statements and express positive needs

CONTEMPT

Attaching sense of self with intent to insult or abuse.



APPRECIATION

Build a culture of appreciation, remind yourself of your partner's qualities. Find gratitude for positive actions.

DEFENSIVENESS

Victimising yourself to ward off a perceived attack and reverse the blame.



TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.

STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance and separation.



SELF-SOOTHING

Take a break and spend time doing something psychologically soothing or distracting.



Good romantic relationships

- John Gottman – father of couples therapy
- Bids for connection
- Four horsemen of the apocolypse
- [Video](#) Gottman

For further

- Esthel Perel – relationship therapist
- Dynamic needs [Video](#)
- Book you can read: Mating in Captivity
- Huberman [episode](#) on Love, Desire and Attachment



PSY 101.01

Introduction to Psychology

Thank you for your attention!

- Organization psychology (maybe half a class)
- Communication
- Conflict resolution
- How to listen and talk
- Management
- Moderating a group
- Self confidence
- Leadership
- Workshop of group