

Victor's Theory of Relationship Development

What is the theory about?

Human beings require to develop relationships to co-exist since they involve countless benefits and fulfill basic human needs. These interactions that constitute the base of human well-being have their roots on Samuel Freening's elements of attraction-- appearance, proximity, similarity, complementary differences-- which develops through the different stages described in the Charles Berger and Richard Calabrese's uncertainty theory. At the same time, the foundation of relationships originated, continue their development as described by Irwin Altman and Dalmas Taylor's social penetration theory, and ends as described by Mark Knapp in his Stage Model Relational Development model. Therefore, in conclusion, relationships are motivated by the surface of each party involved, and they either continue or terminate based on the fulfillment of each party's needs.

Influence from other theories

- Samuel Frenning's attraction theory.
 - Charles Berger and Richard Calabrese's uncertainty theory.
 - Irwin Altman and Dalmas Taylor's social penetration theory.
 - Mark Knapp's Stage Model Relational Development model.
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How can you apply it to your personal relationships?

- **Balance how you express your feelings.**
 - Don't reveal everything, nor keep everything to yourself.
 - **Give the benefit of the doubt.**
 - Understand that people do not always mean what they say. Thus, learn to analyze from different perspectives.
 - **Exercise empathy.**
 - Treat others as you would like to be treated.
 - **Invest time in your relationships.**
 - Understand that a relationship is inclined and declined, therefore, it is crucial to spend time with others.
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Also available at:

- <https://github.com/JoseVe1969/Victor-s-Theory-of-Relationship-Development>