

# Module 1

*Unclear about something? Discuss with your fellow peers in the discussion board!*

Here are some of the important concepts that we've covered in Module 1.

## Why do people get involved in relationships? ❤️

We are interested in relationships because they are important in our lives.

Key question: **Why do people want relationships?**

The key idea is needs.

**There are different categories of needs:**



**Physical:** Can be survival, material, and physical resources (i.e. food, shelter, comfort, etc.)

**Psychological:** Interpersonal needs (i.e. Security, attachment, affiliation, intimacy, etc.)

**Social:** (i.e. Connections with others, status, identity, etc.)

**Existential/Spiritual:** Personal/being needs; Needs that pertain to the whole person or being (i.e. Happiness, spiritual meaning, etc.)

Human beings get involved in relationships in order to address or satisfy some of these needs. The maintenance of a successful relationship often depends on the ability to identify your own needs.

## Intrinsic & Extrinsic Needs

- 1) **Intrinsic:** Getting involved in the relationship for its own sake; meeting needs such as attachment, affiliation, and intimacy.
- 2) **Extrinsic:** Getting involved in the relationship not for its own sake, but to achieve something else. Two subtypes:
  - a. **Extrinsic personal:** Example would be, needing someone to pass time with so you don't feel insecure, bored, or lonely
  - b. **Extrinsic instrumental:** Example would be, building a relationship with someone in the legal system in order for them to help get your son out of trouble

*Always ask yourself:  
What are MY needs?*



## N3C Analysis

The SSD framework emphasizes the concept of N3C. The N3C analysis can be applied in understanding and improving relationships.

**N:** Needs (see recap above)

### Broad categories:

- Physical, Psychological, Emotional, and/or Spiritual

### Types:

- Intrinsic
- Extrinsic
  - o Personal or Instrumental



**C:** Circumstances

### Three levels of circumstances:

- **Macro Level:** The “big picture” such as historical demography, global warming, global financial crisis, etc.
- **Mezzo Level:** Local or regional realities such as political system, taxation, healthcare, education system, sociocultural realities (i.e. social circles, reference groups, culture), etc.
- **Micro Level:** Personal circumstances such as employment status, relationship status, health condition, life stage, etc.

## C: Characteristics

### Three types of characteristics:

- **Physical:** Such as height, body type, physical features, age, skin or eye colour, voice
- **Psychological:** Such as personality, world view, values preferences, emotional and behavioural patterns
- **Sociocultural:** Such as lifestyle, cultural practices, religion

## C: Capacity

Capacity is actually a subcategory of Characteristics, wherein we emphasize the positive traits and strengths that people possess. Hence, Capacity has the same domains as Characteristics:

- **Physical:** Such as physical strength, energy level, immune system
- **Psychological:** Such as intelligence, knowledge, wit, self-efficacy, emotional capacity (resilience, social or interpersonal skills)
- **Sociocultural:** Such as social capital, symbolic capital, financial capacity

It is important to note that the SSD system does not generalize people; rather, it takes into consideration individual differences. As such, one's N3C is completely unique.

This helps us to understand concepts such as compatibility, mutual needs gratification, interactions in a relationship, etc.



## Biodiversity

**Individual differences** can be challenging in a relationship. Helping people understand the value of differences is an important step in overcoming the challenge.

**Biodiversity** is a necessary condition for natural selection and ultimately human evolution. Variations in the expression of our genes are what allow us to progress – it's a beautiful thing!

There will always be differences in relationships. Being able to deal with (and even embrace) differences is the key to the success of any relationship. Managing diversity, in our opinion, is part and parcel of human growth and evolution.

## Similarities and Differences

Another key factor in relationships is the balance between similarities and differences. We are attracted to things that are both similar **and** different than us.

Our preferences vary across time, context, and relationship.

SSLD seeks to help people **appreciate and recognize** differences and how to **manage them effectively** so that we will always be able to create a win-win situation.

## Capacity for Differences

The capacity for differences is our ability to deal with differences in a constructive manner. It is important to realize that differences will continue to emerge as you get to know the other person better.

People are expected to grow and change. As such, instead of tolerating, it is encouraged that you develop an **interest or curiosity** towards traits that are new or different from your own. This will be your capacity for dealing with differences.

*What would life be like if everyone was exactly the same? Differences (and learning how to manage them) are a necessary ingredient for a healthy relationship*

