Week 8 - Day 1 (Ch 8 Building and Sustaining Relationships)

Monday, February 29, 2016

8:05 AM

Quizlet: <https://quizlet.com/_22fyzk>

Why is communication difficult?

* When two people talk, six possible messages get through
  + What you mean to say
  + What you actually say
  + What the other person hears
  + What the other person thinks he hears
  + What the other person says about what you said
  + What you think the other person said about what you said

4 factors for building and sustaining relationships

* Need to know these
* Investment
* Commitment
* Trust
* Comfort

Investment

* What we put into the relationship
  + Time, energy, gifts
* Cannot be recovered
  + When you break up, you can't get that time back1
* Happiest couples feel they have invested equally
  + You don't have to put all of your money or time into relationships, but you have to feel like it's equal with what the other person puts in.
  + Your relationship is only as strong as what the other person can manage to invest.

Commitment

* Decision to remain in a relationship
  + Commitment and love are two different things
    - You might love the person, but not be committed to them
    - You might be committed to someone and not love them
  + People in long term relationships were asked how much love and how much commitment for each other
    - 3 years later, the couples with the highest commitment were still together; regardless of love rating
  + People in happy relationships, might still rank love as low when they have disputes with their spouse, but they are happy because of the commitment

Which are communicating love? Commitment?

* I like to think about how we’ll be 10 or 15 years from now.
  + commitment
* I feel great when I’m with you.
  + love
* I intend to be faithful to you all of my life.
  + commitment
* I’ve never felt this way about anyone else before.
  + love
* I feel so happy with you right now.
  + love
* We need to be saving more in order to be ready to buy a home and start a family.
  + Commitment
* The love statements above are noted in couples who get divorced later

Trust

* Believing in another’s reliability
* Emotionally relying on another to look out for our welfare and our relationship
  + This one applies more than the previous to your friendships as well

Comfort

* How well the relationship deals with tension
* **Relational dialectics** – opposing forces, or tensions, that are normal.
* Autonomy/Connection
* Novelty/Predictability
* Openness/Closeness

Defensive and supporting climates

* Evaluation vs Description
* Certainty vs Provisionalism
* Strategy vs Spontaneity
* Control vs Problem Orientation
* Superiority vs Equality

Evaluation vs Description

* Evaluation- judgmental and accusatory language
  + You don’t know what you are talking about
* Descriptive- I-language. Places responsibility on sender
  + I don’t understand how you came up with that idea
* You never reveal your feelings.

* You just don’t plan ahead.

* You never call me.

* Stop obsessing about the problem.
* You never reveal your feelings.
* I’d like hearing how you feel about this.
* You just don’t plan ahead.
* I need to know what our schedule for the next few days will be.
* You never call me.
* I’d enjoy hearing from you more often.

Certainty vs Provisionalism

* **Certainty**- dogmatic, single-minded, unwillingness to compromise
  + This is the only idea that makes sense
* **Provisionalism**- reduces defensiveness, willingness to investigate issues
  + One way to look at it is…

Strategy vs Spontaneity

* **Strategy**- hidden motives
  + Remember when I helped you with your math last semester?
* **Spontaneity**- straightforward, direct
  + Would you help me with my English assignment? I’m struggling for a topic.

Control vs Problem Orientation

* Control- implicit attempts at manipulation
  + Well, I like the Honda more, and it is my money that’s going to pay for it.

* Can I go over to a friend's house?
* Problem Orientation- communicates desire for collaboration
  + It seems we have different ideas on the car. Let’s talk through what each of us wants and see whether there is a way for both of us to be happy.

* Can I go over to a friend's house?

Neutrality vs Empathy

* **Speaker**- indicates lack of concern
  + I don’t care
* **Empathy**- listener identifies with listeners problems
  + I want to hear what you have to say about his

Vocab

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| --- | --- |
| Communication climate | Overall feeling or emotional mood between people |
| Assertion | A clear, nonjudgmental statement of what we feel, need, or want. Not synonymous with aggression, which involves putting our needs ahead of others’ needs, sometimes at cost to them |
| Commitment | A decision to remain with a relationship. One of three dimensions of enduring romantic relationships, commitment has greater influence on relationship continuity than does love alone. Also refers to an advanced stage in the escalation of a romantic relationship |
| Communication climate | The overall feeling, or emotional mood, of a relationship. Shaped by verbal and nonverbal interaction between people |
| Ethnocentrism | The assumption that one’s own culture and its norms are the only right ones. This type of communication reflects certainty, which tends to create defensive communication climates |
| Investments | Elements (such as energy, time, money, and emotion) put into a relationship that cannot be recovered should the relationship end. This, more than rewards and love, increase commitment |
| Relational dialectics | Opposing forces, or tensions, that are normal parts of all relationships. The three parts of this are autonomy/intimacy, novelty/routine, and openness/closedness |
| Trust | Belief in another’s reliability (that he or she will do what is promised) and emotional reliance on the other to care about and protect our welfare; the belief that our private information is safe with the other person |
| Certainty | Dogmatic, single-minded, unwillingness to compromise |
| Provisionalism | Reduces defensiveness, willingness to investigate issues |
| Strategy | Hidden motives request |
| Spontaneity | Straightforward, direct request |
| Speaker | Indicates lack of concern |
| Empathy | Listener identifies with listeners problems |