

the irrational intimate/romantic relationship beliefs 非理性信念

定义

The relationship beliefs are the beliefs that the individuals believe the relationship should be, how the roles should be established (Addis and Bernard, 2002). Some examples to these beliefs are, to want to spend all the social time together, to be understood without telling anything, to want to share same feelings and thoughts (Epstein, 1982)

Relationship Beliefs Inventory  
Eidelson & Epstein, 1982  
亲密关系中的错误/非理性信念

- disagreement is destructive 认为冲突是有害的信念
- Mindreading is expected 真正关心对方的伴侣应该可以无须沟通就知道对方的想法和感受
- partners cannot change 认为伴侣在行为或态度上是无法改变的
- sexual pefectionism 认为每个人应该都是完美的性生活陪伴者
- the sexes are different 强调性别之内的固有差异

-**认知失真**: 功能失调的信念会造成适应不良的认知情绪, 对伴侣感知和相互互动的方式产生负面影响。例如, 诸如“分歧是破坏性的”之类的信念可能导致避免必要的讨论, 最终损害关系 [1]。

-**期望和满意度**: 对人际关系持有某些信念会降低人际关系满意度。例如, 如果一个合作伙伴认为另一个合作伙伴应该直观地理解他们的需求(读心术), 那么当这些需求得不到满足时, 可能会导致沮丧和失望 [2]。

-**治疗结果**: 个人的信念也会影响他们对治疗的期望。那些对自己的关系持负面看法的人可能不太可能相信改善的可能性, 这可能会阻碍他们参与治疗的意愿 [1]。

-**抵制变革**: 诸如“合作伙伴无法改变”之类的信念可以形成固定的心态, 使个人难以在关系中适应或成长。随着时间的推移, 这可能会导致停滞和冲突加剧 [2]。

-**对治疗偏好的影响**: 该论文指出, 具有某些功能失调信念的人可能更喜欢个体疗法而不是联合疗法, 因为他们可能看不到共同努力解决问题的价值 [1]。

-**认知灵活性**: 有趣的是, 该论文表明, 成功适应婚姻的人可能具有更大的认知灵活性, 使他们能够识别和挑战自己的非理性信念。这种灵活性可以作为保护因素, 抵御功能失调的信念的负面影响 [3]。

Romantic Beliefs Scale  
sprecher & metts, 1989  
理想爱情的信念

Relationship Beliefs Scale  
fletcher & kininmonth, 1992  
个体对于亲密关系成功因素的一般信念和期望

Irrational Romantic-Relationship Beliefs Inventory  
Turkey authors, 2015  
恋爱中的非理性信念

- Over Expectations 对伴侣和关系的期望过高, 例如期望伴侣在任何时候都应该满足自己的所有需求, 或者期望关系总是完美无缺
- Use of Social Time 期望伴侣在所有社交活动中都要陪伴自己, 或者认为两人应该总是一起度过所有的空余时间
- Mind Reading 期望伴侣能够无需自己明确表达就能理解自己的感受和需求
- Different Thinking 对伴侣持有与自己不同的观点和信念的不容忍
- Physical Intimacy 关注对物理接触和身体亲密度的期望
- Gender Differences 对男女在关系中角色和行为的刻板期望

Table 1. Means, Standard Deviations, and Bivariate Correlations between Items on "But He Love Me" Survey.											
	M	SD	1	2	3	4	5	6	7	8	9
1. How much did this video interest you? <sup>a</sup>	3.46	1.14									
2. In the past year, how many times were you concerned about a friend's relationship? <sup>b</sup>	3.21	1.28	.11								
If a situation similar to that in the video vignette arose...											
3. How concerned would you be about your friend's relationship? <sup>a</sup>	3.68	0.97	.23 <sup>†</sup>	.25 <sup>†</sup>							
4. How much would you want to talk to your friend about how their partner is acting? <sup>a</sup>	4.14	0.94	.16	.14	.65***						
5. How confident are you that you could tell your friend you are concerned? <sup>a</sup>	4.34	0.96	-.11	.22	.39*	.53***					
6. How would your friend respond if you said, "It should be okay for you both to have your own lives"? <sup>c</sup>	2.06	0.27	.02	.23 <sup>†</sup>	.12	-.02	.14				
7. "I should only spend time with people who my partner likes and trusts." <sup>d</sup>	2.14	0.79	.05	.08	.08	.07	.13	.14			
8. "If I don't respond quickly to my partner's calls or texts, I deserve for my partner to be angry with me." <sup>d</sup>	1.50	0.79	.20	.35***	-.17	.00	.11	-.03	.12		
9. "Jealousy and anger can be signs of love." <sup>d</sup>	2.00	0.92	.09	.25 <sup>†</sup>	.02	-.04	.15	.20	.13	.51***	
10. How many times a day is acceptable for a partner to text or call? <sup>e</sup>	3.06	0.89	.21	.34*	-.20	-.09	.02	-.03	.13	.31*	.09

- "I should only spend time with people who my partner likes and trusts."
- "If I don't respond quickly to my partner's calls or texts, I deserve for my partner to be angry with me."
- "Jealousy and anger can be signs of love."
- How many times a day is acceptable for a partner to text or call?

- 冲突有害
- 读心术
- 对方行为模式不可变
- 性和谐的追求
- 性别差异
- 社交时间投入/社交对象选择
- 肢体亲密性的追求, 认为没有接触就没有爱