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4-7-15

COMM 2110

* Forming Relationships
  + Proximity
  + Physical Attraction
    - Positive features
      * Halo Effect
        + If they are attractive they must be good people
    - Negative features
      * Horns Effect
        + If they are not attractive, they may not be fun to be around
  + Social attraction
    - matching hypothesis
      * Validate
* Social Penetration Model
  + Each of us is like an onion because we are each composed of multiple layers
    - Outer layer - superficial information
    - Middle layer - personal details
    - Inner layer - deepest fears, greatest hopes
    - Core - essence of who we are
* Guidelines for effective self-disclosure
  + Is the other person important to you?
  + Is the risk of disclosing reasonable?
  + Is the amount and type of disclosure appropriate
  + Is the disclosure relevant to the situation at hand?
  + Is the disclosure reciprocated?
* Steps
  + Going up -Coming together
    - initiating
    - experimenting
    - intensifying
    - integrating
      * using we instead of me
    - Bonding
  + Going Down - coming apart
    - Differentiating
    - circumscribing
      * communication is constricted in both depth and breadth
    - Stagnating
    - Avoiding
    - terminating
* Relational Dialectics Theory
  + Autonomy and Connectedness
  + Novelty and Predictability
  + Openness and Closedness
* Managing these tensions
  + Selection
  + Separation
  + Neutralization
* Relationships Require Maintenance
  + Metacommunication
    - communicating about communication
  + Understand the goals of both or all partners
  + Adapt to changes
  + Follow the rules
  + Pay attention to the process
  + Work at success every day