


## **CONCEPT: BUILDING RELATIONSHIPS**

### **Characteristics of Intimacy**

◆ **Intimacy:** a close connection between individuals involving emotional and/or physical closeness.

- There are \_\_\_\_ characteristics that are essential to a healthy intimate relationship:

Characteristics of Intimate Relationships			
	<b>_____ Interdependence</b> The mutual impact between people with interwoven lives.		<b>_____ Fulfillment</b> The act of satisfying a desire or want that leads to happiness and well-being.
	<b>_____ Attachment</b> A persistent bond between individuals which influences their overall development in life.		<b>Emotional _____</b> The ability to give and receive emotionally between individuals with no fear of hurt or rejection.

### **EXAMPLE**

Teresa and Angela are best friends who are open and honest about their wants and needs while giving support and comfort to one another. Their relationship would be indicative of which characteristic of a healthy intimate relationship?

- |                           |                           |
|---------------------------|---------------------------|
| a) Emotional Independence | c) Social Fulfillment     |
| b) Need Fulfillment       | d) Emotional Availability |

### **PRACTICE**




In their single years, Bill would spend his Friday evenings out with friends playing basketball until late at night while Elizabeth would go out with her running club. Eventually they got married and had two kids, Isabel and Constantine. Their Fridays now are spent eating take out and playing scrabble with the family. Their new shared lives and adjustment to their activities would fit under which of the following characteristics of an intimate relationship?

- |                               |                           |
|-------------------------------|---------------------------|
| a) Behavioral Interdependence | c) Need Fulfillment       |
| b) Mutual Independence        | d) Emotional Availability |

## CONCEPT: BUILDING RELATIONSHIPS

### Types of Relationships

- ◆ All healthy relationships require the qualities of *accountability* and *self-nurturance* to function properly.
  - **Accountability:** Taking \_\_\_\_\_ for our words, decisions, actions and their outcomes.
  - **Self-nurturance:** Taking care of yourself \_\_\_\_\_ to support physical, mental and emotional health and growth.
- ◆ Intimate Relationships fit into \_\_\_\_ categories: ① Family, ② Friendship, and ③ Romantic.

Types of Relationships		
Relationship Type	Description	Characteristics
<b>① Family</b> 	<ul style="list-style-type: none"><li>▸ An interwoven group with _____ roles, responsibilities, and tasks.</li></ul>	<ul style="list-style-type: none"><li>▸ _____ communication</li><li>▸ Well-established boundaries</li></ul>
<b>② Friendship</b> 	<ul style="list-style-type: none"><li>▸ An _____, long-term, and mutually beneficial relationship between 2 or more individuals.</li></ul>	<ul style="list-style-type: none"><li>▸ Acceptance</li><li>▸ _____</li><li>▸ Availability</li></ul>
<b>③ Romantic</b> 	<ul style="list-style-type: none"><li>▸ A relationship between individuals marked by _____, emotional &amp; physical attraction.</li></ul>	<ul style="list-style-type: none"><li>▸ Conflict resolution</li><li>▸ _____</li><li>▸ Shared interests, values and goals</li></ul>

#### Family of Origin

Family in which a person was \_\_\_\_\_ and plays a major role in upbringing.

## **CONCEPT: BUILDING RELATIONSHIPS**

### **EXAMPLE**

Which of the following statements about intimate relationships is true?

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- a) Friendships are classified as permanent relationships based on mutual respect.
- b) Through our relationships we meet our needs of social acceptance, connection, and intimacy.
- c) They are based on self-nurturance where the individuals always place their needs above all else.
- d) The proliferation of social media has made exclusivity easier.

### **PRACTICE**

Which of the following statements is true?

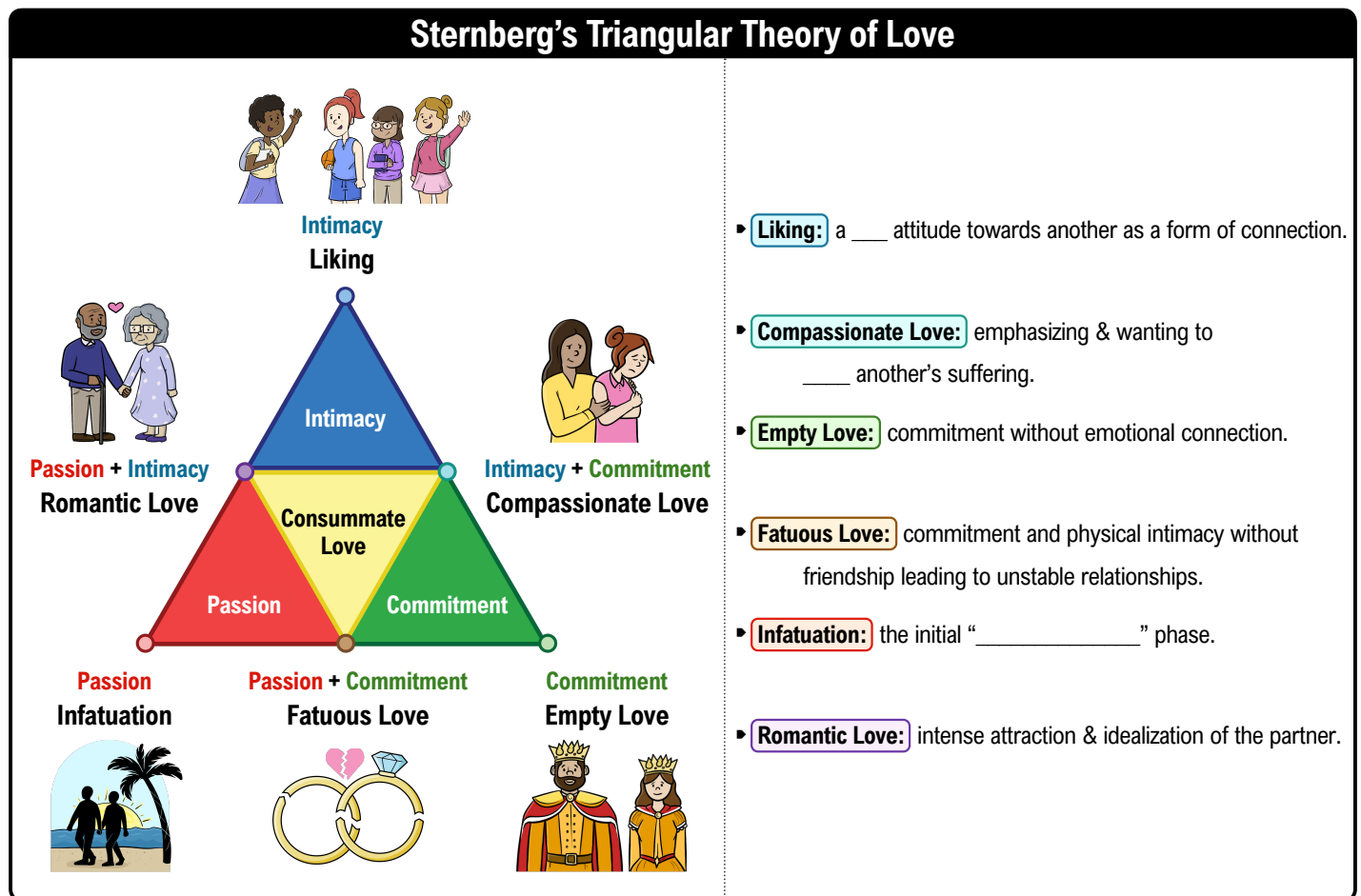
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- a) Romantic relationships are always the first type of relationship formed outside of families.
- b) All intimate relationships must have a degree of sexual desire.
- c) A family is a dynamic group of individuals who don't have to be related by blood.
- d) Families are the only intimate relationships that are known to minimize loneliness long-term.

## CONCEPT: BUILDING RELATIONSHIPS

### Sternberg's Triangular Theory of Love

- ◆ Psychologist Robert Sternberg proposed love is comprised of \_\_\_\_ key components: *intimacy*, *passion* & *commitment*.
  - **Intimacy (Emotional)**: Feelings involving \_\_\_\_\_, sharing, and mutual support.
  - **Passion (Motivational)**: Internal drive that leads to romance, attraction, and \_\_\_\_\_.
  - **Commitment (Cognitive)**: \_\_\_\_\_ to a person through actions and \_\_\_\_\_ over time.



- ◆ **Consummate Love** is a \_\_\_\_\_ occurrence when all 3 key components are met in a harmonious combination.

## **CONCEPT: BUILDING RELATIONSHIPS**

### **EXAMPLE**

Miranda is talking to her grandkids about how she met their grandpa Matt. It was her sophomore year at college when she was walking across the courtyard and saw him exiting the history building. She described it as “love at first sight” and spent the semester getting to know more about him. During that semester, Miranda’s initial obsession with Matt would fall under which component of Sternberg’s Triangular Theory of Love?

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- |             |               |            |                    |
|-------------|---------------|------------|--------------------|
| a) Intimacy | b) Commitment | c) Passion | d) Consummate Love |
|-------------|---------------|------------|--------------------|

### **PRACTICE**

Jonathan and Grace have been dating for 3 years, want to put down roots in their city and so have decided to get married. Which of the key components of Sternberg’s Triangular Theory of Love are they following?

- 
- |               |            |               |             |
|---------------|------------|---------------|-------------|
| a) Commitment | b) Passion | c) Empty Love | d) Intimacy |
|---------------|------------|---------------|-------------|