

Theories of Romance

Romance Diagrams

- Hang your romance diagrams up on the wall
- Take 5-10 minutes to walk around. Take notes on:
 - Similarities you notice between theories
 - Key differences between the theories
 - Things you see that you particularly agree/disagree with

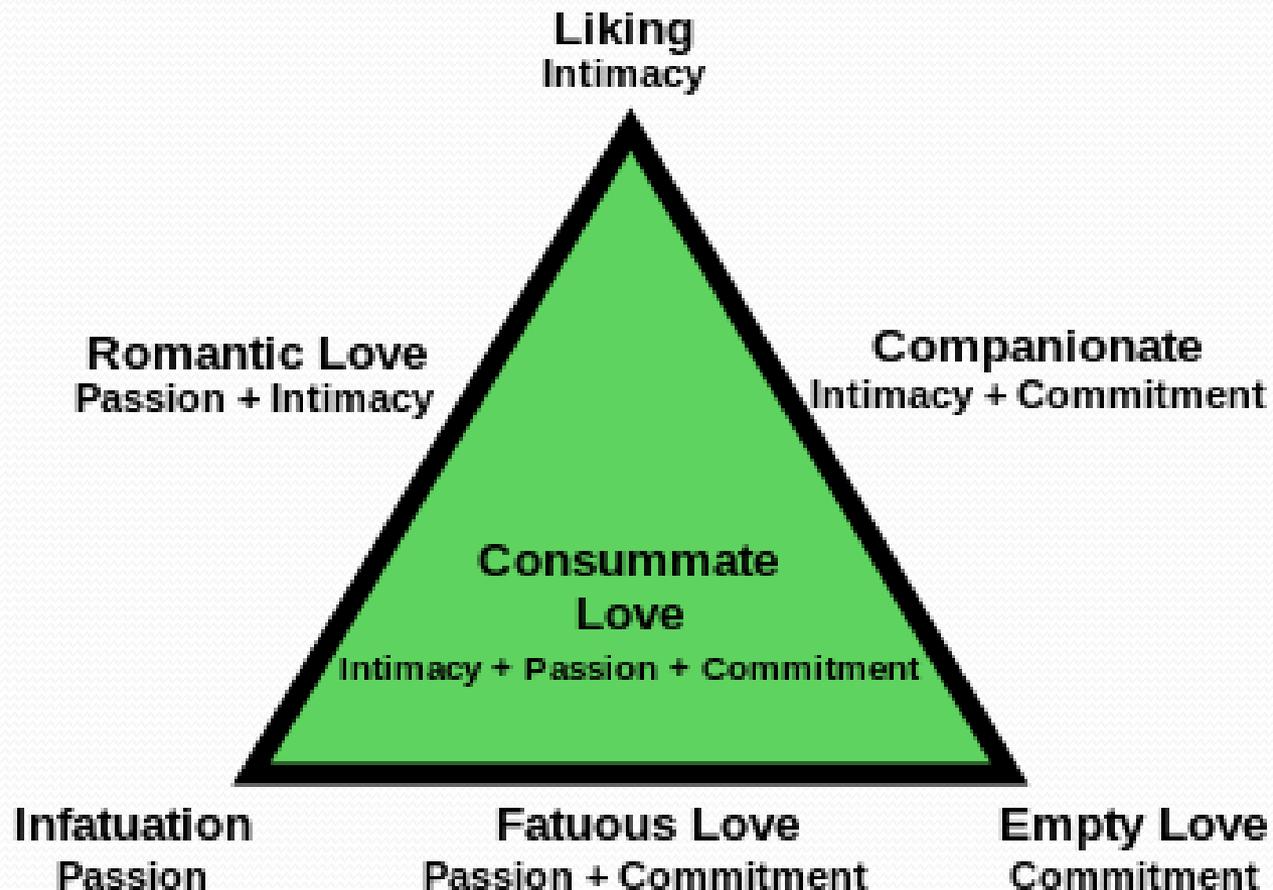
Romance Theory Discussion

- What similarities/differences did you see?
- How realistic do you think your theories are? In what ways? What is missing or idealized, and why?
- What interpersonal qualities are represented?
- What interpersonal qualities are left out?
- Why is it helpful to develop theories like this? What's the role of theoretical models of something so complex and varied?

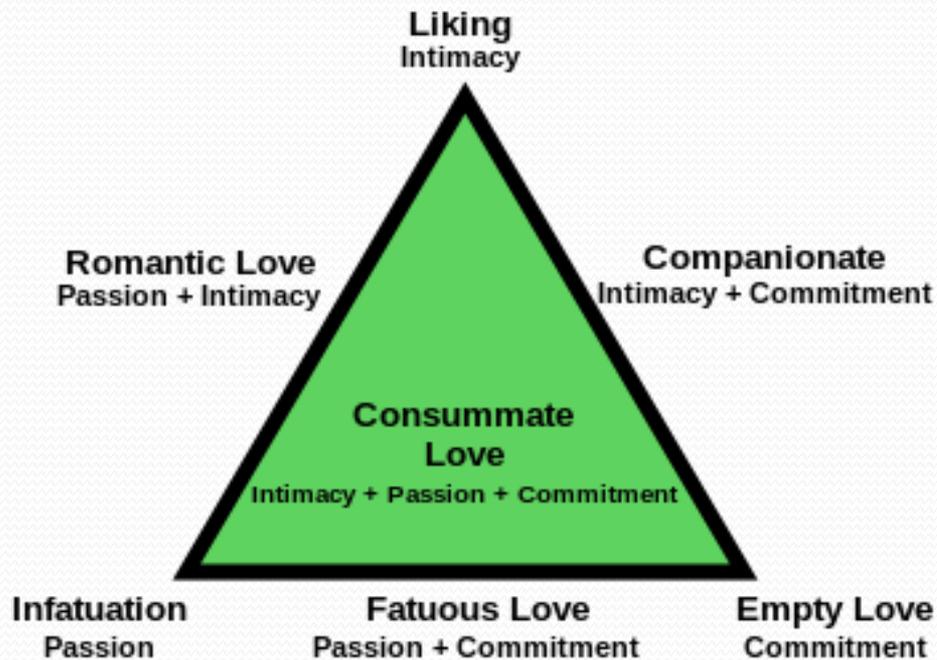
Types of Love Brainstorm

- What are all the different types of love you can think of? List at least 3, with a brief description next to each one.

Triangular Theory of Love



Triangular Love

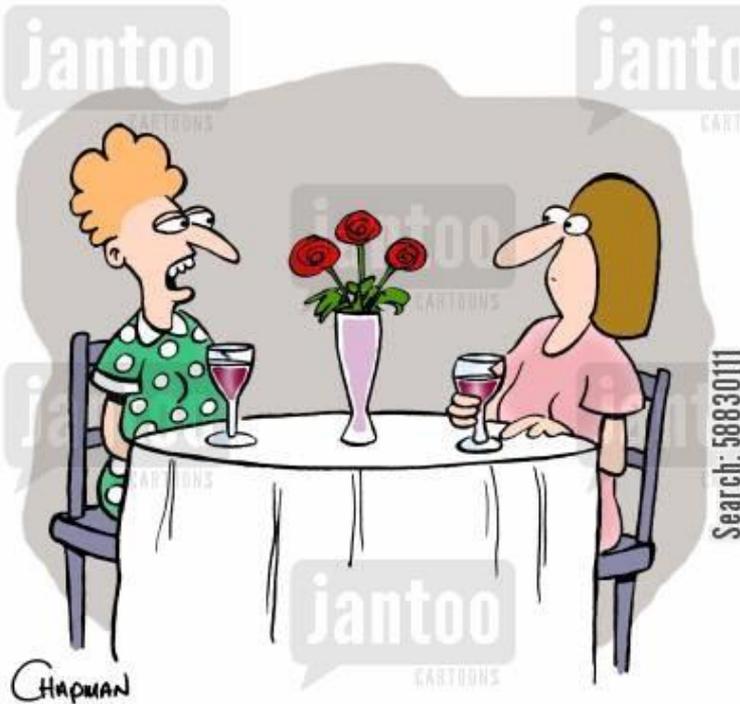


- How many of these have you experienced?
- How similar is this to what you saw in your romance diagrams?
- Is it possible to maintain passion long term? Why/why not?

Elements of Lasting Relationships

Common Ground

- Cultural, educational, financial, interests, etc.
- Love less important than building common ground



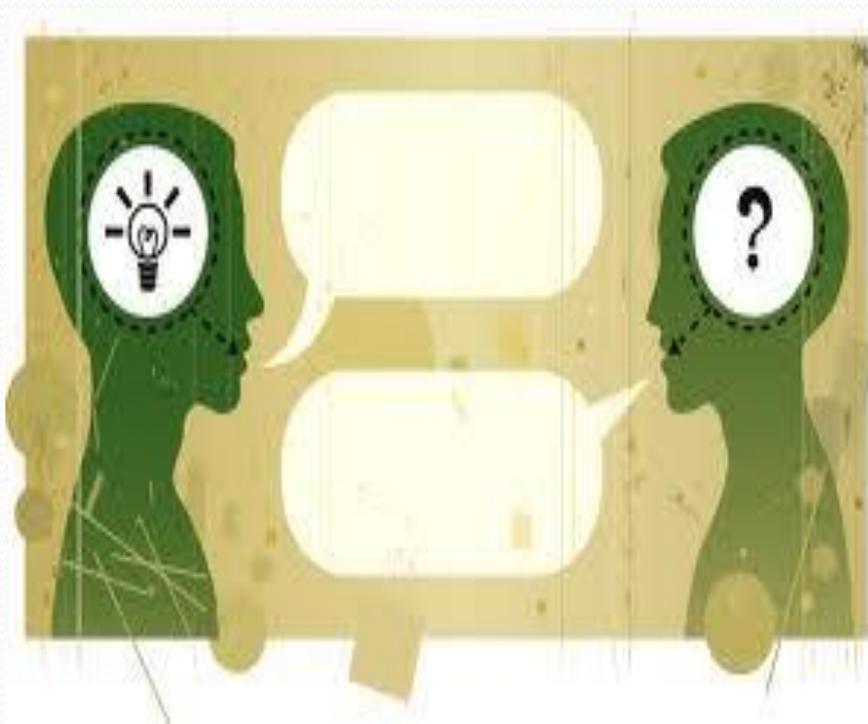
"About the only thing my husband and I still have in common are our fingers and toes."

Equity

- Chores and childrearing
- Sharing household chores ranks 3rd, after faithfulness and a happy sexual relationship.
- Emotional equity



Self-Disclosure



- Revealing intimate details about self
- Leads to deeper intimacy

Elements of Failing Marriages

- Gottman: Can predict divorce in married couples with 93.6% accuracy by tracking the following four factors + body language
- Calls the following “The Four Horsemen”



Criticism



- Attacks character, not specific behavior
- *EX: You always talk about yourself. You are so selfish.*
- *Antidote: I'm feeling left out by our talk. Can we talk about my day?*

Contempt

- Comes from attitude of superiority.
- Sarcasm, name-calling, eye-rolling, sneering, hostile humor.
- #1 predictor of divorce
- *EX: You're so stupid.*
- *Antidote: Praise for specific behaviors and attitudes.*



Defensiveness

**COUNTER ACCUSING YOUR
PARTNERS COMPLAINT
WITH DEFENSIVENESS
("YEAH BUT YOU ...")
WILL ALWAYS ESCALATE
THE PROBLEM**

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- Self-protection through righteous indignation or innocent victimhood.
- Blames your partner
- *EX: It's your fault that we're always late, not mine.*
- *Antidote: Accept responsibility for your part of the conflict.*

Stonewalling

- Listener withdraws from interaction
- Antidote: Self Soothing
 - Stop conflict discussion
 - Communicate with partner that you need a break of at least 20 minutes
 - Return to discussion

