I'm not a robot

Discuss the influences on attraction and romantic partner selection.Discuss the differences between passionate, companionate, and romantic love.Explain how social networks affect romantic relationships.Explain how sexual orientation and race and ethnicity affect romantic relationships.Romance has swept humans off their feet for hundreds of years, as is evidenced by countless odes written by love-struck poets, romance novels, and reality television shows like The Bachelor and The Bachelorette. Whether pining for love in the pages of a diary or trying to find a soul mate from a cast of suitors, love and romance can seem to take us over at times. As we have learned, communication is the primary means by which we communicate emotion, and it is how we form, maintain, and end our relationships. In this section, we will explore the communicative aspects of romantic relationships including love, sex, social networks, and cultural influences.Relationship Formation and MaintenanceMuch of the research on romantic relationships distinguishes between premarital and marital couples. However, given the changes in marriage and the diversification of recognized ways to couple, I will use the following distinctions: dating, cohabitating, and partnered couples. The category for dating couples encompasses the courtship period, which may range from a first date through several years. Once a couple moves in together, they fit into the category of cohabitating couple. Partnered couples take additional steps to verbally, ceremonially, or legally claim their intentions to be together in a long-term committed relationship. The romantic relationships people have before they become partnered provide important foundations for later relationships. But how do we choose our romantic partners, and what communication patterns affect how these relationships come together and apart?Family background, values, physical attractiveness, and communication styles are just some of the factors that influence our selection of romantic relationships. Attachment theory, as discussed earlier, relates to the bond that a child feels with their primary caregiver. Research has shown that the attachment style (secure, anxious, or avoidant) formed as a child influences adult romantic relationships. Other research shows that adolescents who feel like they have a reliable relationship with their parents feel more connection and attraction in their adult romantic relationships. Aside from attachment, which stems more from individual experiences as a child, relationship values, which stem more from societal expectations and norms, also affect romantic attraction.We can see the important influence that communication has on the way we perceive relationships by examining the ways in which relational values have changed over recent decades. Over the course of the twentieth century, for example, the preference for chastity as a valued part of relationship selection decreased significantly. While people used to indicate that it was very important that the person they partner with not have had any previous sexual partners, today people list several characteristics they view as more important in mate selection. In addition, characteristics like income and cooking/housekeeping skills were once more highly rated as qualities in a potential mate. Today, mutual attraction and love are the top mate-selection values.In terms of mutual attraction, over the past sixty years, men and women have more frequently reported that physical attraction is an important aspect of mate selection. But what characteristics lead to physical attraction? Despite the saying that beauty is in the eye of the beholder, there is much research that indicates body and facial symmetry are the universal basics of judging attractiveness. Further, the matching hypothesis states that people with similar levels of attractiveness will pair together despite the fact that people may idealize fitness models or celebrities who appear very attractive. However, judgments of attractiveness are also communicative and not just physical. Other research has shown that verbal and nonverbal expressiveness are judged as attractive, meaning that a persons ability to communicate in an engaging and dynamic way may be able to supplement for some lack of physical attractiveness. In order for a relationship to be successful, the people in it must be able to function with each other on a day-to-day basis, once the initial attraction stage is over. Similarity in preferences for fun activities and hobbies like attending sports and cultural events, relaxation, television and movie tastes, and socializing were correlated to more loving and well-maintained relationships. Similarity in role preference means that couples agree whether one or the other or both of them should engage in activities like indoor and outdoor housekeeping, cooking, and handling the finances and shopping. Couples who were not similar in these areas reported more conflict in their relationship. Although romantic love is considered a precursor to marriage in Western societies, this is not the case in other cultures. As was noted earlier, mutual attraction and love are the most important factors in mate selection in research conducted in the United States. In some other countries, like China, India, and Iran, mate selection is primarily decided by family members and may be based on the evaluation of a potential partners health, financial assets, social status, or family connections. In some cases, families make financial arrangements to ensure the marriage takes place. Research on marital satisfaction of people in autonomous (self-chosen) marriages and arranged marriages has been mixed, but a recent study found that there was no significant difference in marital satisfaction between individuals in marriages of choice in the United States and those in arranged marriages in India. While many people undoubtedly question whether a person can be happy in an arranged marriage, in more collectivistic (group-oriented) societies, accommodating family wishes may be more important than individual preferences. Rather than love leading up to a marriage, love is expected to grow as partners learn more about each other and adjust to their new lives together once married.Do you think arranged marriages are ethical? Why or why not?Try to step back and view both types of marriages from an outsiders perspective. The differences between the two types of marriage are fairly clear, but in what ways are marriages of choice and arranged marriages similar? List potential benefits and drawbacks of marriages of choice and arranged marriages.Love and Sexuality in Romantic RelationshipsWhen most of us think of romantic relationships, we think about love. However, love did not need to be a part of a relationship for it to lead to marriage until recently. In fact, marriages in some cultures are still arranged based on pedigree (family history) or potential gain in money or power for the couples families. Today, love often doesnt lead directly to a partnership, given that most people dont partner with their first love. Love, like all emotions, varies in intensity and is an important part of our interpersonal communication.To better understand love, we can make a distinction between passionate love and companionate love. Passionate love entails an emotionally charged engagement between two people that can be both exhilarating and painful. For example, the thrill of falling for someone can be exhilarating, but feelings of vulnerability or anxiety that the love may not be reciprocated can be painful. Companionate love is affection felt between two people whose lives are interdependent. For example, romantic partners may come to find a stable and consistent love in their shared time and activities together. The main idea behind this distinction is that relationships that are based primarily on passionate love will terminate unless the passion cools overtime into a more enduring and stable companionate love. This doesnt mean that passion must completely die out for a relationship to be successful long term. In fact, a lack of passion could lead to boredom or dissatisfaction. Instead, many people enjoy the thrill of occasional passion in their relationship but may take solace in the security of a love that is more stable. While companionate love can also exist in close relationships with friends and family members, passionate love is often tied to sexuality present in romantic relationships.There are many ways in which sexuality relates to romantic relationships and many opinions about the role that sexuality should play in relationships, but this discussion focuses on the role of sexuality in attraction and relational satisfaction. Compatibility in terms of sexual history and attitudes toward sexuality are more important predictors of relationship formation. For example, if a person finds out that a romantic interest has had a more extensive sexual history than their own, they may not feel compatible, which could lessen attraction. Once together, considerable research suggests that a couples sexual satisfaction and relationship satisfaction are linked such that sexually satisfied individuals report a higher quality relationship, including more love for their partner and more security in the future success of their relationship. While sexual activity often strengthens emotional bonds between romantic couples, it is clear that romantic emotional bonds can form in the absence of sexual activity and sexual activity is not the sole predictor of relational satisfaction. In fact, sexual communication may play just as important a role as sexual activity. Sexual communication deals with the initiation or refusal of sexual activity and communication about sexual likes and dislikes. For example, a sexual communication could involve a couple discussing a decision to abstain from sexual activity until a certain level of closeness or relational milestone (like marriage) has been reached. Sexual communication could also involve talking about sexual likes and dislikes. Sexual conflict can result when couples disagree over frequency or type of sexual activities. Sexual conflict can also result from jealousy if one person believes their partner is focusing sexual thoughts or activities outside of the relationship. While we will discuss jealousy and cheating more in the section on the dark side of relationships, it is clear that love and sexuality play important roles in our romantic relationships.Romantic Relationships and Social NetworksSocial networks influence all our relationships but have gotten special attention in research on romantic relations. Romantic relationships are not separate from other interpersonal connections to friends and family. Is it better for a couple to share friends, have their own friends, or attempt a balance between the two? Overall, research shows that shared social networks are one of the strongest predictors of whether or not a relationship will continue or terminate.Network overlap refers to the number of shared associations, including friends and family, that a couple has. For example, if Dan and Shereece are both close with Dans sister Bernadette, and all three of them are friends with Kory, then those relationships completely overlap (see Figure 7.3 Social Network Overlap).Figure 7.3 Social Network OverlapNetwork overlap creates some structural and interpersonal elements that affect relational outcomes. Friends and family who are invested in both relational partners may be more likely to support the couple when one or both parties need it. In general, having more points of connection to provide instrumental support through the granting of favors or emotional support in the form of empathetic listening and validation during times of conflict can help a couple manage common stressors of relationships that may otherwise lead a partnership to deteriorate.In addition to providing a supporting structure, shared associations can also help create and sustain a positive relational culture. For example, mutual friends of a couple may validate the relationship by discussing the partners as a couple or pair and communicate their approval of the relationship to the couple separately or together, which creates and maintains a connection. Being in the company of mutual friends also creates positive feelings between the couple, as their attention is taken away from the mundane tasks of work and family life. Imagine Dan and Shereece host a board-game night with a few mutual friends in which Dan wows the crowd with charades, and Kory says to Shereece, Wow, hes really on tonight. Its so fun to hang out with you two. That comment may refocus attention onto the mutually attractive qualities of the pair and validate their continued interdependence. It is becoming more common for people to initiate romantic relationships through the Internet, and online dating sites are big business, bringing in $470 million a year. Whether its through sites like Match.com or OkCupid.com or through chat rooms or social networking, people are taking advantage of some of the conveniences of online dating. But what are the drawbacks?What are the advantages and disadvantages of online dating?What advice would you give a friend who is considering using online dating to help him or her be a more competent communicator?Interdependence and relationship networks can also be illustrated through the theory of triangles (see Figure 7.4 Theory of Triangles), which examines the relationship between three domains of activity: the primary partnership (corner 1), the inner self (corner 2), and important outside interests (corner 3). Figure 7.4 Theory of TrianglesAll of the corners interact with each other, but it is the third corner that connects the primary partnership to an extended network. For example, the inner self (corner 2) is enriched by the primary partnership (corner 1) but also gains from associations that provide support or a chance for shared activities or recreation (corner 3) that help affirm a persons self-concept or identity. Additionally, the primary partnership (corner 1) is enriched by the third-corner associations that may fill gaps not met by the partnership. When those gaps are filled, a partner may be less likely to focus on what theyre missing in their primary relationship. However, the third corner can also produce tension in a relationship if, for example, the other person in a primary partnership feels like they are competing with their partners third-corner relationships. During times of conflict, one or both partners may increase their involvement in their third corner, which may have positive or negative effects. A strong romantic relationship is good, but research shows that even when couples are happily married they reported loneliness if they were not connected to friends. While the dynamics among the three corners change throughout a relationship, they are all important.Romantic relationships include dating, cohabitating, and partnered couples.Family background, values, physical attractiveness, and communication styles influence our attraction to and selection of romantic partners.Passionate, companionate, and romantic love and sexuality influence relationships.Network overlap is an important predictor of relational satisfaction and success.In terms of romantic attraction, which adage do you think is more true and why? Birds of a feather flock together or Opposites attract.List some examples of how you see passionate and companionate love play out in television shows or movies. Do you think this is an accurate portrayal of how love is experienced in romantic relationships? Why or why not?Social network overlap affects a romantic relationship in many ways. What are some positives and negatives of network overlap?definitionStates that people with similar levels of attractiveness will pair together.An emotionally charged engagement between two people that can be both exhilarating and painful.Overall stable and consistent affection felt between two people whose lives are interdependent. As anyone who has ever lived and loved can confirm, not all types of love are the same. The love you feel for your partner during the early stages of a romance can feel much different than the love you may feel years later into the relationship. Psychologist Elaine Hatfield has described two different types of romanticlove: compassionate (also known as companionate) and passionate. Compassionate love involves feelings of mutual respect, trust, and affectionwhile passionate love involves intense feelings and sexual attraction.Passionate love and compassionate love are both important and tend to take center stage during different relationship stages. Passionate love often emerges during the earliest time in a relationship, when that early spark helps people forge a connection. As a relationship matures, passionate love diminishes somewhat, and more compassionate love takes hold.While passionate and compassionate love are different, they are both vital to the health and stability of a relationship. Hatfield defines passionate love as "a state of intense longing for union with another." This type of love tends to be more common at the outset of a relationship. It's commonly referred to as the honeymoon stage of a relationship. People experiencing passionate love tend to experience very powerful feelings for each other. They need to be near the other person, may think about the other person constantly, and experience extreme distress when separated.Passionate love also comes in two different forms:Required love occurs when two individuals share mutual attraction and feelings for one another.Unrequited love, on the other hand, can occur when only one person feels passionate love or if the two are prevented from being together for some reason. Required love results in two people forming a relationship and being together, while unrequited love results in feelings of despair, anxiety, and loneliness. Some of the key cognitive, emotional, and behavioral characteristics of passionate love include: Intrusive thoughts about the partner: People often experience almost constant thoughts about the person they are in love with. Not only are these thoughts persistent, but they can also intrude at almost any time during the day or night.The idealization of the other person or the relationship: People in passionate love tend to believe that the object of their affection can do no wrong. They also tend to believe that their relationship is without faults, is destined to be, or is a "perfect match."A strong desire to know and be known: People in passionate love want to know everything about their partner. They also want their partner to know everything about them.Strong emotions about the other person: People in this type of love feel good when things are going well, but may be devastated when things go awry.A need to maintain physical closeness: In addition to being strongly attracted to the other person, people in passionate love try to maintain close physical proximity. Where passionate love is marked by its intensity, compassionate love is characterized by its level of intimacy. Compassionate love, also called companionate love, is about intimacy, trust, commitment, and affection. In a long-term relationship, passionate love typically simmers down to compassionate love within one to two years. People who are in compassionate love still feel passionate about one another, but the intensity typically feels less overwhelming and urgent. This type of love involves caring deeply for the other person, truly knowing the other individual, and is committed to the other person through both good times and bad. Even when disagreements take place, people who share compassionate love remain in love and dedicated to one another. Some of the key cognitive, emotional, and behavioral characteristics of compassionate (companionate) love include:Long-term commitment: Companionate love is marked by a long-lasting and enduring commitment to each other.Deep intimacy: People who share compassionate love can share every aspect of themselves with each other. Mutual sharing of feelings and concerns is a hallmark of this form of love.Trust: Compassionate love is marked by a deep trust in the other person. So what determines whether people end up in passionate or compassionate love? According to Hatfield, some of the factors associated with passionate love include: Being "ready" to be in love with another person is essential. If you are at a stage in your life where you are not sure you want to be in a relationship, you will also be less likely to experience falling in love. If the timing is off, you might feel like you've met the right person at the wrong time. In this case, you might feel passion but not be able to pursue the relationship for a variety of reasons. Earlyattachment styles can also play a role.Securely attached individuals tend to form deeper, longer-lasting love while those who are anxiously attached tend to fall in and out of love quickly. Those who are securely attached may still experience passionate love, but this love is also more likely to eventually grow into compassionate/companionate love. Those with insecure styles are more likely to experience intense passionate love that then fades without growing into something more intimate and lasting. Hatfield and Rapson note that we tend to fall passionately in love with people who are relatively good-looking, personable, affectionate, and similar to ourselves. Compatibility is also an important factor that helps passionate love grow into compassionate love. While opposites may attract at times, people are typically more likely to stay in love if they share things in common. One important thing to remember about these two types of love is that passionate love is usually briefer, while compassionate love may be more likely to stand the test of time. Passionate love is intense, but it is generally very fleeting. Researchers have looked at how relationships progress among new couples, newlyweds, and those married for a longer time and found that while passionate love is more intense at the beginning of relationships, it tends to give way to compassionate love that is focused on intimacy and commitment. Passionate love may be quick to fade, but compassionate love endures. Researchers have long suggested that passionate love tends to be the more likely type of love to fade. Interestingly, more recent research by Hatfield and her colleagues has suggested that time can have an equally detrimental effect on both passionate and companionate love. One study comparing passionate and companionate love between newlyweds and long-term marriages also found that both newlywed men and women tended to feel equal levels of passion. However, the researchers also found that newlywed women were more likely to love their partner compassionately at a greater level than their partner expressed in return. Hatfield and Sprecher developed thePassionate Love Scalethat has been used worldwide with people of every age. It asks questions based on: Cognitive components (what and how often you think about your partner)Behavioralcomponents (how committed you are and what you do for the other person)Emotional components (how you feel about your partner) Respondents are asked to think about the object of their affection, and then answer questions similar to the following: Do you feel like your emotions have been on a roller coaster since you have been involved with this person?Would you experience great despair if they left you?Do you ever feel like you cannot stop thinking about this person?Do you feel like you would rather be with this person than anyone else?Do you enjoy studying this person's body or movements?Do you feel a powerful attraction to this person?Do you feel depressed when things don't go right in your relationship with this person? If you can answer yes to some or most of these questions, then it is probably a sign that what you are experiencing is passionate love. While it is one thing to understand what these two types of love are conceptually, how might these concepts play out in your real-world relationships? In reality, you may be more likely to experience passionate love in those early stages of a new relationship. As your infatuation grows, your passion for the other person may build and eventually peak. As your relationship continues, this passion may eventually be tempered and grow into a more compassionate/companionate form of love. Companionate love may not necessarily be marked by wild passion, excitement, or obsessive thoughts that are seen in passionate love. However, this compassionate form of love does include feelings of tenderness, a strong bond, friendship, and enjoyment of the other's company. Once you have established a more compassionate form of love, this does not mean that you will not experience great passion from time to time. In fact, some research suggests that romantic love marked by intensity, engagement, and sexual interest (but without the obsessive component that is often common in early stages of relationships) is associated with higher self-esteem, increased well-being, and improve marital satisfaction. Research suggests that the strongest and most lasting relationships may be those in which people are able to find a balance between companionate and passionate love. So, what can you do to rekindle feelings of romantic love, even if you are in a long-term relationship where it feels like the flames of passion have long faded? Look for ways to get out of your rut. Strategies that can help include the following: Spend time together doing new things or seeking new adventures.Take a dance or cooking class together.G on a trip to a new locationSeek adventures together in the outdoors. The key is to find activities that foster trust, intimacy, and even romantic passion. While research on love has flourished over the past 20 years, Hatfields early research on this topic was not without critics. During the 1970s, U.S. Senator William Proxmire railed against researchers who were studying love and derided the work as a waste of taxpayer dollars. Others defended Hatfield's and other researchers' important work, noting that if psychologists could understand patterns of human love, then perhaps they could also understand divorce and failed relationships. Despite the debate, the work created by Hatfield and her colleagues contributed tremendously to our understanding of love and inspired further research on attraction, attachment, and interpersonal relationships.When you think of a long-term romance, what words come to mind? Love? Passion? Companionship? Hot sex? While these four answers are among the most common, they arent the most important aspects of pure romance. So, what is?Various studies have looked at different types of relationships over their course of time and rated how they affect our overall satisfaction and happiness. Romantic love appears to be the most satisfying over the long term, with passion and companionship coming in a distant second. Where does your relationship fit into this equation, and what can you do to improve upon it?Related: The Foundation for RomanceRomantic vs. Passionate LoveA romantic relationship is the culmination of love, security, engagement, communication and sexual chemistry. It is all things compassionate, sexually satisfying, playful and perhaps even a bit adventurous. The couple may have been together for awhile, but they still enjoy the simple pleasures of kissing, holding hands and leaving love quotes on the bathroom mirror for one another. There is a strong comfort level, which gives each individual in the partnership the sense that they will always be there for each other.In contrast, passionate love is everything that romantic love is, with the additional element of obsession. These are the type of relationships that are known to run hot and cold. When hot, the lovers are completely restless, touching, kissing and hugging each other. They are utterly infatuated with one another. They cant go anywhere without the other, and when they are forced to, they feel jealous, insecure and anxious to get back into each others arms.For the short term, these relationships are reported as quite satisfying. For the long-term, however, they offer an overabundance of anxiety, mistrust, loneliness and hurt feelings all words used to describe the inevitable cold spells that fall between the hot and heavy.Related: Best Crystas for Igniting PassionCompanionship vs. Romantic LoveMost descriptions of long-term relationships eventually begin to sound an awful lot like a compassionate friendship, and many of them are just that. There isnt anything wrong with this type of relationship; in fact, they are a good bit more relaxing than the passionate alternative. Theyre not based on turmoil and obsession, though they are missing the sexual chemistry we all crave. Because of this, these relationships are only reported as being moderately satisfying over the long term.Companionship relationships are grounded in friendship and security, although some might say too much so. These are the partnerships that have become so comfortable, they have forgotten how to woo each other romantically. While friendship is an important part of every relationship, we must not forget that we are also sexual beings, and are drawn to the biological urges of passion and playful exchange.Occasionally, companion relationships fall prey to external love affairs, in which one or both partners attempts to fulfill the sexual void missing from their lives. Most of these affairs are short lived, more of a passionate fling, but they can still be hurtful.Related: What Romance is to Each Zodiac SignFind the Romance in Your Existing RelationshipUnderstanding the nature of your relationship can help bring more satisfaction to it. If youre stuck in the cycle of a passionate relationship, you need to seriously ask yourself how you can bring a sense of security to the partnership. Are you (or they) willing to settle down, or does the relationship thrive on instability. Some passionate relationships can be switched to romantic, but only if the couple can communicate their needs and find a suitable compromise. Others are hopelessly stuck on this emotional roller coaster, with no way to get off unless they slam on the brakes and go their separate ways.The companionship relationship can be a much easier position to remedy. This couple has already established a secure friendship and only needs to rekindle the lost passion and romance. Of course, romance doesnt always come naturally, so this often takes a great deal of effort, patience and devotion on the part of both partners. The end result of this work, however, will be a mature relationship that will leave you vastly more satisfied than any hot and trashy romance novel ever could!About California Psychics:California Psychics is the most trusted source ofpsychic readings. We have delivered over 11 million discreet and confidential psychic readings by phone since 1995. More than a prediction, we are your guide for lifes journey. Learn more abouthow psychic readings workand explore theCalifornia Psychics blog. With over 500 psychics online to choose from withreal customer reviews, youre sure to find the best psychics for you. Call one of our trusted and accurate psychics today! Confidential and secure, real psychics, accurate predictions, 100% guaranteed.Love and passion are two powerful emotions that often go hand in hand, yet they possess distinct characteristics. Love is a deep and profound feeling that encompasses care, affection, and a sense of commitment towards someone or something. It is a steady and enduring emotion that grows over time, rooted in understanding, trust, and empathy. On the other hand, passion is an intense and fiery emotion that ignites a strong desire or enthusiasm for something or someone. It is a burst of energy that can be both exhilarating and consuming, often driven by intense emotions and physical attraction. While love provides stability and a sense of security, passion adds excitement and intensity to relationships and pursuits. Both love and passion are essential in their own ways, enriching our lives and making us feel alive. Love and passion are two powerful emotions that often intertwine, yet they possess distinct attributes that set them apart. While both emotions can ignite intense feelings and drive individuals towards certain actions, they differ in their origins, intensity, and longevity. In this article, we will explore the unique characteristics of love and passion, shedding light on their similarities and differences.Definition and OriginsLove is a deep affection and attachment towards someone or something. It can be directed towards family, friends, partners, or even objects and activities. Love often develops gradually, growing stronger over time as individuals form emotional connections and bonds. Passion, on the other hand, is an intense and overwhelming emotion that arises from a strong desire or enthusiasm for something or someone. It can be a sudden and intense feeling that consumes individuals, driving them to pursue their interests or desires with great fervor.Intensity and ExpressionLove is often associated with a sense of warmth, tenderness, and compassion. It is a deep and enduring emotion that can be expressed through acts of kindness, support, and selflessness. Love is not always loud or flamboyant; it can be subtle and gentle, yet its impact is profound. Passion, on the other hand, is characterized by its intensity and fervency. It can be expressed through enthusiasm, excitement, and even obsession. Passionate individuals often display a high level of energy and dedication towards their interests or relationships, sometimes to the point of being consumed by them.Longevity and StabilityLove is often associated with stability and longevity. It is a deep-rooted emotion that can withstand the test of time. Love can evolve and adapt, growing stronger as individuals navigate the ups and downs of life together. It provides a sense of security and comfort, fostering a lasting connection between individuals. Passion, on the other hand, is often characterized by its transient nature. It can be intense and all-consuming for a period of time, but it may fade or change as circumstances evolve. Passionate feelings can be fleeting, and individuals may find themselves moving on to new interests or pursuits.Impact on RelationshipsLove forms the foundation of many relationships, providing a sense of trust, support, and companionship. It fosters a deep emotional connection between individuals, allowing them to navigate challenges and celebrate joys together. Love encourages empathy, understanding, and compromise, creating a harmonious and fulfilling partnership. Passion, on the other hand, can add excitement and intensity to relationships. It can ignite a spark and infuse relationships with energy and enthusiasm. However, passion alone may not be enough to sustain a long-term relationship, as it can wane over time. Love, with its stability and enduring nature, is often essential for maintaining a healthy and fulfilling partnership.Impact on Personal GrowthLove has the power to transform individuals and promote personal growth. It encourages selflessness, empathy, and compassion, allowing individuals to develop a deeper understanding of themselves and others. Love can inspire individuals to become better versions of themselves, as they strive to support and care for their loved ones. Passion, on the other hand, can drive individuals to pursue their interests and goals with unwavering determination. It can fuel creativity, ambition, and innovation, pushing individuals to reach new heights. Passionate individuals often find fulfillment and purpose in their pursuits, as their intense emotions drive them towards success.ConclusionLove and passion are two distinct yet interconnected emotions that shape our lives in profound ways. While love provides stability, longevity, and a deep emotional connection, passion adds intensity, excitement, and a driving force towards our interests and desires. Both emotions have their own unique attributes and impacts on relationships and personal growth. Ultimately, a balance of love and passion can lead to a fulfilling and meaningful life, where deep connections and intense pursuits coexist harmoniously. Comparisons may contain inaccurate information about people, places, or facts. Please report any issues. In class today you will read about the difference between passionate love and companionatelove. Watch romantic video clips below. On google classroom leave comments explaining, is it passionate love (involves intense feelings and sexual attraction) or companionate love (involves feelings of mutual respect, trust and affection).Read the article You will also write a dear Abby style letter giving advice to Hopelessly in Love. Answer Questions on worksheet.What you need to know:Factors that increase the chance that people will like one another. Research shows that we like others who are similar to us, those who we are frequently around, and those who return our positive feelings. These factors are referred to as:similarityresearch shows we are drawn to people who are similar to us, those who share our attitudes, backgrounds, and interests.proximity (means nearness). AKA propinquity one of the main determinants of attraction is physical proximity.Mere exposure effect (another social psychology term; we like things & people that we are exposed to most often) says that the greater the exposure you have a person, the more you like that person.reciprocal liking-the more someone likes you, the more you like that personphysical attractiveness- people are attracted to others who are physically attractive. Good-looking people are perceived as having all sorts of positive attributes including better personalities and greater competence.Passionate love vs. companionate love (Social psychologist Elaine Hatfield says there are 2 kinds of love: passionate love & companionate love.)Passionate love is a desire, a lust, an uncontrollable feeling you have. An attraction for someone so great you may feel aroused; temporary love.Passionate love usually present at the beginning of a relationship; when you feel like you just absorb the other person (in other words you cant enough of them)Whereas companionate love is based more on a friendship, having common interests, having trust in each other; lasting love. 1) One key ingredient of companionate love is equity-both partners receive in proportion to what they give. When equity exists both partners freely give and receive, and share decision-making. 2) Another key ingredient of loving relationships is self-disclosure-the revealing of intimate details about ourselves (our dreams and worries, our proud and shameful moments, etc)According to Hatfield, passionate love, in longer-term relationships, can develop into companionate love.Article on Passionate Love vs. Compassionate LoveSay AnythingTrailer Robert Sternberg devised a theory about love; he says passion is only 1/3 of the equation; called the Triangular Theory of Love. Identifies 3 components PASSION, intimacy & commitment. Intimacyis the feeling of closeness, connectedness, and bondedness. Commitment refers to the decision to maintain the relationship.The triangular theory gives us a yardstick to evaluate the status of a relationships. Commitment without passion or intimacy is empty love. Passion alone is infatuation. Intimacy without passion or commitment is liking.According to Sternberg, relationships built on two or more elements are more enduring that those based upon a single component.Romantic Love- involves intimacy and passion without commitment and is more common in the teenage and young adult yearsConsummate love-a combination of intimacy, passion and commitment. While this type of love is the strongest and most enduring (typical of close friends, and sometimes long-term marriages) Sternberg suggests that this type of love is rare.Fatuous Love is like getting engaged after dating for three weeksit involves passion and commitment, but no deeper intimacy.Infatuated Love involves passion only and often occurs at the very beginning of a relationship.Passionate Love composed of sexual excitement, feelings of euphoria, infatuation, and general physiological arousal.Empty Love involves commitment with no intimacy or passion, as in an arranged marriagebut it may grow into other forms of love over timeHere are some sample items to see if you are in like, in love, or in lust. (Ratings on a 5 point scale from not at all true to very much true)Liking ScaleI have great confidence in _____s judgment_____ is one of the most likable people I know.I think that _____ and I are quite similar.I think that_____ is unusually well-adjusted.Loving ScaleI would do almost anything for _____.If I could never be with _____, I would feel miserable.I feel responsible for _____s well-being.When I am with _____, I spend a good deal of time just looking at him/her. I cant stop thinking about havingsexwith _____.The best thing about _____ and my relationship is that we let our bodies do all the talking._____s attitudes and opinions dont really matter in our relationship.The best part of my relationship with _____ is the sexual chemistry. Two types of love in romantic relationships"Passionate love" redirects here. For the South Korean TV series, see Passionate Love (TV series).This article's lead section may be too long. Please read the length guidelines and help move details into the article's body. (April 2025)Part of a series onLoveRed-outline heart iconTypes of loveAffectionBondingBroken heartCompassionate loveConjugal loveCourtly lovecourtshiptroubadoursFalling in loveFriendshipcross-sexromanticzoneInterpersonal attractionInterpersonal relationshipIntimacyLimerenceLove addictionLove at first sightLove triangleLovesicknessLovestruckPassionPassionate and companionate lovePlatonic lovePuppy loveQueerplatonic relationshipRomanceSelf-loveAmour de soiUnconditional loveUnrequited loveSocial viewsAnarchistFree lovePatriotismChineseRenYuanfenFrenchAmour-propreGreekwords for loveAgapeErosLudusManiaPhilautiaPhiliaPistisPragmaStorgXeniaIndianKamaBhaktiMaitrIslamicIshqJewishChesedLatinAmorCaritasPortugueseSaudadeYaghanMamihlapinatapaiConceptsColor wheel theory of loveBhakti yogaBiology of romantic loveLove letterLove of ChristLove of Godin ChristianityLove magicValentine's DayPhilosophyReligious viewslove deitiesSacred HeartSimilarityPhysical attractivenessTriangular theory of lovevteIn psychology, a distinction is often made between two types of love.[1][2] Elaine Hatfield & G. William Walster define them as:Passionate love, "a state of intense longing for union with another. Reciprocated love (union with the other) is associated with fulfillment and ecstasy; unrequited love (separation) is associated with emptiness, anxiety, or despair."[1][3]Companionate love, "the affection we feel for those with whom our lives are deeply entwined."[1][3]Passionate love is also called "romantic love" in some literature,[1][4][5][2] especially fields of biology,[6] but the term "passionate love" is most common in psychology.[6] Academic literature has never universally adopted a single term.[2] Other terms compared to passionate love are being "in love",[4][1][5] having a crush,[1] obsessive love,[1][4][5] infatuation,[7][1][8] limerence[1][9][5] and Eros.[4]Companionate love is commonly called "attachment"[7][10][6] (sometimes in relation to attachment theory,[11] but not all authors agree)[4] or compared to strong liking,[4] friendship love[4] or Storge.[4]Passionate love feelings are most commonly measured with a psychometric instrument (a questionnaire) called the Passionate Love Scale (PLS);[12] however, a study by Sandra Langeslag and colleagues found that the PLS has some questions which measure companionate love.[8] This led the team to develop the Infatuation and Attachment Scales (IAS), measuring what they call:[8]Infatuation (similar to passionate love), "the overwhelming, amorous feeling for one individual that is typically most intense during the early stage of love (i.e., when individuals are not (yet) in a relationship with their beloved or are in a new relationship)."[10]Attachment (similar to companionate love), "the comforting feeling of emotional bonding with another individual that takes some time to develop, often in the context of a romantic relationship."[10]The IAS is designed for more refined measurements than the PLS,[8] but infatuation and attachment can otherwise be considered synonymous as a concept with passionate and companionate love.[8][10]Evolutionary theories of passionate and companionate love suggest these two types of love exist for different purposes and thus follow different mechanics.[5][6] Passionate love is said to usually only be present in the early stage of a relationship[7] with companionate love often following after;[2][9] however, in a phenomenon called long-term romantic love, intense attraction can remain much longer than is typical for passionate love, but without obsessional elements.[13][14]Both passionate and companionate love contribute to relationship satisfaction.[4][13] Passionate love is associated more with satisfaction in the early stage of a relationship.[13] Companionate love is associated with satisfaction in the long-term more than the short-term.[13]Passionate and companionate love can also be further distinguished from a third important type of love, compassionate love, which is love focused on caring about others.[4]In the Passionate Love Scale (PLS) form, Elaine Hatfield & Susan Sprecher define the components of passionate love as:[1][15]Cognitive Intrusive thinking; preoccupation with the thoughts of the partner.Idealization of the loved one and the relationship.Desire for knowledge: to know and be known by the partner.Emotional Attraction to the other; pleasant feelings for the other when things go well.Ambivalence or negative feelings (emptiness, anxiety, despair) when things go awry.Longing for reciprocity.Desire for "complete union," permanency.Physiological (sexual) arousal.Behavioral Actions aimed at determining the other's feelings.Serving and helping the other.Passionate love is linked to passion, as in intense emotion, for example, joy and fulfillment, but also anguish and agony.[16] Hatfield notes that the original meaning of passion "was agonyas in Christ's passion."[16]In contemporary literature, the original components of passionate love are seen to some degree as being a mixture of things.[8][6][13] For example, it's been determined that the PLS has questions which measure companionate love,[8] and the PLS measures an obsessional element which is separable.[13] Also, while Elaine Hatfield originally described passionate love as having a component of sexual attraction,[1] contemporary authors generally agree that sexual attraction and romantic attraction are distinct types of attraction.[5][10][6][11] People are motivated to initiate and maintain a pair bond in a way that's different from the sex drive.[17][5][6][11][18]Langeslag et al.'s Infatuation Scale (analogous to passionate love)[7][10] has items asking about:[8]Staring into the distance while thinking of the beloved.Getting shaky knees while in the presence of the beloved.Feelings for the beloved reducing one's appetite.Thoughts about the beloved making it difficult to concentrate.Being afraid that one will say something wrong while talking to the beloved.Getting clammy hands while near the beloved.Becoming tense while close to the beloved.Having a hard time sleeping because of thinking about the beloved.Searching for alternate meanings in the beloved's words.Being shy in the presence of the beloved.Langeslag et al. found that infatuation is more associated with negative emotion than attachment, and tends to decrease after entering a relationship.[8] Participants who were not in a relationship scored the highest on infatuation.[8]The word "infatuation" is also sometimes used colloquially in contrast with "love", but Elaine Hatfield has argued that the difference between infatuation (in this sense) and passionate love is only semantic.[19] Albert Ellis and Robert Harper conducted interviews and concluded that the only difference is that people use the word "infatuation" in hindsight to refer to a relationship after it ends and "love" to refer to a relationship still in progress.[20] Hatfield suggests that when parents and friends say somebody is "just infatuated" they are just saying they don't approve of the relationship.[21]Passionate love is described as having an obsessional element characterized by intrusive thinking, uncertainty, and mood swings.[13][1] Intrusive thinking (or obsessive thinking) is a component of early-stage romantic love.[12][2][6] One study found that on average people in love spent 65% of their waking hours thinking of their loved one.[22]Studies and a meta-analysis by Bianca Acevedo & Arthur Aron found that the obsessional component of the Passionate Love Scale (PLS) can be separated from the non-obsessional component.[13] The PLS contains items which measure obsession, for example, "Sometimes I feel I cant control my thoughts; they are obsessively on my partner," "I sometimes find it difficult to concentrate on work because thoughts of my partner occupy my mind,"[13] "An existence without my partner would be dark and dismal," and "I get extremely depressed when things dont go right in my relationship with my partner."[14]Non-obsessional romantic love items on the PLS are, for example, "I want my partnerphysically, emotionally, and mentally," "For me, my partner is the perfect romantic partner," "I would rather be with my partner than anyone else," "I sense my body responding when my partner touches me," "My partner can make me feel effervescent and bubbly," and "I possess a powerful attraction for my partner."[13]In Acevedo & Aron's analysis, passionate love with obsession was associated with increased relationship satisfaction only in short-term relationships.[13] Romantic obsession was associated with slightly decreased satisfaction in the long-term.[13] Another meta-analysis by James Graham found a strong association between romantic obsession (using the Mania love attitudesimilar in concept to the PLS obsession factor described by Acevedo & Aron)[13] and decreased satisfaction over time.[23]These authors (Acevedo & Aron, Graham) have speculated that continued romantic obsession within a relationship could be connected to attachment style.[13][23][24] Attachment style refers to differences in attachment-related thoughts and behaviors, especially relating to the concept of security vs. insecurity.[25][26] This can be split into components of anxiety (worrying the partner is available, attentive and responsive) and avoidance (preference not to rely on others or open up emotionally).[25] The formation of attachment style is complicated,[25][27] for example it has been suggested that attachment style forms during childhood and adolescence, but twin studies have also suggested a heritable component[27] and attachment anxiety is substantially correlated with the personality trait neuroticism.[25] There is also a person-situation problem where people have different attachment styles with different partners, implying attachment style is not just a trait,[25] for example an avoidant partner could cause a secure partner to feel and act anxious.[26]Study results reported by Victor Karandashev found correlations between the Mania love attitude and attachment anxiety of 0.19, 0.24 and 0.52.[28] In psychology, correlations below 0.3 are considered weak, and correlations between 0.4 and 0.6 are considered moderate.[29]In long-term romantic love, couples remain 'in love' much longer than typical estimates for the duration of passionate love.[13][14] Typically passionate love is said to have a limited duration, estimated to be 1218 months.[13][30] However, a brain scan experiment by Acevedo et al. which looked at couples reporting to still be 'madly' in love after more than 10 years confirmed activation in brain areas associated with intense attraction, similar to early-stage romantic love.[14] Similarly, Acevedo & Aron's analyses of psychometric scores showed that people can stay in love (as measured by the PLS) in the long term.[13]Long-term romantic love is associated with increased relationship satisfaction;[13] however, long-term romantic love couples generally report low levels of obsession.[14] As noted above, obsession is associated with a decrease in satisfaction over the long term.[13][23]Those who scored highly on marriage satisfaction in Acevedo et al.'s brain scan experiment also showed more brain activity in regions linked with empathy and controlling one's emotions.[31]Idealization (perceiving the beloved in the most positive way, or overl

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Whether pining for love in the pages of a diary or trying to find a soul mate from a cast of suitors, love and romance can seem to take us over at times. As we have learned, communication is the primary means by which we form, maintain, and end our relationships. In this section, we will explore the communicative aspects of romantic relationships including love, sex, social networks, and cultural influences. Much of the research on romantic relationships distinguishes between premarital and marital couples. However, given the changes in marriage and the diversification of recognized ways to couple, we will use the distinctions: dating, cohabitating, and partnered couples. The category for dating couples encompasses the courtship period, which may range from a first date through several years. If a couple moves in together, they fit into the category of cohabitating couple. Partnered couples take additional steps to verbally, ceremonially, or legally claim their intentions to be together in a long-term committed relationship. The romantic relationships people have before they become partnered provide important foundations for later relationships. But how do we choose our romantic partners, and what communication patterns affect how these relationships come together and apart?Family background, values, physical attractiveness, and communication styles are just some of the factors that influence our selection of romantic relationships (Segrin & Flora, 2005). Attachment theory relates to the bond that a child feels with their primary caregiver. Research has shown that the attachment style (secure, anxious, or avoidant) formed as a child influences adult romantic relationships. Other research shows that adolescents who feel like they have a reliable relationship with their parents feel more connection and attraction in their adult romantic relationships (Seiffge-Krenke, Shulman, & Kiessinger, 2001). Aside from attachment, which stems more from individual experiences as a child, relationship values, which stem more from societal expectations and norms, also affect romantic attraction.We can see the important influence that communication has on the way we perceive relationships by examining the ways in which relational values have changed over recent decades. Over the course of the twentieth century, for example, the preference for chastity as a valued part of relationship selection decreased significantly. While people used to indicate that it was very important that the person they partner with not have had any previous sexual partners, today people list several characteristics they view as more important in mate selection (Segrin & Flora, 2005). In addition, characteristics like income and cooking/housekeeping skills were once more highly rated as qualities in a potential mate. More recently, mutual attraction and love are the top mate-selection values. Arranged MarriagesAlthough romantic love is considered a precursor to marriage in Western societies, this is not the case in other cultures. As was noted earlier, mutual attraction and love are the most important factors in mate selection in research conducted in the United States. In some other countries, like China, India, and Iran, mate selection is primarily decided by family members and may be based on the evaluation of a potential partners health, financial assets, social status, or family connections. In some cases, families make financial arrangements to ensure the marriage takes place. Research on marital satisfaction of people in autonomous (self-chosen) marriages and arranged marriages has been mixed, but a recent study found that there was no significant difference in marital satisfaction between individuals in marriages of choice in the United States and those in arranged marriages in India (Myers, Madathil, & Tingle, 2005). While many people undoubtedly question whether a person can be happy in an arranged marriage, in more collectivistic (group-oriented) societies, accommodating family wishes may be more important than individual preferences. Rather than love leading up to a marriage, love is expected to grow as partners learn more about each other and adjust to their new lives together once married.Do you think arranged marriages are ethical? Why or why not?Try to step back and view both types of marriages from an outsiders perspective. The differences between the two types of marriage are fairly clear, but in what ways are marriages of choice and arranged marriages similar?List potential benefits and drawbacks of marriages of choice and arranged marriages. When most of us think of romantic relationships, we think about love. However, love did not need to be a part of a relationship for it to lead to marriage until recently. In fact, marriages in some cultures are still arranged based on pedigree (family history) or potential gain in money or power for the couples families. Today, love often doesnt lead directly to a partnership, given that most people dont partner with their first love. Love, like all emotions, varies in intensity and is an important part of our interpersonal communication.To better understand love, we can make a distinction between passionate love and companionate love (Hendrick & Hendrick, 2000). Passionate love entails an emotionally charged engagement between two people that can be both exhilarating and painful. For example, the thrill of falling for someone can be exhilarating, but feelings of vulnerability or anxiety that the love may not be reciprocated can be painful. Companionate love is affection felt between two people whose lives are interdependent. For example, romantic partners may come to find a stable and consistent love in their shared time and activities together. The main idea behind this distinction is that relationships that are based primarily on passionate love will terminate unless the passion cools overtime into a more enduring and stable companionate love. This doesnt mean that passion must completely die out for a relationship to be successful long term. In fact, a lack of passion could lead to boredom or dissatisfaction. Instead, many people enjoy the thrill of occasional passion in their relationship but may take solace in the security of a love that is more stable. While companionate love can also exist in close relationships with friends and family members, passionate love is often tied to sexuality present in romantic relationships.There are many ways in which sexuality relates to romantic relationships and many opinions about the role that sexuality should play in relationships, but this discussion focuses on the role of sexuality in attraction and relational satisfaction. Compatibility in terms of sexual history and attitudes toward sexuality are more important predictors of relationship formation. For example, if a person finds out that a romantic interest has had a more extensive sexual history than their own, they may not feel compatible, which could lessen attraction (Sprecher & Regan, 2000). Once together, considerable research suggests that a couples sexual satisfaction and relationship satisfaction are linked such that sexually satisfied individuals report a higher quality relationship, including more love for their partner and more security in the future success of their relationship (Sprecher & Regan, 2000). While sexual activity often strengthens emotional bonds between romantic couples, it is clear that romantic emotional bonds can form in the absence of sexual activity and sexual activity is not the sole predictor of relational satisfaction. In fact, sexual communication may play just as important a role as sexual activity. Sexual communication deals with the initiation or refusal of sexual activity and communication about sexual likes and dislikes (Sprecher & Regan, 2000). For example, a sexual communication could involve a couple discussing a decision to abstain from sexual activity until a certain level of closeness or relational milestone (like marriage) has been reached. Sexual communication could also involve talking about sexual likes and dislikes. Sexual conflict can result when couples disagree over frequency or type of sexual activities. Sexual conflict can also result from jealousy if one person believes their partner is focusing sexual thoughts or activities outside of the relationship. While we will discuss jealousy and cheating more in the section on the dark side of relationships, it is clear that love and sexuality play important roles in our romantic relationships. Social networks influence all our relationships but have gotten special attention in research on romantic relations. Romantic relationships are not separate from other interpersonal connections to friends and family. Is it better for a couple to share friends, have their own friends, or attempt a balance between the two? Overall, research shows that shared social networks are one of the strongest predictors of whether or not a relationship will continue or terminate.Network overlap refers to the number of shared associations, including friends and family, that a couple has (Milardo & Helms-Erikson, 2000). For example, if Dan and Shereece are both close with Dans sister Bernadette, and all three of them are friends with Kory, then those relationships completely overlap.Social Network OverlapNetwork overlap creates some structural and interpersonal elements that affect relational outcomes. Friends and family who are invested in both relational partners may be more likely to support the couple when one or both parties need it. In general, having more points of connection to provide instrumental support through the granting of favors or emotional support in the form of empathetic listening and validation during times of conflict can help a couple manage common stressors of relationships that may otherwise lead a partnership to deteriorate (Milardo & Helms-Erikson, 2000).In addition to providing a supporting structure, shared associations can also help create and sustain a positive relational culture. For example, mutual friends of a couple may validate the relationship by discussing the partners as a couple or pair and communicate their approval of the relationship to the couple separately or together, which creates and maintains a connection (Milardo & Helms-Erikson, 2000). Being in the company of mutual friends also creates positive feelings between the couple, as their attention is taken away from the mundane tasks of work and family life. Imagine Dan and Shereece host a board-game night with a few mutual friends in which Dan wows the crowd with charades, and Kory says to Shereece, Wow, hes really on tonight. Its so fun to hang out with you two. That comment may refocus attention onto the mutually attractive qualities of the pair and validate their continued interdependence. Online DatingIt is becoming more common for people to initiate romantic relationships through the Internet, and online dating sites are big business, bringing in $470 million a year (Madden & Lenhart, 2006). Whether its through sites like Match.com or OkCupid.com or through chat rooms or social networking, people are taking advantage of some of the conveniences of online dating. But what are the drawbacks?What are the advantages and disadvantages of online dating?What advice would you give a friend who is considering using online dating to help him or her be a more competent communicator?Interdependence and relationship networks can also be illustrated through the theory of triangles (see below) which examines the relationship between three domains of activity: the primary partnership (corner 1), the inner self (corner 2), and important outside interests (corner 3) (Marks, 1986).Theory of TrianglesAll of the corners interact with each other, but it is the third corner that connects the primary partnership to an extended network. For example, the inner self (corner 2) is enriched by the primary partnership (corner 1) but also gains from associations that provide support or a chance for shared activities or recreation (corner 3) that help affirm a persons self-concept or identity. Additionally, the primary partnership (corner 1) is enriched by the third-corner associations that may fill gaps not met by the partnership. When those gaps are filled, a partner may be less likely to focus on what theyre missing in their primary relationship. However, the third corner can also produce tension in a relationship if, for example, the other person in a primary partnership feels like they are competing with their partners third-corner relationships. During times of conflict, one or both partners may increase their involvement in their third corner, which may have positive or negative effects. A strong romantic relationship is good, but research shows that even when couples are happily married they reported loneliness if they were not connected to friends. While the dynamics among the three corners change throughout a relationship, they are all important.Dating RelationshipsWe talk of dating as a single construct a lot of the time without really thinking through how dating has changed over time. In the 20th Century alone, we saw dating go from a highly formalized structure involving calling cards and sitting rooms and dinner dates; to more casual structures like movies and coffee; to cyberdating with people weve never met. The 21st Century has already changed how people date through social networking sites and geolocation dating apps on smartphones. . . So, with all of this change, how does one even begin to know if someones on a date in the first place? Thankfully Paul Mongeau, Janet Jacobsen, and Carolyn Donnerstein have attempted to answer this question for us. The researchers found that there are five of what they called supracategories that help define the term date: communication expectations, date goals, date elements, dyadic, and feelings. First, dating involves specific communication expectations. For example, people expect that there will be a certain level of self-disclosure on a date. Furthermore, people expect that their dating partner will be polite, relaxed, and social. Second, dating involves specific date goals, or people on dates have specific goals (e.g., future romantic relationships, reduce uncertainty, have fun). Third, there are specific date elements. For example, someone has to initiate the date; we get ready for a date, we know when the date has started and stopped, there are activities that constitute the date, etc. Fourth, dates are dyadic, or dating is a couple-based activity. Now, this doesnt necessarily take into account the idea of group dates, but even on a group date traditionally there are dyadic couples that are involved in the date itself. Lastly, dates involve feelings. These feelings range from affection (nonromantic feelings or behaviors), attraction (physical and/or emotional attraction toward the partner), to romantic (dates have romantic overtones). 29Dating ScriptsAll of us are going to spend a portion of our lives in some kind of dating relationship. Whether we are initiating dates, dating, or terminating relationships, we spend a great deal of time dating. Match.com publishes an annual study examining singles in the United States (. According to data from 2018, here are some of the realities of modern single life: 55.8% did not go on any first dates, while only 12.6% went on one first date. Of those who went on a first date, 20.3% met the person on an online dating site/app while 15.6% met the person through a friend. When it comes to being passionately in love, 19.4% have never been in love, 27.3% have been in love once, and 27.7% have been in love twice. 25.1% have a checklist when it comes to finding a long-term romantic partner. 66.7% believe that loving someone is hard work. 75.2% believe that love is a possibility for them. 83.5% believe that love is hard to find in todays world. 32.4% of dating partners have disagreed on how to label their relationship, and 23.0% have left a relationship over this disagreement. When it comes to first dates, participants preferred either quick and easy (36.0%, e.g., coffee, drinks) or more formal (21%, e.g., dinner, brunch). 38.1% had been in a friends with benefits relationship. 28.3% had a friendship that turned into a significant romantic relationship. 41.1% have dated someone they met online. 48.9% had created at least one profile on a dating website or app.Admittedly, this study is probably pretty heterosexist because the data were not broken down by sexual orientation. Furthermore, we dont have similar data for bisexual, gay, and lesbian couples. Dating is one of those things we will spend a lot of time doing before we ever settle down and get married (assuming you ever do or have a desire to do so). So, one must imagine that with so much dating going on in the world, wed have a pretty good grasp of how dating works.Robert Abelson originally proposed the idea of script theory back in the late 1970s. He defined a script as a coherent sequence of events expected by the individual, involving him as either a participant or an observer (Abelson, 1970). According to script theory, people tend to pattern their responses and behaviors during different social interactions to take control of that situation. This does require an individual to be able to imagine their past, present, and future behavior to create this script. In 1993, Suzanna Rose and Irene Frieze applied Abelsons notions of script theory to dating. They had college students keep records of what they did on a date. Ultimately, two different scripts were derived: one for men and one for women. The male script consisted of 15 different behavioral actions (all initiated by the male):1. Picked up date2. Met parents/roommates3. Left4. Picked up friends5. Confirmed plans6. Talked, joked, laughed7. Went to movies, show, party8. Ate9. Drank alcohol10. Initiated sexual contact11. Made out12. Took date home13. Asked for another date14. Kissed goodnight15. Went homeWomens scripts, on the other hand, contained both behavioral actions for themselves and behavioralactions they expected of the man during the date:1. Groomed and dressed2. Was nervous3. Picked up date (male)4. Introduced to parents, etc.5. Courtly behavior (open doorsmale)6. Left7. Confirmed plans8. Got to know & evaluate date9. Talked, joked, laughed10. Enjoyed date11. Went to movies, show, party12. Ate13. Drank alcohol14. Talked to friends15. Had something go wrong16. Took date home (male)17. Asked for another date (male)18. Told date will call her (male)19. Kissed date goodnight (male)Take a second and go through these two lists. Do you think they still apply today? How do you think these scripts differ? Once again, these dating scripts were created only using heterosexual college students. Do you think these scripts change with homosexual or bi-sexual couples? What about with differing cultures? Or if you have people dating in their late 20s or 30s? What about people who date in their 70s, 80s, or 90s?There has been subsequent research in the area of dating scripts. Table 8.1 demonstrates some of the other dating scripts that researchers have found (this is not an exhaustive list).Table 8.1 Dating Scripts (M) denotes male behaviorFirst Date36Gay Men37Lesbians38Deaf College Students39Get readyPick up date (M)Feel nervousGo to moviePay (M)TalkHold handsGo to caf/partyNonverbal closenessTalkDrink alcoholTouch/hugDeep conversationMingle with othersTalkLeave partyInvite the other inWalk/drive home (M)Polite leave-takingKissFuture plansPart for the night (M)Discussed plansWas nervousGroomed/dressedWent to dates house/picked up dateMet at pre-arranged locationLeft one location for anotherGot to know /evaluated dateTalked/laughed/jokedTalked to friends while on dateWent to a movie, show, etc.Ate/drank non-alcoholDrank alcohol/used drugsInitiated physical contactMade outHad sexStayed overMade plans for another dateWent homeDiscussed plansWas nervousGroomed/dressedPrepared (cleaned apt., bought flowers, etc.)Went to dates house/ picked up dateLeftGot to know/ evaluated dateTalked/laughed/jokedWent to a movie, show, etc.Ate/drank non-alcoholPositive affectDrank alcohol/used drugsInitiated physical contactKissed/hugged goodnightTook date homeWent homeEvaluated feelings post-dateInitiation/meetingTalkShared interestFamily and friendsMeet in publicDate activitiesGroup activitiesDinnerMovieTalkOutcomes/conclusionsGood night kissTake date homeHugRelationship developmentWe often think of dating as something that occurs purely among young people before they get married, but we know people in all age groups date and are looking for romantic relationships of all shapes and sizes. One other facet of script theory that is very important to consider is how we learn these scripts in the first place. As you read through both the male and female dating script, did you consciously think about how you learned to date? Of course not! However, weve been conditioned since we were very young to date. Weve listened to adults tell stories of dating. Weve watched dating as it is fictionalized on television and in movies. Dating narratives surround us, and all of these narratives help create the dating scripts that we have. Although dating may feel like youre making it up as you go along, you already possess a treasure trove of information about how dating works. Thankfully, because we have these cultural images of dating presented to us, we also know that our dating partner (as long as they are from a similar culture) will have similar dating scripts. An individuals love style is considered to be an attitude and describes how love is perceived (Hendrick & Hendrick, 1988). Attitudes toward love and perceptions of love may change throughout an individuals life. College students may perceive love very differently from their parents or guardians because college students are in a very different stage of life. College students are living among people their age who are more than likely single or unmarried. These two factors mean that there are more prospects for dating, and this may lead the college student to conclude that dating any number of these prospects is necessary or even perceive that hooking up with multiple prospects is acceptable. In contrast, individuals with children who are financially tied may view romantic relationships as partnerships in which goal achievement (pay off the house, send kids to college, pay off debt, etc.) is as important as romance. These differences in perceptions of love can be explored through John Lees love typology in which he discusses six love styles: eros, storge, ludus, agape, pragma, and mania (Figure 8.3) (Lee, 1977). Figure 8.3 Love StylesErosEros is romance and emphasizes love and physical beauty, immediate attraction, emotional intensity, and strong commitment. Eros love involves the early initiation of sexual intimacy and consecutive monogamous relationships.StorgeStorge love develops slowly out of friendship where stability and psychological closeness are valued along with commitment, which leads to enduring love. Passion and intense emotions are not valued as they are in the eros love style. One of the authors uncles was in his 60s and had never been married. However, he employed a woman who cooked and cleaned for him for over 20 years. His family was very surprised to receive an announcement that he was marrying the individual who took care of him for so long. The formation of their love is a great example of love that arises slowly out of friendship.LudicLudic lovers view love as a game, and playing this game with multiple partners is perceived to be acceptable by individuals with this love style. As such, this type of lover believes that deception and manipulation are acceptable. Individuals with this love style have a low tolerance for commitment, jealousy, and strong emotional attachment.AgapeIn contrast, agape love involves altruism, giving, and other-centered love. This love style approaches relationships in a non-demanding style with gentle caring and tolerance for others.PragmaPragma love is known as practical love involving logic and reason. Arranged marriages were often arranged for functional purposes. Kings and Queens of different countries often married to form alliances. This love style may seek out a romantic partner for financial stability, ability to parent, or simple companionship.ManiaMania is the final love style characterized by dependence, uncertainty, jealousy, and emotional upheaval. This type of love is insecure and needs constant reassurance.These love styles should not be considered to be mutually independent. An individual may approach love from a pragmatic stance and have found love that provides financial stability. However, they still feel insecure (representative of mania) about whether their romantic partner will remain with them, thus ensuring continued financial stability. It is important to remember that individuals engage in each of these love styles, and it is simply a matter of how much of each love style a person possesses.Romantic relationships include dating, cohabitating, and partnered couples.Family background, values, physical attractiveness, and communication styles influence our attraction to and selection of romantic partners.Passionate, companionate, and romantic love and sexuality influence relationships.Network overlap is an important predictor of relational satisfaction and success.Mongeau, Jacobsen, and Donnerstein defined the term dating by identifying a series of supracategories that help define the term: communication expectations, date goals, date elements, dyadic, and feelings.The idea of script theory was originally proposed by Abelson who defined the concept of scripts as sequences of events expected by a participant or an observer. Dating scripts, therefore, are patterns of behavior that are expected during a date.There are six different love styles. Eros is romance and emphasizes love and physical beauty, immediate attraction, emotional intensity, and strong commitment. Second, storge love develops slowly out of friendship where stability and psychological closeness are valued along with commitment, which leads to enduring love. Third, ludic lovers view love as a game, and playing this game with multiple partners is perceived to be acceptable by individuals with this love style. Fourth, agape love involves altruism, giving, and other-centered love. Fifth, pragma love is known as practical love involving logic and reason. Lastly, mania love is characterized by dependence, uncertainty, jealousy, and emotional upheaval.ReferencesHendrick, C., & Hendrick, S. S. (1988). Lovers wear rose colored glasses. Journal ofSocial and Personal Relationships, 5, 161-183. S. 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Romantic love vs companionate love. What is the difference between passionate love and companionate love. Spiritual love vs romantic love. What is the difference between romantic passionate love and companionate love. Difference between passionate and companionate love. What is the difference between passionate and romantic. Difference between passionate and romantic love. Difference between passionate and compassionate love.