Contents

PREFACE xiii

1.	The Building Blocks of Relationships	1
	THE NATURE AND IMPORTANCE OF INTIMACY	2
	The Nature of Intimacy2The Need to Belong4	
	THE INFLUENCE OF CULTURE	6
	Sources of Change 11	
	THE INFLUENCE OF EXPERIENCE	14
	THE INFLUENCE OF INDIVIDUAL DIFFERENCES	19
	Sex Differences 20 Gender Differences 23 Personality 27 Self-Esteem 28	
	THE INFLUENCE OF HUMAN NATURE	32
	THE INFLUENCE OF INTERACTION	36
	THE DARK SIDE OF RELATIONSHIPS	36
	FOR YOUR CONSIDERATION	37
	CHAPTER SUMMARY	38
2.	Research Methods	40
	A BRIEF HISTORY OF RELATIONSHIP SCIENCE	41
	DEVELOPING A QUESTION	46
	OBTAINING PARTICIPANTS	47

	CHOOSING A DESIGN	50
	Correlational Designs 50 Experimental Designs 52 Developmental Designs 53	
	SELECTING A SETTING	55
	THE NATURE OF OUR DATA	57
	Self-Reports 57 Observations 62 Physiological Measures 63 Archival Materials 64 Couples' Reports 64	
	THE ETHICS OF SUCH ENDEAVORS	65
	INTERPRETING AND INTEGRATING RESULTS	66
	A FINAL NOTE	68
	FOR YOUR CONSIDERATION	69
	CHAPTER SUMMARY	69
3.	Attraction The fundamental basis of attraction:	72
	A MATTER OF REWARDS	72
	PROXIMITY: LIKING THOSE NEAR US	73
	Convenience: Proximity Is Rewarding, Distance Is Costly 74 Familiarity: Repeated Contact 75 The Power of Proximity 75	
	PHYSICAL ATTRACTIVENESS: LIKING THOSE WHO ARE LOVELY	76
	The Bias for Beauty: "What Is Beautiful Is Good"77Who's Pretty?78An Evolutionary Perspective on Physical Attractiveness83Culture Matters, Too85Who Has a Bias for Beauty?85The Interactive Costs and Benefits of Beauty87Matching in Physical Attractiveness89	
	RECIPROCITY: LIKING THOSE WHO LIKE US	90
	SIMILARITY: LIKING THOSE WHO ARE LIKE US	93
	What Kind of Similarity? 93 Do Opposites Attract? 95 Why Is Similarity Attractive? 102	

	BARRIERS: LIKING THOSE WE CANNOT HAVE	102
	SO, WHAT DO MEN AND WOMEN WANT?	103
	FOR YOUR CONSIDERATION	104
	CHAPTER SUMMARY	104
4.	Social Cognition	107
	FIRST IMPRESSIONS (AND BEYOND)	108
	THE POWER OF PERCEPTIONS	114
	Idealizing Our Partners 114 Attributional Processes 115 Memories 118 Relationship Beliefs 119 Expectations 122 Self-Perceptions 127	
	IMPRESSION MANAGEMENT	131
	Strategies of Impression Management 132 Impression Management in Close Relationships 133	
	SO, JUST HOW WELL DO WE KNOW OUR PARTNERS?	135
	Knowledge 136 Motivation 136 Partner Legibility 137 Perceiver Ability 137 Threatening Perceptions 138 Perceiver Influence 139 Summary 139	
	FOR YOUR CONSIDERATION	140
	CHAPTER SUMMARY	140
5.	Communication	143
	NONVERBAL COMMUNICATION	145
	Components of Nonverbal Communication 146 Nonverbal Sensitivity 154 Gender Differences in Nonverbal Communication 157	
	VERBAL COMMUNICATION	158
	Self-Disclosure 159 Gender Differences in Verbal Communication 164	

	DYSFUNCTIONAL COMMUNICATION AND WHAT TO DO ABOUT IT	168
	Miscommunication 168 Saying What We Mean 170 Active Listening 172 Being Polite and Staying Cool 172 The Power of Respect and Validation 174	
	FOR YOUR CONSIDERATION	175
	CHAPTER SUMMARY	175
6.	Interdependency	177
	SOCIAL EXCHANGE	177
	Rewards and Costs 178 What Do We Expect from Our Relationships? 178 How Well Could We Do Elsewhere? 179 Four Types of Relationships 181 CL and CL _{alt} as Time Goes By 184	
	THE ECONOMIES OF RELATIONSHIPS	186
	<i>Rewards and Costs as Time Goes By</i> 192	
	ARE WE REALLY THIS GREEDY?	197
	The Nature of Interdependency 197 Exchange versus Communal Relationships 198 Equitable Relationships 201 Summing Up 205	
	THE NATURE OF COMMITMENT	206
	The Consequences of Commitment 209	
	FOR YOUR CONSIDERATION	211
	CHAPTER SUMMARY	211
7.	Friendship	214
	THE NATURE OF FRIENDSHIP	215
	Attributes of Friendships 215 The Rules of Friendship 221	
	FRIENDSHIP ACROSS THE LIFE CYCLE	222
	Childhood 222 Adolescence 224 Young Adulthood 225	

	Midlife 226 Old Age 227	
	DIFFERENCES IN FRIENDSHIP	229
	Gender Differences in Same-Sex Friendships 229 Individual Differences in Friendship 231	
	FRIENDSHIP DIFFICULTIES	233
	Shyness 233 Loneliness 237	
	FOR YOUR CONSIDERATION	243
	CHAPTER SUMMARY	244
8.	Love	246
	A BRIEF HISTORY OF LOVE	247
	TYPES OF LOVE	248
	The Triangular Theory of Love 248 Romantic, Passionate Love 254 Companionate Love 261 Styles of Loving 263	·
	INDIVIDUAL DIFFERENCES IN LOVE	264
	Attachment Styles 265 Age 266 Men and Women 266	
	DOES LOVE LAST?	267
	Why Doesn't Romantic Love Last? 268 So, What Does the Future Hold? 270	
	FOR YOUR CONSIDERATION	271
	CHAPTER SUMMARY	272
9.	Sexuality	274
	SEXUAL ATTITUDES	275
	Attitudes about Casual Sex 275 Attitudes about Same-Sex Sexuality 276 Cultural Differences in Sexual Attitudes 278	
	SEXUAL BEHAVIOR	279
	Sex for the First Time 279 Sex in Committed Relationships 281	

	Infidelity 283 Sexual Desire 289 Safe, Sensible Sex 291	
	SEXUAL SATISFACTION	294
	Sexual Communication 297 Sexual Satisfaction and Relationship Satisfaction 299	
	SEXUAL COERCION	300
	FOR YOUR CONSIDERATION	302
	CHAPTER SUMMARY	302
10.	Stresses and Strains	304
	RELATIONAL EVALUATION	304
	HURT FEELINGS	306
	OSTRACISM	308
	JEALOUSY	311
	Two Types of Jealousy311Who's Prone to Jealousy?312Who Gets Us Jealous?314What Gets Us Jealous?315Responses to Jealousy320Coping Constructively with Jealousy321	
	DECEPTION AND LYING	321
	Lying in Close and Casual Relationships 322 Lies and Liars 323 So, How Well Can We Detect a Partner's Deception? 324	
	BETRAYAL	326
	Individual Differences in Betrayal 327 The Two Sides to Every Betrayal 329 Coping with Betrayal 329	
	FORGIVENESS	330
	FOR YOUR CONSIDERATION	332
	CHAPTER SUMMARY	333
11.	Conflict	335
	THE NATURE OF CONFLICT	335
	What Is Conflict? 335 The Frequency of Conflict 337	

	THE COURSE OF CONFLICT	340
	Instigating Events 340 Attributions 341 Engagement and Escalation 344 The Demand/Withdraw Pattern 347 Negotiation and Accommodation 349 Dealing with Conflict: Four Types of Couples 351	
	THE OUTCOMES OF CONFLICT	353
	Ending Conflict 353 Can Fighting Be Good for a Relationship? 354	
	FOR YOUR CONSIDERATION	358
	CHAPTER SUMMARY	358
12.	Power and Violence	360
	POWER AND INTERDEPENDENCE	361
	Sources of Power 361 Types of Resources 363 Men, Women, and the Control of Resources 364 The Process of Power 366 The Outcome of Power 372 The Two Faces of Power 372	
	VIOLENCE IN RELATIONSHIPS	374
	The Prevalence of Violence 374 Types of Couple Violence 375 Gender Differences in Intimate Violence 377 Correlates of Violence 379 The Rationales of Violence 382 Why Don't They All Leave? 383	
	FOR YOUR CONSIDERATION	384
	CHAPTER SUMMARY	384
13.	The Dissolution and Loss of Relationships	387
	THE CHANGING RATE OF DIVORCE	388
	The Prevalence of Divorce 388 Why Has the Divorce Rate Increased? 388	-
	THE PREDICTORS OF DIVORCE	394

Levinger's Barrier Model 395 Karney and Bradbury's Vulnerability-Stress-Adaptation Model 395 Results from the PAIR Project 397 Results from the Early Years of Marriage Project 399 People's Personal Perceptions of Their Problems 400 Specific Predictors of Divorce 401	
BREAKING UP 4	.04
Breaking Up with Premarital Partners 405 Steps to Divorce 406	
THE AFTERMATH OF BREAKUPS 4	08
Post-Dissolution Relationships 409 Getting Over It 410 Divorce Is Different 412 The Children of Divorce 415	
FOR YOUR CONSIDERATION 4	18
CHAPTER SUMMARY 4	18
14.Maintaining and Repairing Relationships4	20
MAINTAINING AND ENHANCING RELATIONSHIPS 4	22
Staying Committed 423 Staying Content 426	
REPAIRING RELATIONSHIPS 4	.28
Do It Yourself 428 Preventive Maintenance 430 Marital Therapy 431	
IN CONCLUSION 4	38
FOR YOUR CONSIDERATION 4	39
CHAPTER SUMMARY 4	39
REFERENCES R-1 CREDITS C-1 NAME INDEX I-1	

SUBJECT INDEX I-13