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Quick Study ACADEMIC
PSYCHOLOGY OF RELATIONSHIPS
STUDENTS' GUIDE TO RELATIONSHIP PROFILES - NOT A SELF-HELP CHART

INTRODUCTION

BASIS OF REFERENCE CHART

1. Intended to provide a basic understanding of fundamental concepts of psychology of interpersonal relationships, including a historical overview and current concepts regarding this topic.
2. Primary focus is on defining profiles in relationships.
Not a Self-Help Chart.

PROPOSED DEFINITIONS

HISTORICAL PHILOSOPHICAL OVERVIEW

ARISTOTLE'S VIEW

1. Aristotle distinguished three types of friendship:
 - 1. **Friendship of Pleasure:** Some characteristics of the other afford pleasure, e.g. sense of humor, physical attractiveness, etc.
 - 2. **Friendship of Utility:** Some intrinsic goal or shared activity motivates the friendship, e.g. camping, sports, etc.
 - 3. **Friendship of the Good:** Love of another for himself.

LOVE AS AID

1. **Religious:** Unconditional love of a superior or for an idealism, most often mentioned in God's love for the individual sinner who is utterly unworthy of His "grace."
2. **Secular:** Unconditional, or nearly unconditional love, of an independent for a dependent person, most clearly manifested in the love of a parent for a child.

LOVE AS COMPASSION

Definition: mixture of sympathy
Defining characteristics of various are compassion, affection, and nurturing.

LOVE AS "YIN-YANG"

Nature's theory

1. Mutually inclusive relationship where each party may fully experience the effect, not merely through empathy, but as an integration of one's awareness, the relationship is not "I and the other," but it is a relationship of total reciprocity.
2. In an "Yin-Yang" relationship, each's whole being is integrated with the other and one both nothing back.

LOVE AS SENSATION/PHYSIOLOGICAL ALTERATION

Nature's view:

1. Process of subconscious "appropriation," in which two persons in a love relationship seek to possess each other and yet wish to be simultaneously possessed by the other.
2. Nature's view of sexual activity: No other force in our own pleasure to indicate orientation on the other's pleasure (a mechanism not created including in a situation where desire is denied, for it bears within itself the cause of its own failure).

LOVE AS RESENTMENT AND DEPRESSION

Nature's theory of love:

1. Romantic love or "sensual passion" is a personal and the artificial product of a decision about desirability.
2. Unconditional sexual desire is legitimized by refusing it to the world of sensory gratification.

LOVE AS ILLUSION

1. Romantic love is a cultural invention created by men for the subjugation of women.
2. Love is a fictitious substance that women have been deceived into accepting in lieu of power, prestige, wealth, education, or any empowering ideal to which women may aspire. Having love is somehow supposed to make any deficiency in their lives acceptable.

LOVE AS GUILT

Kierkegaard's theory is that love is based on inclusion, or feelings, suffers from these dark distortions:

1. It is subject to be easily transformed to hate, just envy, or indifference in the light of changing circumstances.
2. It is dependent upon the beloved's feelings and circumstances; for instance, whether they respond to a life degree, their mating physical attractiveness due to aging, and so on.
3. It can become disproportionate by overly idealizing the beloved to the point that the beloved is not seen as they really are, but as the lover wishes to see them.
4. Love based on a sense of duty, however, avoids these difficulties because it is based on some perceived and shared purpose, rather than the inclusion of feelings.

PSYCHOLOGICAL OVERVIEW

DEFINING CHARACTERISTICS OF ROMANTIC LOVE

1. **Sexual attraction:** May be for members of the same, or the opposite sex. Believed by some to constitute as much as 90% of the experience of "romantic love."
2. **Emotional involvement:** Not necessarily positive in one way or another, but they love that do not like their partner.
3. **Jealousy:** Senselessness of the relationship where one feels they may be unable to keep the beloved completely to oneself, and feeling threatened as even the slightest provocation.
4. **Preoccupation and jealousy:** Wanting to keep the beloved completely to oneself, and feeling threatened as even the slightest provocation.
5. **Overdependence:** One cannot stop thinking about the beloved and finds oneself utterly preoccupied and consumed by thoughts about that person.
6. **Dependence:** Unlike friendship, one is dependent on the relationship for a sense of well-being and balance. Any disruption to the integrity of the relationship may be experienced with great anxiety and distress.
7. **Passivity and helplessness:** Feeling of having lost control of one's own and behavior, thus the secondary nature of the experience of falling in love.
8. **Ignorance and naivete:** The intense euphoria and elation of being in love seldom lasts more than three months. After that initial period subsiding and routine gradually returns.
9. **Idealization:** The beloved is perceived in an unrealistic, idealized perspective.

LOVE AS ALLIANCE

1. **Friend and Schopenhauer**
 - 1. Love is "non-rational" the beloved, feeling that they too will finally achieve total contentment and happiness.
 - 2. **Schopenhauer**
 - 1. Love is Nature's greatest deception, played on us in order to preserve the species.
 - 2. Once in presence of passionate love, we are often left bewildered, disappointed, and burdened with emotional responsibilities for offspring.

THE INFLUENCE OF LOVE

1. **Freud's theory**
 - 1. Love is the most effective coping mechanism to counter the pain of one's experiences and emotional isolation.
 - 2. Individuals make many false claims because they mistake certain forms of unrequited pseudo-love with one genuine love.
 - 3. Types of pseudo or unrequited love:
 - 1. **Infatuation:** Transference of feelings for a parent to a person, then, one loves not the person but certain attributes one has unconsciously experienced upon the so-called "beloved."
 - 2. **Heroic:** One's great act in an emotionally cold heart, a person may adopt the same emotionally distant attitude toward the partner while believing himself to be loving.
 - 3. **Jealousy:** Bringing oneself to be loving and caring, in order to cope with an emotionally unrequited love, when in reality one is cold and distant.
 - 4. **Envy:** Whisking sexual pleasure for love.

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