

## Chapter 4 Intimate Relationships and Communication

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## Learning Objectives

1. Define the following terms: gender role, nonverbal communication, sexual orientation, homosexual, heterosexual, cohabitation, codependent, self-disclosure, feedback, conflict, conflict resolution.
2. Explain the qualities that help people develop intimate relationships.
3. Describe different types of love relationships, and the stages they often go through.
4. Discuss relationship options available to adults today.
5. List some characteristics of successful families and some potential problems families face.
6. Explain some of the challenges of being a parent/child, foster parent/child, and adoptive parent/child.\*

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## Developing Intimate Relationships

- self-esteem and self-concept
- friendship (companionship, respect, acceptance, help, trust, loyalty, reciprocity)
- love, sex, & intimacy

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## Challenges in Relationships

- honesty and openness
- unequal or premature commitment
- unrealistic expectations
- competitiveness
- balancing time spent together and apart
- jealousy

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## Common Sense Potential Partner Selection

- fully employed, full-time student, or full-time mother/caregiver
- work ethic, good attitude about doing a good job
- pays taxes
- values and obeys the law
- has a bank account (doesn't have to be rich)
- person reads
- registered voter
- has a high school diploma

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## Common Sense Potential Partner Selection *Continued*

- no drug, alcohol, tobacco abuse
- level headed and does not have a temper (NO "hotheads")
- cleans up after himself/herself
- respectful of self and others
- good hygiene and bathes regularly
- predictable lifestyle and no erratic behaviors
- fulfills social obligations (work, family, friends, community)
- gives of time, self, and money to charitable causes
- plans for the future
- loves children and baby animals!!
- reacts appropriately to tragedy in the news
- sticks with challenges and responsibilities and not a "quitter"

### Ending a Relationship

- don't draw blood
- give the relationship a fair chance before breaking up
- seek professional help
- be fair and honest, tactful and compassionate
- if you are the rejected person, give yourself time to resolve your anger and pain
- recognize the value of experience

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### After Breaking Up

- use time to re-group
- DO NOT jump right into another relationship because you're lonely or feel unwanted (at least one year)
- reconnect with others that were not part of the family/social circles when you were involved in the relationship but now do not have those constraints

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### Women Choosing To Maintain A Bad Relationship

- people choose to enter, maintain, and end relationships
- relationships are voluntary
- most violence against women occur in the home and NOT on the street as victims of random and anonymous violence
- women choose to stay in violent relationships
- men don't "all of a sudden" become overprotective, violent, or engage in other unhealthy social behaviors only after they begin a relationship (there are clues to their character before an intimate relationship develops)

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### Successful Relationships

- The key to successful relationships is communication.
- need a sense of connectedness with other person.
- heightened sense of self-worth for both partners
- need to communicate needs and wants clearly, listen to your partner, negotiate, and compromise

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### Communication

- **Nonverbal-** 65% of communication
- **Verbal**

**self-disclosure-** revealing personal information that increases feelings of closeness, and moves relationship to deep level.

**listening-** requires much energy

**feedback-** constructive response to self-disclosure. Negative response blocks communication.

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### Conflict and Conflict Resolution

- day to day management of the living arrangement
- different ideas about the rules of the relationship
- anger is involved, but need to cool down before resolving the conflict
- sexual interaction is a source of conflict in couples

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### Conflict Resolution Strategy

- Clarify the issue
- Find out what each person wants
- Identify various alternatives
- Decide how to negotiate
- Solidify the agreements
- Review and renegotiate

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### Pairing

- Living Together (cohabitation, sexual and nonsexual relationship)
- Gay and Lesbian Partnerships
- Singlehood
- Marriage
- Separation
- Divorce

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### Family Life: Deciding to Become a Parent

- physical health and age
- financial situation
- relationship with partner
- education, career plans
- childcare plans
- emotional readiness of parenthood
- social support system
- personal qualities, attitudes toward children, and aptitude for parenting

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### Parenting and Childing

- Single Parents
- Stepfamilies
- Qualities of Successful Families  
(commitment, appreciation, communication, time together, spiritual wellness, coping with stress and crisis)
- Childing (how to be a child)

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