

# 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 problems in relationships.

*Not a Self-Help Chart.*

### PROPOSED DEFINITIONS

#### HISTORICAL PHILOSOPHICAL OVERVIEW

##### ARISTOPHANE'S MYTH

1. Humans were originally both male and female, sexually autonomous beings.
2. Zeus separated the male and female halves.

These now *incomplete creatures* were condemned to search the world for their other half.

3. Myth holds that people are incomplete and must search to find their ideal partner.

##### CHIVALRIC LOVE

1. Love that can never be consummated. Essential nature is a *perpetually unfulfilled yearning*.  
Love of someone from afar.
2. This type of "honorable" love can easily border on worship.

##### LOVE AS EROS

1. *Sexual*, or romantic love.
2. **Plato** called this love the "divine madness" due to the propensity of those who are romantically in love to have skewed and distorted perceptions of their beloved and of the world around them.

##### LOVE AS FRIENDSHIP

**Aristotle** distinguished three types of friendship:

1. **Friendship of Pleasure:** Some characteristics of the other affords pleasure, e.g. sense of humor, physical attractiveness, etc.
2. **Friendship of Utility:** Some common goal or shared activity motivates the friendship, e.g. camping, sports, etc.
3. **Friendship of the Good:** Love of another for themselves.

##### LOVE AS AGAPE

1. **Religious:** Unconditional love of a superior for an inferior, most clearly manifested in God's love for the individual sinner who is utterly undeserving of this "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

**Buddhist** notion of *Karuna*.

Defining characteristics of *Karuna* are compassion, affection, and nurturing.

#### LOVE AS "I-THOU"

**Buber's theory**

1. Mutually inclusive relationship where each partner fully experiences the other, not merely through empathy, but as an integration of consciousness; the relationship is not "I and the other," but it is a relationship of total reciprocity.
2. In an "I-Thou" relationship, one's whole being is integrated with the other and one holds nothing back.

#### LOVE AS SADOMASOCHISTIC ALTERNATION

**Sartre's view:**

1. *Process of sadomasochistic 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. **Sartre's** view of sexual activity: We either focus on our own pleasure (a sadistic orientation) or the other's pleasure (a masochistic orientation) culminating in a situation where desire is doomed, for it bears within itself the cause of its own failure.

#### LOVE AS RESENTMENT AND SUPPRESSION

**Nietzsche's** theory of love:

1. Romantic love or "*amour-passion*" is a perversion and the artificial product of a decadent slave/morality.
2. Unadulterated sexual desire is legitimized by refining it in the mold of romantic interludes.

#### LOVE AS SUBJUGATION

1. Romantic love is a cultural invention created by men for the subjugation of women.
2. Love is a fictitious substitute 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 DUTY

1. **Kierkegaard's** theory is that love founded on inclination, or feelings, suffers from three deficiencies:
  - a. It is subject to be easily transformed to hate, jealousy, or indifference in the light of changing circumstances.
  - b. It is dependent upon the beloved's feelings and circumstances—for instance, whether they reciprocate to a like degree, their waning physical attractiveness due to aging, and so on.
  - c. 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.
2. Love based on a sense of duty, however, avoids these difficulties because it is based on more permanent and secure foundations than mere inclination—namely commitment and honor.

### 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 as one may say that they love but do not like their partner.
3. **Insecurity:** Tenuousness of the relationship where one feels they may be unable to keep the interest of the other.
4. **Possessiveness and jealousy:** Wanting to keep the beloved completely to oneself, and feeling rejected at even the slightest provocation.
5. **Obsessiveness:** One cannot stop thinking about the beloved and finds oneself utterly preoccupied and consumed by thoughts about that person.
6. **Dependency:** 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 emotions and behavior, thus the involuntary nature of the experience of *falling* in love.
8. **Ephemeral and transient:** The intense euphoria and elation of being in love seldom lasts more than three months. After that initial period sensibility and realism gradually return.
9. **Idealization:** The beloved is perceived in an unrealistic, idealized perspective.

#### LOVE AS ILLUSION

1. **Freud and Schopenhauer**
  - a. Lover "over-values" the beloved, feeling that they two will finally achieve total contentment and happiness.
2. **Schopenhauer**
  - a. Love is Nature's greatest deception, played on us in order to preserve the species.
  - b. Once its purpose of procreation is achieved, we are often left bewildered, disappointed, and burdened with unexpected responsibilities for offspring.

#### THE FACADES OF LOVE

1. **Fromm's** theory
  - a. Love is the most effective coping mechanism to counter the pain of one's separateness and existential isolation.
  - b. Individuals make many false starts because they mistake common cases of misguided pseudo-love with rare genuine love.
2. Types of pseudo or misguided love:
  - a. **Infantile:** Transference of feelings for a parent to a partner. Hence, one loves not the partner but certain attributes one has unknowingly superimposed upon the so-called "beloved."
  - b. **Sterile:** Having grown up in an emotionally cold home, a person may adopt the same emotionally distant attitudes toward the partner while believing himself to be loving.
  - c. **Imaginary:** Imagining oneself to be loving and caring, in order to cope with an emotionally impoverished life, when in reality one is cold and distant.
  - d. **Eroticism:** Mistaking sexual pleasure for love.

- e. **Superficiality:** One loves—not the person—but some attribute, e.g. prestige, status, etc.
- f. **Symbiotic:** Deficient form of love in which two individuals become involved in a sadomasochistic cycle in order to assuage loneliness and isolation.
- i. Sadist seeks to overcome separateness by dominating and controlling.
- ii. Masochist seeks to overcome existential isolation and gain security by being used and dominated.
- g. **Idolatrous:** A person with low self-esteem and lacking a firm sense of self-identity, idolizes another's love to the point of worship.
- h. **Nostalgic:** Dwelling upon happy memories of courtship and honeymoon while ignoring bitter reality of loveless marriage, or deferring gratification and anticipating future romance in order to tolerate the drudgery and tedium of the present.
- i. **Projective:** Each projects his own faults upon the other, thus ignoring their real problems and making genuine communication and love impossible.

**LOVE AS PSYCHOPATHOLOGY**

**Freud's theory:** All love is essentially an irrational aberration. Denies the existence of mature love and argues that all instances of falling in love are pathological and abnormal. These states are accompanied by distortions in reality, compulsiveness, transference and infantile regression.

**LOVE AS EGO-COMPLETION**

**Theodore Reik** theorized that love is the result of a *process of ego-completion*.

- 1. Love is a form of reaction formation, since people fall in love with those who possess the very qualities they are most lacking and most admire.
- 2. Love is a *process of compensation* whereby one's feelings of inadequacy are assuaged by supplanting those feelings with the admired qualities in the other.

**LOVE AS ADDICTION**

- 1. *Addiction is the process of engaging in an activity or using a substance to prioritize it so that it becomes an all-consuming compulsion stunting personal growth and normal maturation.*
- 2. Process of *falling out of love, being lovelorn, or having a broken heart* may be interpreted as a process of withdrawal, with symptoms very similar to the withdrawal experienced by a drug addict.

**CONSUMMATE LOVE**

**Sternberg** contends that *passion, intimacy, and commitment* comprise *consummate love*.

Depending upon the combination of the presence or absence of these factors, seven distinct kinds of love may result:

- 1. **Liking:** Includes intimacy as in a close friendship.
- 2. **Infatuation:** Primarily intense passion and attraction.
- 3. **Empty Love:** Relationship based upon commitment and little else; e.g. staying together out of sheer convenience.
- 4. **Romantic Love:** Comprised of passion and intimacy, but may lack commitment.
- 5. **Fatuous Love:** Includes passion and commitment but no intimacy; e.g. partners stay together for sexual satisfaction only.
- 6. **Companionate Love:** Combination of intimacy and commitment; e.g. no longer having a passionate involvement but remaining emotionally close.
- 7. **Consummate Love:** Ideal combination of passion, intimacy and commitment.

- 8. Lasting relationship is often a *process* in which passion, abundantly present at the onset, is eventually diminished and replaced by intimacy and commitment, more enduring qualities, which then sustain the relationship.

**RELATIONSHIPS: ACTUALIZED FUNCTIONAL**

**THE NON-ATTACHED ATTITUDE**

**CHARACTERISTICS SHARED IN MATURE AND HEALTHY RELATIONSHIPS: LYNZGZEIDETSON'S CRITERIA**

- 1. **Inner strength** and strong ego-integrity:
  - a. Willingness to expose innermost self.
  - b. Strong enough to be vulnerable.
- 2. Both **grow** and become better in and through the relationship.
- 3. Full **acceptance** of the other, without a need to manipulate and control, *after* deeming the other worthy and deserving of love.
- 4. Full **reciprocity** and **involvement** with the other.
- 5. **Nurturing**, protecting, and caring instead of patronizing, condescending, possessing or controlling
- 6. Each receives by **giving** to the other. Neither party is out to use or take advantage of the other.

**TEST CASE**

- 1. Willingness to let the other go if it *would be genuinely in their best interest*.
  - a. Rare situation since it is to the mutual best interest of both partners to stay and grow old together.

**FROMM'S CRITERIA FOR MATURE LOVE**

**PROCESS OF OVERCOMING INFANTILE EGOCENTRICITY**

**FROMM'S THEORY**

In mature love each person preserves their integrity and individuality. The two become one and yet remain two.

**TRANSFORMATIONAL**

Develops from feelings of "being loved" into terms of "loving."

**IMMATURE LOVE**

- 1. Based upon **dependency** and egoism, and is thus passive.
- 2. **Infantile** because it follows the presumption that "I love because I am loved."
- 3. Giving is experienced as a depletion.

**MATURE LOVE**

- 1. Follows the principle "I am loved because I love."
- 2. Potent, giving and active, composed of a positive giving and not receiving. Love given is its own reward.
- 3. Giving makes one feel more alive and it is in giving that the mature lover finds joy.
- 4. Comprised of concern, responsivity, respect and knowledge.
- 5. Transcending self-concerns and empathizing with the other.

**YALOM'S CRITERIA FOR NEED-FREE LOVE RELATIONSHIPS**

**OVERCOMING ISOLATION**

Seeking to ameliorate our existential aloneness by entering into a relationship with another.

**CHARACTERISTICS OF MATURE, HEALTHY, 'NEED-FREE' RELATIONSHIPS**

- 1. **Suspend judgments** of self-centered egoism and relate *selflessly with one's whole being*.
  - a. No ulterior motivation wherein one asks "What is in this for me?"
  - b. No hidden agenda.
- 2. **Experience** and relate to **another** as completely as possible. Seeing another as an end and *not* as a means to an end.
- 3. **Nurturing:** Having genuine concern for the well being and growth of the other.
- 4. **Voluntary giving** process. Loving the other but not passively "falling for" the other.
- 5. Characteristic of **relationships in general**, not a discriminating, elusive, personal quality.
- 6. Love that results from **strength**, *not from a need to be loved in return, or wish to escape from loneliness, or a desire to feel complete, or to validate one's existence as a worthwhile human being*.
- 7. **Caring** for the other's concerns and well-being is **reciprocal**.
- 8. **Rewards** for caring are an **aftereffect**, not a motivating factor.

**MASLOW'S CRITERIA FOR SELF-ACTUALIZED LOVE**

**HIERARCHY OF BASIC NEEDS**

- 1. **Growth-oriented**
  - a. Individuals are self-sufficient, not dependent upon surroundings to achieve feelings of self-worth.
  - b. Their identity - who they are and what they stand for - is determined by internal precepts.
  - c. Individuals do not relate to others as sources of validation or suppliers of love.
  - d. Views others as unique and complex persons.
- 2. **Deficiency-oriented**
  - a. Individuals who are deprived have failed to satisfy some of their needs.
  - b. They are often needy and dependent.
  - c. Governed by feelings of inadequacy.
  - d. Views others in a utilitarian mode of what purpose and use the other may provide.
  - e. Characteristics that are not relevant to satisfying some need are either ignored or viewed as a threat.

**DISTINCTLY DIFFERENT KINDS OF LOVING**

- 1. **Deficient-love**
  - a. Selfish and based upon need.
  - b. Characterized by possessiveness and need to control.
  - c. Underlying hostility and anxiety characterized by jealousy, manipulation and obsessive guardedness.
- 2. **Actualized-love**
  - a. Emanates from profound sense of security, autonomy and feeling of self-worth.

- b. Involves admiration, nurturing and caring regard.
- c. Characterized by *love for* another rather than desperate need of *love from* another.
- d. Partner is cherished for themselves and not for what they can provide.
- e. Each person has a concern for the others' well-being and is eager to help.
- f. Relationship is characterized by *empathy for the other*.
- g. Both members feel admiration and exaltation in the success and achievements of the other.
- h. Instead of needing to be together, both people want to be together.

## BUBER'S VIEW OF LOVE AS "I-THOU"

### FUNDAMENTAL CONDITION

1. *Relatedness: Relationship with another* is primary human condition.

### "I-IT" RELATEDNESS

1. Relationship is between a subject and object, lacking mutuality.
2. Attitude toward partner is objective and detached.
3. Involves intellectual and partial identification where one maintains separateness from the other.

### "I-THOU" RELATEDNESS

1. Characterized by a profound sense of reciprocity.
2. The other is viewed with the same regard as oneself.
3. Individual exists in the context of *a betweenness with the other in an 'I-Thou' relationship*.
4. "I" is transformed from a disconnected, separated "I" to a fully integrated consciousness with the other.

### LOVE AS "I-THOU"

1. *Both participants* lose themselves to the encounter.
2. One cannot live continuously in such a mode, for it is too all-consuming and intense.
3. Out of necessity, people usually live in an "I-It" mode of relatedness.
4. To be fully human one must relate to the other in an "I-Thou" mode, but cannot sustain the intensity.
5. Episodes of "I-Thou" occur as flashes of brilliance against the backdrop of ordinary existence.

## MARGINALLY CO-DEPENDENT RELATIONSHIPS

### HAPPINESS CONTINGENT ON PARTNER

1. Generally one person "has a problem" (e.g. alcoholism, drug-abuse, compulsive sexual philandering, or depression), and the other person is "out to save them."
2. Extreme instances can degenerate into outright dysfunctional or even toxic relationships.
3. Less severe instances can be viable and at least marginally functional.

## NON-ACTUALIZED FUNCTIONAL RELATIONSHIPS

### BASIS OF CLASS

#### DYNAMICS

1. Couple involved can remain together for a lifetime comparatively free of conflict.
2. One or both members of the couple fail to self-actualize fully in that they do not mature to their full emotional potential.

### SYMBIOTIC RELATIONSHIP

#### PARENT-CHILD DEPENDENCY

1. Needy, *insecure person* involved with a *mature, autonomous person*
2. *Mature person* gains great personal satisfaction from caring for *needy person*.
3. *Needy person* feels great emotional relief and satisfaction in being nurtured and loved.

## QUASI-SYMBIOTIC RELATIONSHIP

#### SELF-VALIDATION

1. Nurturing person is non-autonomous and in fact *needs* to be needed in order to validate their self-identity, feel complete, give their life purpose, etc.
  - a. Compare to **Sartre's** notion of appropriating the will of another so as to justify one's otherwise superfluous existence.
  - b. Compare to **Fromm's** notion of the facade of symbiotic love as pseudo love.

## MISGUIDED RELATIONSHIPS

### YALOM'S CRITERIA

#### DEFICIENT RELATIONSHIPS

1. Individuals involved may have actual symptoms of mild to severe emotional maladjustment.
2. *Misguided* in that the individual does not fully relate to the other but rather utilizes the other *as a means* to assuage their feelings of separateness and aloneness.

#### I. EXISTING IN THE EYES OF OTHERS

1. Attempt to validate and give credence to one's existence by having others recognize, approve of, or simply acknowledge one's presence.
2. Causes for failure:
  - a. The other will eventually grow tired of being used to affirm the individual's existence.
  - b. The other is unappreciated for themselves, but only in that aspect that serves the purpose of affirming the individual's existence.
  - c. The other feels needed but not loved, and dissatisfied when the individual will take love and emotional support; but is unable to reciprocate.
  - d. Being unable to love, individual misperceives situation as a problem of being unloved, when it is inability to affirm self that makes them feel this way.

- e. Due to a desperate need for continual affirmation, the individual finds any time alone to be unbearable. If forced into a solitary situation they will attempt to distract their attention by any means available: drugs, alcohol, busy-ness, fantasy and so on.

#### II. FUSION

Becoming one with, or absorbed into, another person or group of people.

#### III. SADISM

1. Sadists assuage their existential isolation by domination.
2. Masochists assuage isolation by being dominated.

#### IV. SEXUAL ADDICTION

By means of compulsive sexuality, the individual is distracted from feelings of existential isolation by relating to another as a mere non-conscious piece of equipment for personal, carnal gratification.

#### V. POSITIONING

1. Aware of one's existentially deprived state, one searches for a partner whose function will be to satisfy a specific need—the need to be elevated to a higher position on some personal level.
2. *The individual feels inferior in some respect, and uses the perceived superiority of the other to live vicariously at an elevated status.*

## SOME MISGUIDED RELATIONSHIPS AND THEIR DYNAMICS

### THE DANCE OF DOMINANCE

#### 1. VARIATION I

Two needy, insecure, and dependent individuals become involved in a vicious cycle wherein each seeks to gain the emotional upperhand and dominate the other in order to feel secure.

#### 2. VARIATION II

Two autonomous, independent people become involved wherein each keeps pulling away from the other in order to re-establish their ego-boundary.

### DANCE OF THE DISCONNECTED

1. Partner *A* feels most comfortable in a relationship that is carefree with few or no commitments and demands.
2. Partner *B* feels emotionally detached, disconnected, and alienated.
3. *B* pulls away, causing *A* to exhibit feelings of need and vulnerability, which make *B* feel emotionally connected and closer to *A*.

### THE ILLUSION OF LOVE REGAINED

1. Individual in the stronger position may escalate demands on the other partner to demonstrate love, commitment and so on.
2. The submissive member delusionally experiences love regained when the controlling member intensifies their dominance.

**NOTE TO STUDENT:** This **QUICKSTUDY®** guide is an **outline of the major topics** taught in **Psychology of Relationships** courses. Due to its condensed format, use it as a **Psychology of Relationships guide**, but not as a replacement for assigned class work.

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## DYSFUNCTIONAL RELATIONSHIPS

### NEUROTIC ATTACHMENT: LYNGZEIDTSON'S CRITERIA

1. Relationship is based upon fear, insecurity, and a desperate need to control, causing individual to display extreme possessiveness and jealousy.
2. One or both persons become *less in the relationship* due to a constant need to validate their self-esteem and affirm their value in the eyes of the other.
3. Fear of rejection, abandonment, or loss causes neurotically attached individual to preserve the relationship at all costs.
4. Individual interprets almost any effort by the other to be autonomous—even just needing space and time to themselves—as a threat or rejection.
5. Individual feels empty, incomplete, and “dead inside” without the presence of the other to mitigate their overwhelming loneliness.
6. Individual cannot tolerate change, wishing to maintain the *status quo*.

### NEUROTIC DETACHMENT: LYNGZEIDTSON'S CRITERIA

1. The greater the need for intimacy and love, the more the individual will detach themselves.
2. Wanting the other to commit to them, they are not prepared to reciprocate in kind and wish to maintain their freedom due to predisposing factors.
  - a. Overwhelming fear of rejection and abandonment, with the probable weariness of repeating a past negative experience.
  - b. Pride and vanity usually rooted in an inferiority complex. Fear of risking possible rejection.
3. Evidence of *profound reaction formation* via declarations of autonomy, independence, and freedom, but experiencing severe separation anxiety if partner starts to withdraw.
4. *Rationalizations* to explain away need for intimacy and commitment.
5. Refusal to accept fault, blame, or responsibility for problems with the relationship.
6. Casting oneself in the role of the “helpless victim” and blaming the other for any problems with the relationship.

### CASES OF HOPELESS LOVE: DYSFUNCTIONAL

Emotional closure and full relatedness is not possible.

#### LOVE OF THE MISUNDERSTOOD

1. One partner is too immature to fully understand and appreciate the other's concerns, feelings, and thoughts.
2. Typically occurs if one is much older, wiser, more intelligent, or even of a different social or educational status.

#### THE SADDEST LOVE

1. Kierkegaard opines that the most noble love we may encounter is the love and reverence we feel for a deceased loved one.
2. Pure, unadulterated love characterized by unconditional respect, without reciprocity.

## NEUROTIC ATTACHMENT: ADDICTION

### THE ADDICTIVE PARADOX

*Partners are oftentimes treated as disposable and replaceable commodities. Almost anyone half-way desirable will do as long as they provide love.*

### THE SENSES OF DUAL-ADDICTION

1. Dependency on the other to provide the love desperately needed for sustenance, and to allay feelings of being alone.
2. Addiction to *the process of falling in love*, craving the emotional highs and extremes of elation and euphoria experienced in falling in love.

### THE REASSESSMENT PARADOX

1. Realistic and sensible individual will attempt a sober reassessment of the relationship once the initial euphoria of falling in love diminishes.
2. Addict cannot undergo normal *transition from being in love (which is a transient and intense experience) to loving (an enduring and less intense experience)*.
3. Addict fails at reassessment and is perpetually dissatisfied with ordinariness of enduring love. They crave intensity and the highs of falling in love.

### THE EMOTIONAL VACUITY OF ADDICTION

Sense of emptiness, aloneness, incompleteness must be incessantly assuaged, anesthetized, and distracted in an attempt to *achieve a sense of completion and wholeness, even if only temporarily*.

### THE EXTREME PERVERSION OF ADDICTION

1. Being psychologically incapable of true empathy, understanding, concern, or sympathy *the other is depersonalized and used purely as a means to temporarily avoid one's own sense of worthlessness and psychic emptiness*.
2. Addict refuses to accept inevitability of becoming disillusioned with any partner. Insists there is a yet-to-be found perfect partner who will sustain intense feeling of being in love indefinitely.

## TOXIC RELATIONSHIPS: pathological

### SADISTIC ATTACHMENT

1. *Very weak, insecure person masks extreme vulnerability by attempting to control, manipulate, and dominate the other.*

### SELF DEFEATING EXPECTATIONS

Feeling unworthy and undeserving of love, person continually sabotages relationships, driving their partner away only to conclude—in a self-fulfilling prophecy—that they were left because they are not worth being loved.

### TOXIC ATTACHMENT

1. Result of abandonment or neglect as a child.
2. One partner becomes needy, dependent, and clinging, to the point that they emotionally smother and suffocate the other, who in abject desperation to regain their “space,” is driven away.
3. The needy partner fears abandonment, engages in pre-emptive sabotage of the relationship in order to avoid getting too close.

## SOME FUNDAMENTAL DILEMMAS

### COMMITMENT VERSUS FREEDOM

#### FUNDAMENTAL TENSION

Need for security, stability, predictability and permanence in relationships, and an equally strong yearning for novelty, excitement, and change.

### SEX WITH LOVE VERSUS SEX WITHOUT LOVE

#### LOVING SEXUAL RELATIONSHIP

##### 1. ADVANTAGES

Emotional satisfaction, security and expectation that the relationship will endure when sexual desire and passion diminish.

##### 2. DISADVANTAGES

Some may find emotional involvement to be inhibiting to sexual expression. Confusing lust with love can generate an endless amount of resentment and bitterness.

#### LOVELESS SEXUAL RELATIONSHIP

##### 1. ADVANTAGES

Feeling more free to express oneself sexually and experiment in this arrangement, gaining greater sexual satisfaction.

##### 2. DISADVANTAGES

Sex not founded on love has a tendency of quickly becoming stale, dull and boring.

### EGO-INTEGRITY VERSUS EGO-MALLEABILITY

#### EMOTIONALLY INDEPENDENT

1. Applies mostly to mature individuals who have become emotionally self-sufficient and autonomous.
2. One may soon succumb to feelings of being overwhelmed by the presence of the other. May feel “invaded” or “violated” and experience difficulty tolerating the necessary compromises and inconveniences that any fully mature relationship requires.

### ATTITUDES TOWARD MARRIAGE

#### THE CAUTIOUS ATTITUDE

Scientific approach, carefully weighing pros and cons, evaluating partner's positive and negative aspects, and making any concessions towards greater intimacy very gradually.

#### THE LEAP OF FAITH

1. Recognizing that one quickly reaches a point where no amount of evidence will ever be sufficient to absolutely guarantee the success of a lifelong union.
2. Willingness to make a total and unconditional commitment to do whatever is necessary to make the union last, predicated on the absolute conviction that it is right and good, and that the couple will prevail over any difficulties.
3. One chooses to believe that the union will last, and is willing to do anything to preserve it intact.

#### EMPATHY VERSUS SELF-CENTEREDNESS

Ability of the partners to be *empathetic to one another's needs and feelings*, for enduring success. Evaluating the other's behavior only from one's own selfish perspective is bound to generate negativity and discord.

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