

## Positive Communication, Positive Relationships




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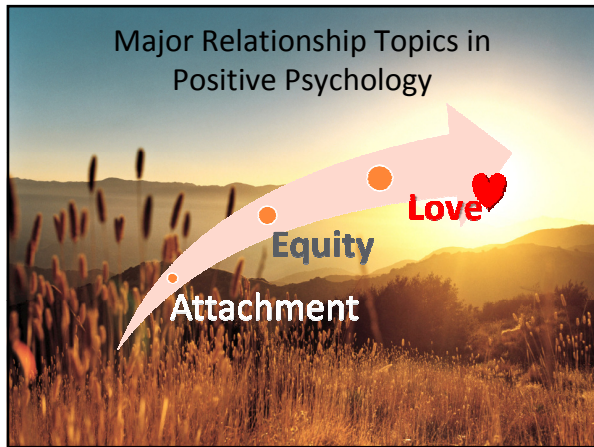
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## Major Relationship Topics in Positive Psychology




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## Dark Side/Bright Side of Communication

<p>Topics on the Dark side of Interpersonal Communication:</p> <ul style="list-style-type: none"> <li>• Hurtful messages</li> <li>• Social predicaments</li> <li>• Deception</li> <li>• Relational Transgressions</li> <li>• Privacy Invasion</li> <li>• Physical/Psychological abuse</li> <li>• Stalking</li> </ul>	<p>Topics on Bright Side of Interpersonal Communication</p> <ul style="list-style-type: none"> <li>• Comforting messages</li> <li>• Social support</li> <li>• Honesty/Genuineness</li> <li>• Forgiveness</li> <li>• Respect</li> <li>• Privacy Management</li> <li>• Relational competence</li> </ul>
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Spitzberg & Cupach (1994)




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## Attachment

- Patterns:
  - Avoidant,
  - Ambivalent,
  - Securely Attached
- Begins in Early childhood and extends into adulthood
- Emotionally focused couples therapy—relearn to comfort, reassure, supportive communication



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## Equity

- Equity theory—
  - Interpersonal resources (goods, information, money, love, service, status)
  - Matching
  - Balance
- Social support—
  - Appraisal support
  - Emotional support
  - Informational support
  - Instrumental support



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## Love

- Personal attachments
  - Affiliation
  - Liking (Peterson, p. 265)
  - Friendship
  - Love
- Passionate-companionate
- Gottman's work
  - Relational efficacy
  - 5:1 ratio
- Responding:
  - DO:
    - Active-constructive responding
    - Passive-constructive responding
  - Avoid:
    - Active-deconstructive responding
    - Passive deconstructive responding
  - 3:1 ratio



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