

# Friendship and Love

## Friendship & Love

- 1- Evaluation: dimensions and principles of ip relationship/ip attraction and escalating, maintaining and terminating. (supp mat)
- 2- Nature of friendship
  - Friendship
    - Relationship that exists over time between people who share a common history
  - Friends
    - Valuable sources of support & happiness
    - Are chosen
- 3- Reasons for friendship
  - Three basic needs met by friendship
    - See supp mat: reasons for friendship
  - 1- Inclusion
    - Need for social contact
  - 2- Control
    - Need for stability/predictability and comfort
  - 3- Affection
    - Need to give and receive love, support, warmth and intimacy
    - Note: social isolation can negatively affect physical and mental health
- 4- Rules for friendship
  - Rules
    - Prescriptions that tells us what behaviour is obligated, preferred or prohibited in certain contexts
    - Based on social and cultural expectations
  - Some researchers believe
    - Understanding and following rules is key to establishing and maintaining friendships
    - Egs of rules to establish relationship
      - Respect privacy and keep confidences
      - Seek to repay debts, favours or compliments
      - Be loyal
    - Egs rules to maintain relationships
      - Volunteer help in time of need
      - Trust and confide
      - Show emotional support
      - Not nag
      - Disclose personal feelings or problems
- 5- Types of friendships
  - Three main types
    - Acquaintances
      - May have dozens
      - Communication tends to be functional and superficial
      - Limited self disclosure about feelings and attitudes
    - Casual friends
      - Higher level of intimacy than acquaintances
      - More likely to volunteer help, plan get-togethers
    - Close friends
      - Highly intimate communications
      - More contact

- Likely to evolve in increments
  - Backfires if forced or manipulated
- Only 1-5 close friends because it takes too much time
- Friendships at different life stages (see supp mat)
  - Four stages described
    - Note: self disclosure levels seem to not change
      - ◆ Amount of negative self disclosure about self increases
    - Childhood
      - ◆ Stages of development of types of friendship
    - Adolescence
      - ◆ Importance of peer intimacy
    - Adult
      - ◆ Friendships may dissolve in adulthood
        - ◇ Egs
          - ▶ Physical separation
          - ▶ Time constraints
          - ▶ Rule violation
          - ▶ Changes caused by mate selection
    - Elderly
      - ◆ Old friendships are the most valued ones
      - ◆ Form fewer new friendships

#### 6- Making, developing and losing friends

- Using friendship opportunities
  - Where and when to meet
  - Know your interests, likes, dislikes
- Encouraging others
  - Explicit or implicit
- Understand how friendships develop and grow
  - Pace of relationship development
  - Why attracted to others
  - Self disclosure function and purpose
  - Reasons for deterioration
  - Understanding conversational levels
    - Powell's five levels of communication (supp mat)
      1. Cliché
        - ◇ Scripted
        - ◇ To make contact
      2. Exchange facts
        - ◇ Exchange non threatening information
      3. Ideas and judgments
        - ◇ More personal conversation
      4. Gut level communication
        - ◇ Share emotions and feelings
        - ◇ Usually good friends
      5. Peak communication
        - ◇ Disclosure of most personal thoughts
        - ◇ Rare and usually with most intimate friends or partner
        - ◇ Requires high trust
- Use skills to help maintain and repair relationships
  - Practice behaviours to enhance and enrich
  - Egs
    - Listening skills
    - Other orientation

- Conflict management skills
- Losing friends
  - See supp mat behaviours that will cost you a friendship

## 7- Love & Friendship

- Four main differences between love
  1. Closer identity of interest and sharing of outcomes
  2. More talk of reasons for initial attraction
  3. More likely to formally celebrate anniversaries
  4. Contains more passion and intimacy ( can't use intimacy alone to distinguish friendships from love relationships)

## 8- Types of love

- Three factors determine kind of love
  1. Intimacy
    - Trust, caring, etc
  2. Commitment
    - 1) Loyalty, devotion
  3. Passion
    - 1) Excitement, sexual passion
- Six categories of love
  1. Eros
    - Passionate love
    - Physical/sexual/intense
  2. Ludis
    - Pass-time and temporary
  3. Storge
    - Type of love we have for friends and family
    - Affectionate/calm/not intensely emotional
  4. Mania
    - May be a need for attention and low self concept
    - Shows high and lows
    - Intense/obsessive
  5. Pragma
    - Compatibility based
    - Practical/realistic
  6. Agape
    - Based in spiritual idea of love
    - Unconditional giving
    - Altruistic
- Development & growth of love
  - Complex
  - Type of love may change and evolve over time
  - Men
    - Tend to ludic and erotic relationships
  - Women
    - More likely to have manic, storgic or pragmatic
  - Eros, agape, storge
    - Most important common types
- Some research
  - Women as more cautious about entering love relationships
  - Once involved, men less likely to break off
  - Easier for women to remain friends after breakup
- See supp matt. Trouble makers