

# MHE-110-Chapter Six: Connecting and Communicating in the Modern World with Understanding Your Sexuality - Dr. Dave Shrock

Chapter Six:  
Connecting and Communicating in the Modern World

13<sup>th</sup> edition: pp. 142-162  
12<sup>th</sup> edition: pp. 134-170 (*chapter 5*)  
*Separate section on Understanding Your Sexuality, 13<sup>th</sup> edition, pp. 163-178*

*Intimate and non-intimate relationships can be one of life's greatest treasures, and sometimes a source of its greatest frustration*

the value of relationships  
*13<sup>th</sup> edition, pp. 143-144*

**Many studies show the importance of social support from others**

- ✓ **Emotional support:** Having a caring, loving, trusting and empathetic relationships with friends/family provides support in rough times.
- ✓ **Instrumental support:** Concrete help such as carrying a backpack for a friend with crutches, carpooling when a car is broken down, or tutoring with a difficult subject
- ✓ **Informational support:** Advice, suggestions, and information on how to navigate difficult situations and help formulating decisions
- ✓ **Belonging support:** Sharing activities such as homework, outings, sports or recreational activities



**Individuals with poor social connections have decreased immune function, higher blood pressure, higher rates of depression, weight management problems and more physical health problems.**

types of relationships:  
*friendships or non-intimate*  
*13<sup>th</sup> edition, pp. 144-146; 12<sup>th</sup> edition, pp. 135-136*

- ✓ **enjoyment:** the ability to enjoy another's company
- ✓ **acceptance:** accepting a person unconditionally for whom they are and understanding each other's boundaries
- ✓ **mutual trust:** assuming that the other person will act in one's best interest
- ✓ **mutual respect:** confidence that the other person exercises good judgment
- ✓ **mutual assistance:** providing assistance, support in both good times and bad
- ✓ **confiding:** sharing experiences that you would not share with others
- ✓ **understanding:** having the sense of the other's values and beliefs

*More than 'friending' on Facebook. On average, Americans have two close friends not linked to kinship or romantic relationships.*

types of relationships: *Intimate*  
*13<sup>th</sup> edition, pp. 144-146; 12<sup>th</sup> edition, pp. 135-136*

**contains four characteristics:**

- ✓ **behavior interdependence** – influences and mutual impact on each other
- ✓ **need fulfillment** -
  - ✓ **intimacy:** someone whom you can share your feelings with freely, and feel emotionally, and or physically close to
  - ✓ **social integration:** someone whom you can share your worries and concerns
  - ✓ **being nurturing:** someone whom we can care of, and who would care of you
  - ✓ **assistance:** helping someone in the time of need
  - ✓ **affirmation:** someone who will reassure you, be supportive and be your 'champion'
- ✓ **emotional attachment** - relationships can be very emotional yet not sexual. Spiritual attachment is an important component
- ✓ **emotional availability** - the ability to give and receive with our the fear of being rejected, hurt or betrayed.



common bonds of intimate and non-intimate relationships  
*13<sup>th</sup> edition, pp. 144-146; 12<sup>th</sup> edition, pp. 135-138 (diagram not in texts)*

FRIENDSHIP	LOVE RELATIONSHIPS
<ul style="list-style-type: none"> <li>• Enjoyment</li> <li>• Acceptance</li> <li>• Mutual trust</li> <li>• Respect</li> <li>• Mutual assistance</li> <li>• Confiding</li> <li>• Understanding</li> <li>• Spontaneity</li> </ul>	<ul style="list-style-type: none"> <li>• Fascination</li> <li>• Exclusiveness</li> <li>• Sexual desire</li> <li>• Giving the utmost</li> <li>• Being a champion or advocate</li> <li>• Intimacy</li> <li>• Passion</li> <li>• Commitment</li> </ul>
←	→
←	→
←	→
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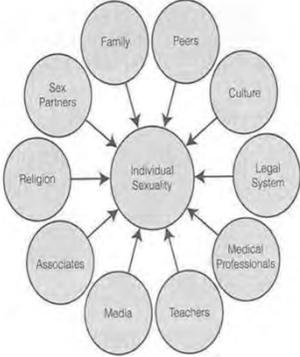
Additional elements of lasting healthy relationships:  
Trust: *predictability, dependability, faith of honoring best interests*  
Communication: *self-disclosure, acceptance, humour*  
Friendship: *commonalities, shared goals and interests.*

contributing factors to our sexual identity  
*13<sup>th</sup> edition, pp. 164-165; 12<sup>th</sup> edition, pp. 165-157 (diagram not in texts)*

Sexual identity is the aspect of our personality that encompasses our individual sexual thoughts, feelings, attitudes, plus actions, and each of us are unique.

Our sexuality influences:

- ✓ *Our identity*
- ✓ *Self-esteem*
- ✓ *Emotions*
- ✓ *Personality*
- ✓ *Relationships*
- ✓ *Lifestyle.*



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how do you know that you're falling in love?  
 13<sup>th</sup> edition pp. 146-147; 12<sup>th</sup> edition, pp. 136-137  
 Sternberg's Theory of Love

Love can also be defined as having these three key components:

- ✓ **Intimacy:** the emotional component of the feeling of closeness
- ✓ **Passion:** the motivational component which reflects romantic and/or sexual attraction
- ✓ **Commitment:** the cognitive component of the decision you make regarding being in love and the degree of commitment.

how do you know that you're falling in love?  
 romantic relationships exhibit the following traits:  
 13<sup>th</sup> edition, pp. 147-148; 12<sup>th</sup> edition, pp. 136-137

- ✓ **Fascination:** tending to pay attention to a person, even at the expense of other activities or relationships
- ✓ **Exclusiveness:** the relationship takes priority over all other relationships
- ✓ **Sexual desire:** the desire for physical intimacy
- ✓ **Giving the up most:** caring enough to give the up most even at the expense of one's self
- ✓ **Being a champion or advocate:** promoting the other person and assuring their success with unyielding support.

to what degree am I in Love?  
 not in texts

The four year itch is a chemical fact!

A chemical called 'oxytocin' is prevalent during approximately the first four years of a relationship, though wanes over time

After four years, the more common chemical 'endorphin' is prevalent which creates feelings of well being and security.

Is it love?

- Verbalizing affection, such as saying "I love you"
- Offering self-disclosure, such as revealing intimate facts about oneself
- Giving nonmaterial evidence, such as emotional and moral support in times of need, and respecting the other's opinion
- Expressing nonverbal feelings, such as feeling happy, more content, more secure when the person is present
- Giving material evidence, such as gifts, flowers, small favors, or doing more than one's own share of a task
- Physically expressing love, such as hugging, kissing, making love
- Tolerating the other, such as accepting his or her idiosyncrasies, peculiar routines, or forgetfulness
- Wanting to promote the partner's welfare
- Feeling happiness with the partner
- Holding the partner in high regard
- Being able to count on the partner in time of need
- Being able to understand each other
- Sharing oneself and one's possessions with the partner
- Giving emotional support to the partner
- Being able to communicate about intimate things
- Valuing the partner's presence in one's own life

healthy v. unhealthy relationships...  
 how do you rate?  
 13<sup>th</sup> edition, p 152-152, 12<sup>th</sup> edition, p. 145 (figure 6.3)

In an unhealthy relationship...	In a healthy relationship...
You care for and focus on another person only and neglect yourself or you focus only on yourself and neglect the other person.	You both love and take care of yourselves before and while in a relationship.
One of you feels pressure to change to meet the other person's standards and is afraid to disagree or voice ideas.	You respect each other's individuality, embrace your differences, and allow each other to "be yourselves."
One of you has to justify what you do, where you go, and people you see.	You both do things with friends and family and have activities independent of each other.
One of you makes all the decisions and controls everything without listening to the other's input.	You discuss things with each other, allow for differences of opinion, and compromise equally.
One of you feels unheard and is unable to communicate what you want.	You express and listen to each other's feelings, needs, and desires.
You lie to each other and find yourself making excuses for the other person.	You both trust and are honest with yourselves and with each other.
You don't have any personal space and have to share everything with the other person.	You respect each other's need for privacy.
Your partner keeps his or her sexual history a secret or hides a sexually transmitted infection from you, or you do not disclose your history to your partner.	You share sexual histories and information about sexual health with each other.
One of you is scared of asking the other to use protection or has refused the other's requests for safer sex.	You both practice safer sex methods.
One of you has forced or coerced the other to have sex.	You both respect sexual boundaries and are able to say no to sex.
One of you yells, and hits, shoves, or throws things at the other or intimidates.	You resolve conflicts in a rational, peaceful, and mutually agreed-upon way.
You feel offed, trapped, and stagnant. You are unable to escape the pressures of the relationship.	You both have room for positive growth, and you both learn more about each other as you develop and mature.

beginning a relationship:  
 communication  
 13<sup>th</sup> edition, pp. 147-149; 12<sup>th</sup> edition, 139-141

Communication is over 90% non-verbal, often cultural, and open to interpretation!

- ✓ **Body language, gestures, facial expressions, and how the person looks**
- ✓ **Tone of voice**
- ✓ **smells**

What do you look for in the opposite sex?  
**Women statistically look for torso and eyes**  
**Men statistically look for legs, hair and eyes**

how men and women communicate  
 13<sup>th</sup> edition, pp. 147-148; 12<sup>th</sup> edition, pp. 139-141

Women	Men
<b>FACIAL EXPRESSIONS</b> • Smile and nod more often • Maintain better eye contact	<b>FACIAL EXPRESSIONS</b> • Frown more often • Often avoid eye contact
<b>SPEECH PATTERNS</b> • Higher pitched, softer voices • Use approximately 5 speech tones • May sound more emotional • Make more tentative statements • Interrupt less often	<b>SPEECH PATTERNS</b> • Lower pitched, louder voices • Use approximately 3 speech tones • Disturb sleep from the body • Make more direct statements • More likely to interrupt
<b>BODY LANGUAGE</b> • Take up less space • Gesture toward the body • Lean forward when listening • More gentle when touching others • More feedback via body language	<b>BODY LANGUAGE</b> • Occupy more space • Disturb sleep from the body • Lean back when listening • More forceful gestures • Less feedback via body language
<b>BEHAVIORAL DIFFERENCES</b> • Express intimate feelings more readily • More likely to ask for help • Apologize more frequently • Talk is primarily a means of rapport, establishing connections, and negotiating relationships	<b>BEHAVIORAL DIFFERENCES</b> • Have more difficulty in expressing intimate feelings • Less likely to ask for help • Apologize less often • Talk is primarily a means of preserving independence and negotiating and maintaining status

good table on listening on p. 149 in the 13<sup>th</sup>, and 141 in the 12<sup>th</sup> edition

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## overcoming barriers to intimacy

13<sup>th</sup> edition, pp. 152-154; 12<sup>th</sup> edition pp. 142-143

### With advances in technology and access, we communicate differently than our parents or grandparents

- ✓ **overreliance on technology:** barriers includes 24-7 access with interruptions and overreliance
- ✓ **differences in background:** access and migration provides never before access to others of differing backgrounds which can create communication challenges
- ✓ **alcohol and drugs:** affect our communication and comprehension
- ✓ **dysfunctional families:** upbringing that exhibits poor communication with lack of love and trust. It is possible to move beyond the past and have the courage to delve into intimate relationships, though it takes concerted effort and support
- ✓ **jealousy in relationships:** either real or imaged can become barriers. Sources can be: overdependence, overvalue of sexual intimacy, perceived threats, low self-esteem, fear of losing control.

Great article in 13<sup>th</sup> edition, p. 154



## becoming a better listener

13<sup>th</sup> edition, pp. 146-149

### Listening skills enhance our relationships, improve our grasp of information, and help better interpret messages

#### We listen best when:

- ✓ We believe the message
- ✓ The speaker holds our attention
- ✓ We're in the mood to listen (free of distractions and worries)



#### Practice 'mindful listening'

- ✓ Avoid distractions, turn off the TV, put down your device
- ✓ Be present...focus on listening and acknowledge by nodding or smiling
- ✓ Ask for clarification if you don't understand
- ✓ Control the urge to interrupt

#### Three basic listening modes:

- ✓ **Passive:** When we provide no verbal or visual feedback to listener
- ✓ **Selective:** When we are engaged, but listen only for information that supports what we already know or believe
- ✓ **Active:** When we not only hear, but try to understand with an open mind.

## Life in the time of twitter-Facebook

12<sup>th</sup> edition, pp. 142-143; 11<sup>th</sup> edition, pp. 139-141

### With new technology etiquette needs to be developed:

#### When Meeting:

- ✓ if using a dating site, be honest and give a fair assessment of yourself
- ✓ if planning to meet, find a neutral public spot... demands for a 'secret meeting' should sound alarm bells

#### While dating:

- ✓ discuss what info you want to share about each other online
- ✓ be forewarned that electronic updates provide little to talk about when meeting up...keep some information for face-to-face meetings
- ✓ sober up before you hit 'submit'. What may be funny at the time, may not be later
- ✓ remember the internet is forever...posts, photos can be accessed by everyone...parents, friends, schools, and employers - currently 37%!
- ✓ respect each other's privacy...don't log onto each other's sites unless agreed
- ✓ know that all phones have GPS systems to track your location

#### If breaking up:

- ✓ don't break-up via technology...people deserve a more personal break-up
- ✓ be sure to change passwords so your 'ex' doesn't have access to your accounts.



## beginning a relationship: stages of engagement

13<sup>th</sup> edition, 153-155, 12<sup>th</sup> edition 148-150

- I. Marketing stage:** we tend to gravitate towards those who share the same values, education, and location
- II. Sharing stage:** the exploration of values, beliefs, interests, ideals, morals
- III. Unifying of values stage:** if there is enough in common, we begin the process of give & take or compromise in these areas
- IV. Societal commitment:** marriage, cohabitation, partnerships

## marriage demystified

13<sup>th</sup> edition, pp. 156-157; 12<sup>th</sup> edition, pp. 148-149

- ✓ The best way to find a future marriage partner is through an introduction by family, friends, or acquaintances
- ✓ The more similar people are in their values, backgrounds and life goals, the more likely they'll have a successful marriage
- ✓ Those who live together before marriage have a less satisfying marriage and higher chances of breaking up
- ✓ In large portions of the population the rate of divorce is well below 50%
- ✓ Many studies have shown that the most stressful time in a marriage is when the first child is born
- ✓ Rather than luck and love, the most common reason marriages succeed is commitment and companionship.
- ✓ **FACT:** 73% of couples list similar ideas about having and raising children as most important, followed by a steady job at 63%.

## committing to a relationship

13<sup>th</sup> edition, pp. 156-157

**FACT:** you will change more from your age now until 25 years of age more than the period from 25 years to the rest of your life. Try not to become involved in a 'life relationship' until you are **25 years of age**.

- ✓ **26.0 yrs. old** = the median age of the first marriage for women
- ✓ **27.1 yrs. old** = the median age for the first marriage for men
- ✓ nationally, 54% of women, 64% of men do not marry before the age of 34.

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## cohabitation before marriage

13<sup>th</sup> edition, p 157-158; 12<sup>th</sup> edition, p. 150

Couples who are not married, though cohabitating (*living together*) increased nationally over 1000% from 2.9% in 1960 to 60% in 2016. With-in 5 years, 52% will have married; while 31% will have split-up.

- ✓ **60%** of relationships commit to marriage and couples stay married after 15 years if **a firm commitment** of marriage is made prior to cohabitation
- ✓ **53%** of relationships commit to marriage and couples stay married after 15 years if **no commitment** of marriage is made prior to cohabitation
- ✓ **Success often depends on motivation for cohabiting:**
  - ✓ Those who cohabit and delay marriage to complete college or begin careers tend to successfully marry
  - ✓ Those who cohabit for no specific reason tend to move from one relationship to another not resulting in marriage.

2016 study from center for Disease Control and Prevention

## when relationships falter

13<sup>th</sup> edition, pp. 155-156; 12<sup>th</sup> edition, p. 148

**Ultimately 41% of 'life relationships' will end in divorce, 20% with-in the first 5 years.**

**Change in communication is usually the first sign**

**Some of the key culprits are:**

- ✓ finances
- ✓ illness
- ✓ career problems and stresses
- ✓ infidelity
- ✓ breakdown in communication, trust, respect
- ✓ change in life goals and values



**Ways of coping when relationships end:**

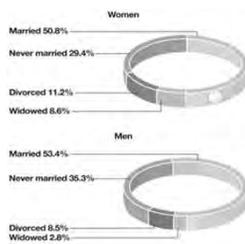
- ✓ Acknowledge you have gone through a rough experience
- ✓ find healthful ways to express emotions...let go of negative thoughts
- ✓ spend time with friends or reconnecting with friends
- ✓ don't rush into a 'rebound' relationship.

## relationships: staying single

13<sup>th</sup> edition, pp. 156-157; 12<sup>th</sup> edition, p. 152

- ✓ **In 1970, 18.9% men, and 13.7% of women between the ages of 20-34 decided that a 'life relationship' was not for them**
- ✓ **By 2015, 67% of men and 57% of women in this age group decided to remain single**

- ✓ As more women enjoy financial independence, they tend to marry later, and sometime not at all.
- ✓ Increasing numbers of widows and widowers choose not to remarry.
- ✓ The percentage of children living in one parent households has increased significantly from 9% in 1960 to 41% in 2016.



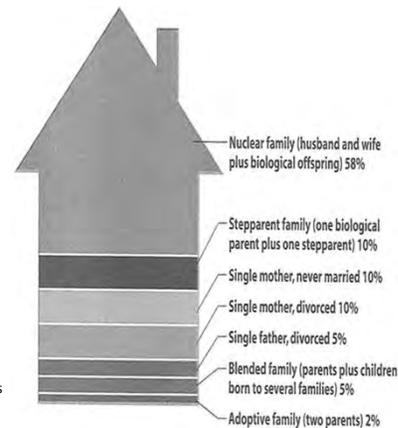
## the changing family

13<sup>th</sup> p. 156-157; 12<sup>th</sup> p. 151

**26 June 2013** - US Supreme Court declined to hear petition to halt same-sex marriages in California effectively making same sex marriage legal in the US, following the lead of most European nations.

**Oct'14** - US Supreme Court reaffirmed by declining to hear a challenge to a State's ruling

18 countries allow same sex marriage. In 2016 Ireland was the first to approve in a national referendum.



## nurturing of children increases success

not in texts, presentation by Laurie Hatch - MJC Child Development

- ✓ **The human brain is hard wired for nurture**
- ✓ **Healthy adult-child relationships are predictors of behaviors including:**
  - ✓ Empathy (*positive feelings and caring*)
  - ✓ Self-control
  - ✓ Social skills
  - ✓ Learning
  - ✓ Belonging and self-esteem
  - ✓ Better learning skills and academic success
- ✓ **Building blocks for increased success:**
  - ✓ Trust and sense of safety in relationships
  - ✓ Empathy or caring towards child
  - ✓ Healthy personal relationships with parents and family members

For the full presentation, refer to: <https://share.yosemite.edu>, and search for Laurie Hatch.

## success in parenting relationships

12<sup>th</sup> edition, p. 147; 11<sup>th</sup> edition, pp. 143-147

- ✓ **Successful parenting scripts:**
  - ✓ **trust:** the other person will do the right thing
  - ✓ **predictability:** acts consistently in positive ways
  - ✓ **accountability:** see each other responsible for own decisions with shared respect
  - ✓ **dependability:** provides support in all situations
  - ✓ **faith:** in partners intentions and behaviors
- ✓ **self-nurturing:** being able to balance own needs
- ✓ **changing gender roles:**
  - ✓ domestic responsibilities
  - ✓ blurring of power
  - ✓ wage earning...one income or two?

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### relationships: *ground rules for arguing*

13<sup>th</sup> edition, p. 152; 12<sup>th</sup> edition, p. 144



**Enviably relationships go through 'intense communication' or arguing. By testing out some of these ground rules below for arguments, you will be more effective and less confrontational:**

- ✓ **Identify the problem or issues:** *try to identify and understand both sides*
- ✓ **Leveling:** *sending your partner a clear, simple and honest message. Do not use the terms 'always' or 'never'.*
- ✓ **Editing:** *censoring remarks that are meant to be hurtful or irrelevant*
- ✓ **Documenting:** *giving specific examples of issues you are discussing*
- ✓ **Develop several solutions and evaluate:** *compromise and seek common solution*
- ✓ **Validating:** *letting your partner know that you still respect them though you may not agree with their point of view*
- ✓ **Listen:** *try to understand your partners argument*
- ✓ **Try not to compare**
- ✓ **Set an appropriate time:** *where you can sit down and you both can be 'present'*
- ✓ **Allow a cooling off time, though follow-up:** *but also don't let it drag on*