


Positive Psychology Club



“Relationships are considered the ‘single most reliable’ of the five elements to well-being.”


—MARTIN SELIGMAN





MEETING SCHEDULE

Schedule for this meeting:

1. Icebreaker game
 2. Attraction (Eric)
 3. Stages of a relationship, love languages (Myla)
 4. Attachment styles (Eric)
 - Attachment style skits. How would a secure relationship handle this?
 5. Breakups, coping mechanisms (Luna)
 6. Transition to meditation
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ATTRACTION

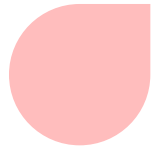


UNDERLYING MECHANISMS OF ATTRACTION



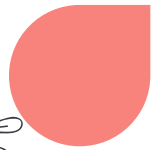
PROPINQUITY / PROXIMITY

FAMILIARITY

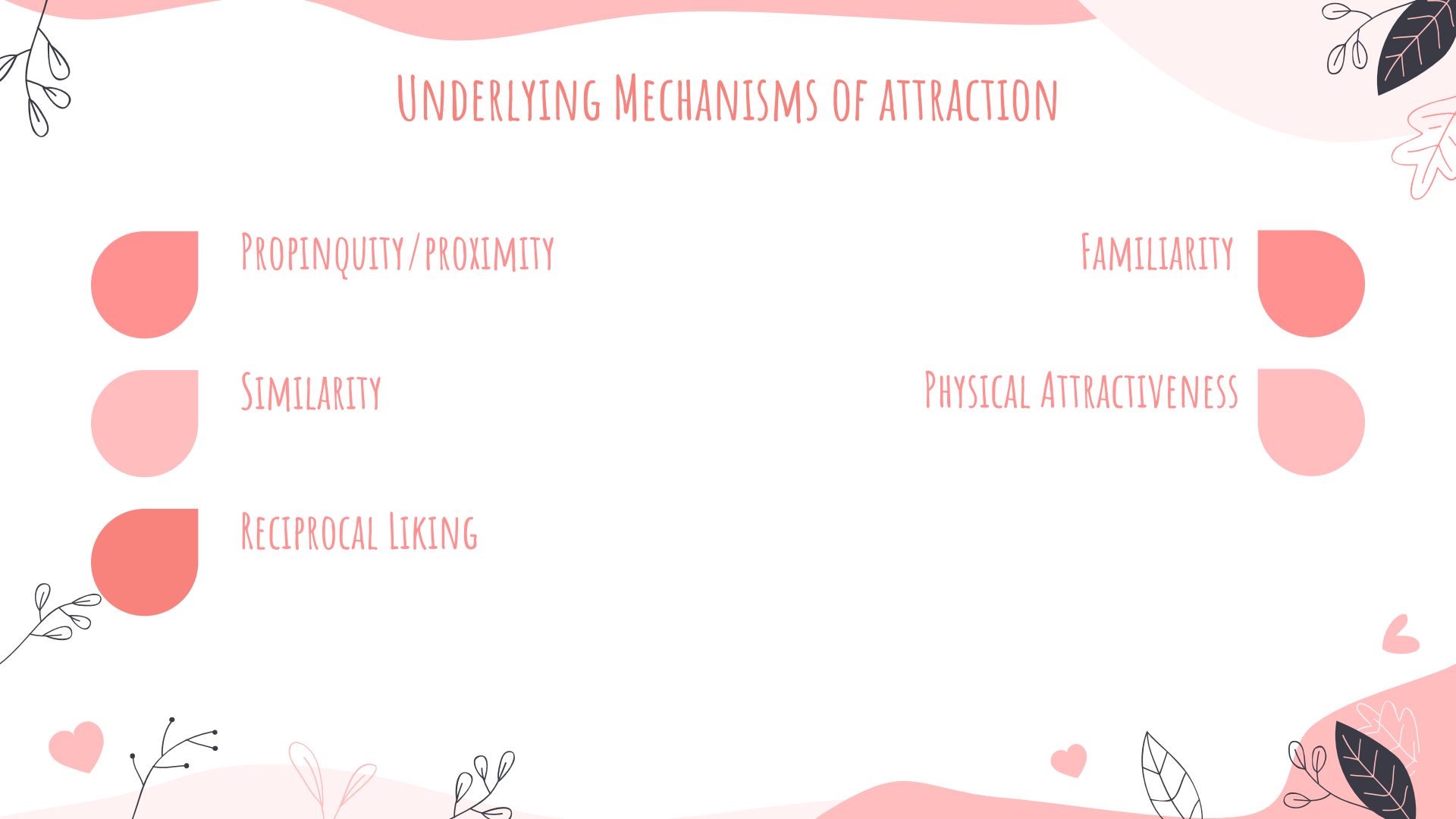


SIMILARITY

PHYSICAL ATTRACTIVENESS

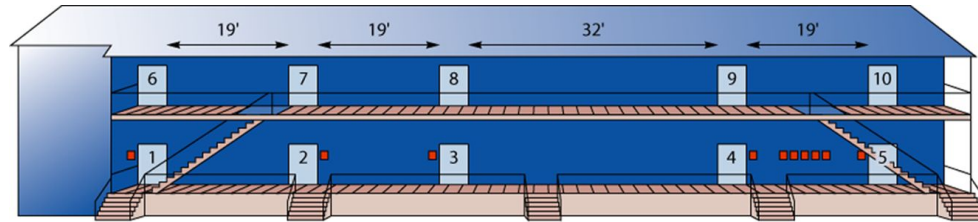


RECIPROCAL LIKING



PROPINQUITY / PROXIMITY

- The Propinquity Effect
 - The more we see and interact with people, the more likely they are to become our friends.
 - The propinquity effect occurs due to the mere exposure effect, the finding that the more exposure we have to a stimulus, the more apt we are to like it.
- Festinger, Schachter, and Back (1950) tracked friendship formation among the couples in various apartment buildings.
 - Residents assigned randomly, most were strangers.
 - Researchers asked the residents to name their three closest friends in the entire housing project.
 - Of the close friends reported:
 - 65% were living in the same building.
 - 22% were two doors apart, living in the same building.
 - 41% were next-door, living in the same building.



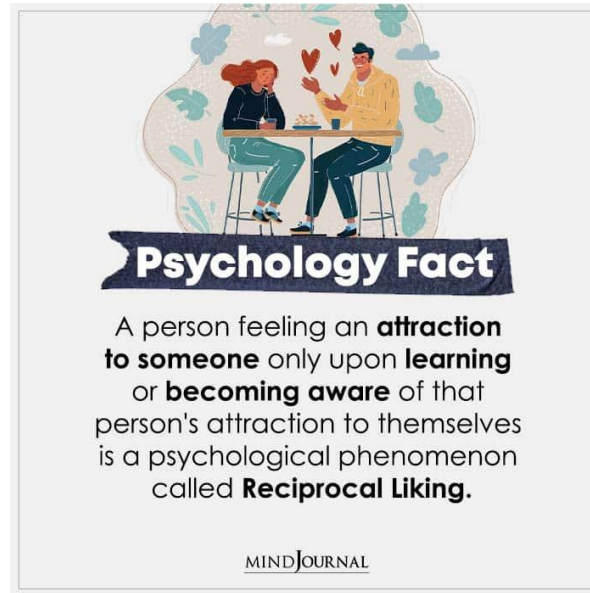
SIMILARITY

- Similarity is a match between interests, attitudes, values, background, or personality.
- Researchers had participants look through stacks of photos and pair the ones they think are couples (Zajonc et al., 1987).
 - “Photo couples” were more often real couples.
- Why is similarity so important in attraction?
 - We tend to think that people who are similar to us will also like us, so we are likely to initiate a relationship.
 - Similar people validate our own characteristics and beliefs.
 - We make negative inferences about someone who disagrees with us on important issues.
- Relationships based on differences can be very difficult to maintain.



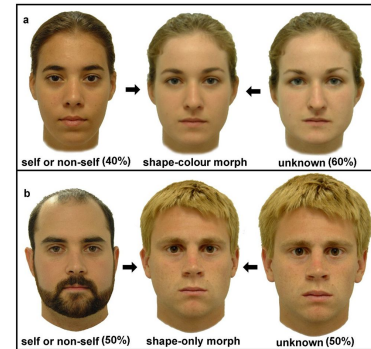
RECIPROCAL LIKING

- Simply knowing that someone likes us makes them more attractive to us.
- Sometimes due to self-fulfilling prophecy:
 - When we expect people to like us, we elicit more favorable behavior from them and show more to them.



FAMILIARITY



- Fraley and Marks (2010) had participants rate faces on attractiveness in three studies.
 - Study 1
 - Shown strangers' faces, and some included opposite gender parent's photo subliminally before the stranger's face.
 - Participants who were exposed to a picture of their parent generally found the stranger's face more sexually attractive than those who were shown the photo of an unrelated person.
 - Study 2
 - Shown morphed pictures of strangers, and some morph included their own picture.
 - Participants shown images containing their own face found the picture more sexually attractive.
 - Study 3
 - Shown morphed pictures, half of the participants were told the composites included their faces, while the rest were not. **None** of the composites contained subjects' faces.
 - Subjects who believed the composites contained their own images rated it as less attractive.
- We are subconsciously attracted to features reminiscent of our own.



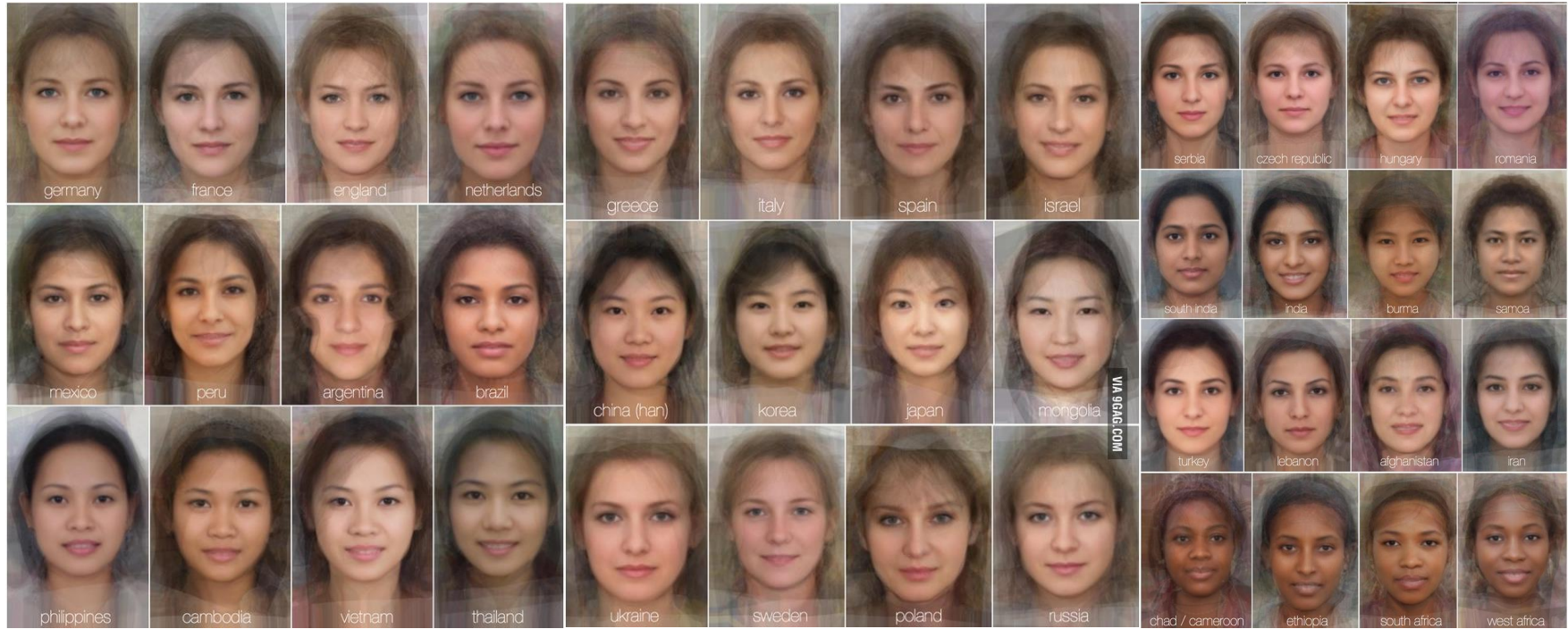


PHYSICAL ATTRACTIVENESS



- Even though people rank physical attractiveness below things like sense of humor, intelligence, honesty, and kindness (Apostolou, 2015), actual behavior indicates it may play a more important role than we consciously recognize.
 - The impact of physical attractiveness on liking is strongest early in a relationship, other factors like kindness, humor, and honesty become more important over time (Eastwick & Hunt, 2014).
 - Attractive faces for both sexes are those whose features tend to be the arithmetic mean (average) for the species and not the extremes, due in part to the “average” face being familiar, matching an archetype for what a face is.
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PHYSICAL ATTRACTIVENESS



Average faces of women around the world

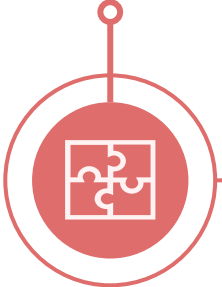
STAGES OF A RELATIONSHIP



STAGES OF A RELATIONSHIP

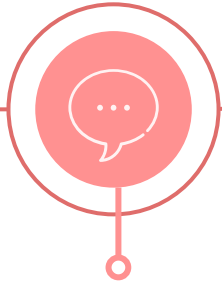
THE MERGE

"Honeymoon phase," feeling like you've found your perfect match



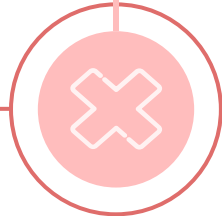
DISILLUSIONMENT

Issues swept under the rug come out, power struggles



DOUBT AND DENIAL

Noticing the differences between us and them

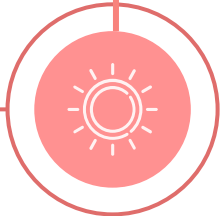


DECISION

Whether to leave and start over or stay and work on the relationship

WHOLEHEARTED LOVE

Self-discovery and the acceptance of the other's flaws occurs



WHAT TO DO IN EACH STAGE

- 1/The Merge: Enjoy this stage while simultaneously realizing emotions are high
 - Ask a friend to make sure you're not missing any red flags
 - Go slow with making big decisions
- 2/ Doubt and Denial: De-escalate conflicts and face the relationship problems head-on while treating the other with care and respect
 - Health disagreement or unhealthy control issues?
 - Best time to infiltrate love languages!
- 3/Disillusionment: Clear the air and create space
 - Practice showing affection even when upset
 - Focus on the positive with gratitude

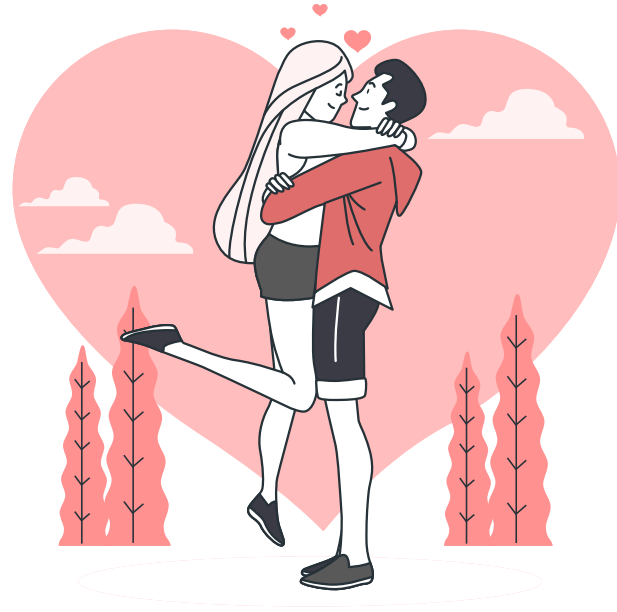


WHAT TO DO IN EACH STAGE

- 4/Decision: Do some work before considering a new path
 - Communicate effectively to understand your own role in the relationship deterioration
 - Even if you do part ways, do it in a constructive manner
- 5/Wholehearted love: Sustain your own wholeness as an individual
 - Relish the journey, though new challenges may appear
- Remember that relationships are *cyclical*, not linear!



LOVE LANGUAGES



WHAT IS A LOVE LANGUAGE?

- How to express heartfelt commitment to your partner
- Idea originally coined by Gary Chapman
 - Author, speaker, and marriage counselor
- In 1992, Chapman wrote and outlined the five general ways that romantic partners express and experience love (“love languages”)
 - The book has since sold over twenty million copies and has been on the *New York Times* bestsellers list since 2007



THE FIVE LOVE LANGUAGES



PHYSICAL TOUCH

Non verbal - use body language to and touch to express love



WORDS OF AFFIRMATION

Encourage, affirm, appreciate, empathize. Listen actively



ACTS OF SERVICE

Use action phrases like "I'll help," so your partner knows you're with them



QUALITY TIME

Uninterrupted and focused conversations




GIFT GIVING/RECEIVING

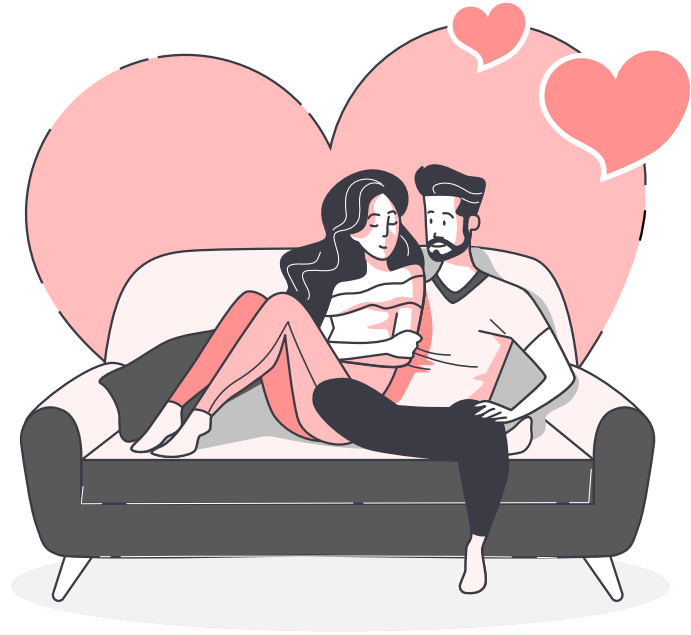
Thoughtfulness, make your partner a priority



BENEFITS OF KNOWING YOUR LOVE LANGUAGE

- Love languages help our partners better understand how to give us affection, and the same concept can be applied vice versa. For example:
 - Physical touch - Hugging, kissing, holding hands
 - Words of affirmation - Send an unexpected text or card
 - Acts of service - Do chores together, make them breakfast
 - Quality time - Go on a walk together, create special moments
 - Giving/receiving gifts - Express gratitude, give thoughtful gifts
 - If you are interested in finding out your love language:
<https://tinyurl.com/yckwfc3r>
 - Most people are usually a combination 1-2 languages
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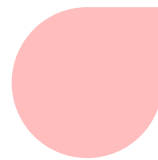
ATTACHMENT STYLES



ATTACHMENT STYLES



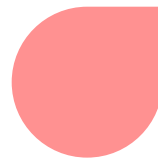
SECURE



ANXIOUS



AVOIDANT



ANXIOUS-AVOIDANT




SECURE

- Secure attachment style refers to the ability to form secure, loving relationships with others.
- A securely attached person can trust others and be trusted, love and accept love, and get close to others with relative ease. They're not afraid of intimacy, nor do they feel panicked when their partners need time or space away from them. They're able to depend on others without becoming totally dependent.





ANXIOUS

- Anxious attachment style is a form of insecure attachment style represented by a severe fear of abandonment.
 - Anxiously attached people tend to be very insecure about their relationships, often worrying that their partner will leave them and thus always hungry for validation.
 - Associated with clingy behaviors, such as getting anxious when your partner doesn't text back fast enough, or constantly feeling that your partner doesn't care enough about you.
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AVOIDANT

- Avoidant attachment style is a form of insecure attachment style represented by a fear of intimacy.
- People under this condition tend to have trouble getting close to others or trusting others in relationships, and relationships can make them feel suffocated. They typically maintain some distance from their partners or are largely emotionally unavailable in their relationships, preferring to be independent and rely on themselves.

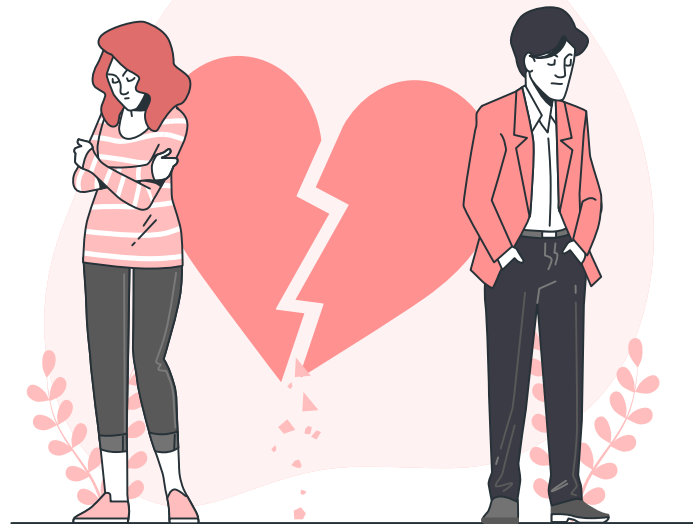




ANXIOUS - AVOIDANT

- Anxious-avoidant attachment style is a combination of both the **anxious** and **avoidant** attachment styles.
 - People with anxious-avoidant attachment both **desperately crave affection** AND **want to avoid it at all costs**. They're **reluctant to develop a close romantic relationship**, yet at the same time, they **have a dire need to feel loved by others**.
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BREAKUPS



TYPICAL FEELS AFTER A BREAKUP

- Lost
- Heartbroken
- Confused
- Unloveable
- Angry
- Guilty
- Alone



- Free
- Relieved
- Inspired
- Optimistic
- Empowered
- Confident
- Strong

COPING MECHANISMS





EMOTION - BASED

“EMOTION-BASED COPING IS HELPFUL WHEN YOU NEED TO TAKE CARE OF YOUR FEELINGS WHEN YOU EITHER DON'T WANT TO CHANGE YOUR SITUATION OR WHEN CIRCUMSTANCE ARE OUT OF YOUR CONTROL”

- Hang out with friends
- Exercise
- Journaling
- Meditation
- Listening to music
- Watch funny movies
- Self-care



OTHER WAYS TO COPE

- Let yourself feel all your emotions fully.
- Then let that shi go



BE YOUR OWN BESTFRIEND

SHOW UP FOR YOURSELF LIKE YOU WOULD A FRIEND. WHEN YOU'RE GOING THROUGH A TOUGH TIME THAT'S WHEN YOU NEED TO SHOW YOURSELF THE MOST PATIENCE AND COMPASSION.

- You're the only person that will ever know you like you do.
- You're the only person that will be there through it all with you.
- Learn to make friends with yourself, cause in the end you're all you've got.
- Take yourself on a date.
- Go for a car ride while blasting all your favorite songs.
- Talk to yourself, tell yourself you'll be there for YOU no matter what. Shower yourself with compliments and love.

3 GOOD THINGS

PRACTICE GRATITUDE



1. Find 3 positive things that happened during your day/week to write about.
2. Write about each event in as much detail as you can.
3. **INCLUDE HOW IT MADE YOU FEEL AND WHY**
4. Repeat as needed

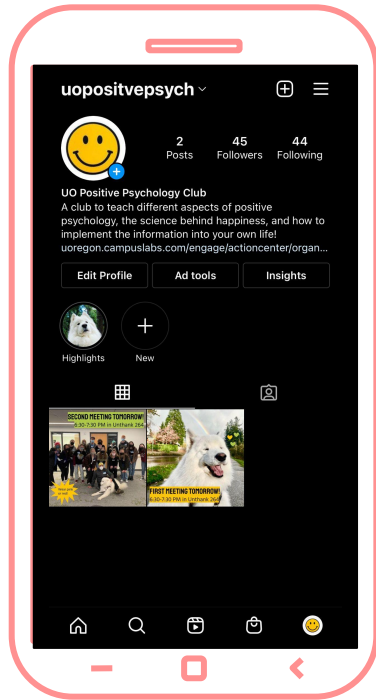
LAUGHTER IS THE BEST MEDICINE

YOUR FEELINGS ARE VALID

- Laughing doesn't minimize or take away from the feelings you have. It just helps to make them feel a little less overwhelming.
- Whatever you're going through whether a breakup or something else, it's important to remember that although it feels like the end of the world now, it's not always going to feel like this.

PERSPECTIVE IS KEY

- Using laughter to create some space between you and the situation can help you put the experience into perspective.
- For example, think back to a time in middle school/high school times where you thought whatever you were going through was just the worst possible thing that could ever happen... it's probably not that big of a deal to you now right?



HAVE ANY QUESTIONS?

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(Join to get our emails)

Instagram: @uopositvepsych

REMINDER

Our next meeting will be on 2/17/22 at the same time (6:30-7:30). You can stay until 8:00 PM and join us for meditation!

