**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 afar.
2. This type of “honorable” love can easily border on worship.
   - 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.

### 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**
- **Freud and Schopenhauer**
  - a. Lover “over-values” the beloved, feeling that they will finally achieve total contentment and happiness.
  - b. 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.
Superficiality: One loves—not the person—but some attribute, e.g. prestige, status, etc.
Symbiotic: Deficient form of love in which two individuals become involved in a sadomasochistic cycle in order to assuage loneliness and isolation.
Sadist seeks to overcome separateness by dominating and controlling.
Masochist seeks to overcome existential isolation and gain security by being used and dominated.
Idolatrous: A person with low self-esteem and lacking a firm sense of self-identity, idolizes another’s love to the point of worship.
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.
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 ADDICTION

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 of the other.

LOVE AS EGO-COMPLETION

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.

YALOM’S CRITERIA FOR NEED-FREE LOVE RELATIONSHIPS

OVERCOMING ISOLATION
1. Suspend judgments of self-centered egotism 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.

MATURE LOVE

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 deprecation.

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, responsibility, respect and knowledge.
5. Transcending self-concerns and empathizing with the other.

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.
### Maslow’s Criteria (continued)

| b. | Involves admiration, nurturing and caring regard. |
| c. | Characterized by love for another rather than des- |  |
| d. | perate need of love from another. |  |
| e. | Each person has a concern for the others’ well- |  |
| f. | being and is eager to help. |  |
| g. | Both members feel admiration and exaltation in the |  |
| h. | success and achievements of the other. |  |
| i. | Instead of needing to be together, both people want |  |
| j. | 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 between-ness 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.

### Deficient Relationships

#### Non-Actualized Functional Relationships

<table>
<thead>
<tr>
<th>Basis of Class</th>
<th>Dynamics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Couple involved can remain together for a lifetime comparatively free of conflict.</td>
<td></td>
</tr>
<tr>
<td>2. One or both members of the couple fail to self-actualize fully in that they do not mature to their full emotional potential.</td>
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#### Symbiotic Relationship

<table>
<thead>
<tr>
<th>Parent-Child Dependency</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Needy, insecure person involved with a mature, autonomous person</td>
</tr>
<tr>
<td>2. Mature person gains great personal satisfaction from caring for needy person.</td>
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<tr>
<td>3. Needy person feels great emotional relief and satisfaction in being nurtured and loved.</td>
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</tbody>
</table>

#### Quasi-Symbiotic Relationship

<table>
<thead>
<tr>
<th>Self-Validation</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>a. Compare to Sartre’s notion of appropriating the will of another so as to justify one’s otherwise superfluous existence.</td>
</tr>
<tr>
<td>b. Compare to Fromm’s notion of the facade of symbiotic love as pseudo love.</td>
</tr>
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### Misguided Relationships

#### Yalom’s Criteria

<table>
<thead>
<tr>
<th>Deficient Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Individuals involved may have actual symptoms of mild to severe emotional maladjustment.</td>
</tr>
<tr>
<td>2. Misguided in that the individual does not fully relate to the other but rather utilizes the other as a means to assure their feelings of separateness and aloneness.</td>
</tr>
</tbody>
</table>

#### 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

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

#### III. Sadism

1. 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.

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**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.
DYSFUNCTIONAL RELATIONSHIPS

NEUROTIC ATTACHMENT: LYNGZEIDETSON'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: LYNGZEIDETSON'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 weakness 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

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.

TOXIC RELATIONSHIPS: pathological

SADISTIC ATTACHMENT
1. Very weak, insecure person masks extreme vulnerability by attempting to control, manipulate, and dominate the other.
2. 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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