

SPEAKING UP IN RELATIONSHIPS

Taken from Terence T. Gorski (1993):
NY: A Fireside Book by Simon & Schuster

GETTING LOVE RIGHT:
LEARNING THE CHOICES OF HEALTHY INTIMACY

LEVELS OF RELATIONSHIPS (p. 203)

1. Acquaintanceship – casual, public-self communication.
2. Companionship – be involved in mutually enjoyable activity together.
3. Friendship – share thoughts, feelings, hopes, etc. in a mutually respectful connection that values the friendship as more unique than connections with others.
4. Romantic Love – takes friendship further by adding sensuality and passion.
5. Committed Love – decision to focus on integrating the relationship into one's life as a major focus and to accept responsibility for the maintenance and nurturance of the relationship through time.

PRIMARY ELEMENTS OF EMOTIONAL BONDING (p. 219)

1. Time together: “Proximity (nearness) + Time = Intimacy”
 2. Shared experiences: share thoughts, feelings, and experiences honestly with the other.
 3. Depth of interpersonal exchange: sharing of personal self.
 4. Exclusivity: a decision to make this person “special” in one's life—one of a kind.
 5. Collective concern: beginning to see the relationship as adding to one's identity...the “we-ness.”
- Being able to communicate at each level of a relationship is very important...
 - Sometimes people confuse the levels and jump ahead in the phases of development without sharing and learning how to communicate effectively at each stage.
 - At what levels are your most important relationships right now?
 - Is there a level you are not at now with someone, but would like to be someday?