• Interpersonal Communication

And

• Relationships

What is interpersonal communication?

• Informal exchange of information between two or more people.
• Most scholars add another ingredient: must treat each other as unique individuals

Where do we have interpersonal communication?

• Doughnut shop, chatroom, airport, classroom, workplace, library, bus stop, athletic event, meeting, student union, dorm, home, grocery wedding—Any place where people interact.

Comes in more forms than just close relationships

It can be
• Impersonal/superficial
• Personal/intimate
• Private/public
• Unstructured/structured
And

• It occurs in every stage of relationship development both coming together and coming apart. (there is that relationship word again)

• Definition of relationship:
  Denotative
  An association between at least two people.
  Connotative
  Trouble, heartbreaker, baffling, ecstasy, fun, over rated, under rated

• How many relationships do you have?
  • Intimate
  • Social
  • Work
  • Family

Why and How
do we get involved in relationships?
**Why?**
- This time it will be different
- The rewards seem to outweigh the costs (social exchange theory)
- Positive outcomes will develop
- We have a need for affection, inclusion, and control

**Who do we choose?**
- Important in the decision are:
  - Appearance, Similarity,
  - Complementary, Competence, Disclosure,
  - Proximity, Reciprocal Attraction

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**How do we develop relationships (healthy ones)?**
- Face to Face
  - Watching from a distance
  - Small Talk (a waste of time? valuable?)
  - Self Disclosure
- On Line
  - Chatrooms, Internet dating, email, text messaging

**How good are you at interpersonal communication?**
- What interpersonal behaviors encourage you to maintain a conversation with another person? Talk to them again?
- What interpersonal behaviors turn you off to others to the point you do not want to interact again?
**A Scientific Look at Relationship Stages of Development**

**Coming Together**
- Knapp’s Theory
  - The Relationship begins
- Initiating “Hi” How are you?
- Experimenting “You like to ski, me too”
- Intensifying “I – think I love you”
- Integrating “You’re a part of me”
- Bonding “It is always us”

**Coming Apart**
- Differentiating “Sometimes I do not understand you”
- Circumscribing “What time is dinner?”
- Stagnating “What is there to talk about?”
- Avoiding “I am just too busy”
- Terminating “I am leaving you”

**Friendships of the Genders**
- How do men express intimacy with other men friends?
- How do women express intimacy with other women friends?
- Can men and women be best friends?

**Dialectical Tensions**
- Inherent problems arising when there is a push and a pull at the same time
  - Connection VS Autonomy
  - Openness VS Privacy
  - Predictability VS Novelty
**Relationship Maintenance**

- Be Positive - Upbeat and polite
- Form Social Network - not meet all needs
- Be Open
- Share Risks
- Give Assurances

**Relationship Repair**

- Huge Undertaking at Times:
  - Talk about the violation
  - Give an explicit “I was wrong”
  - Give a type of compensation
  - Extend forgiveness

When we have been hurt we have two alternatives: be destroyed by resentment or forgive. Resentment is death. Forgiving leads to healing and death.

**Alternatives to Full Disclosure**

In a situation when full disclosure or honesty would be uncomfortable and difficult
- Silence (Does not cause pain)
- Partial Disclosure (Not the whole truth)
- Lying (benevolent lie, little fib)

**Why do we lie**

- To Save Face: Some lying is called being tactful in a tough situation, “Yes your new hairdo is very becoming”
- To avoid conflict: “It is not you, I am tired”
- To avoid embarrassment “It was good, really”
- To make social activities run smoothly: “so glad to see you Aunt Mary”
- To reduce or expand relationships: “I am just not ready to settle down” “I love mushy movies — let’s go”
How Often Do we Lie?

• In one studies, spanning four decades, in their day to day communication
  1. 38.5% proved to be totally honest
  2. Most said there are times when lies are justified
  3. 75.8% of the lies benefited the liar
  4. 22% for the other person
  5. 2 out of 3 lies are told for selfish reasons

How do you feel when you find out you have been lied to?

• Is it traumatic?
• Do you feel betrayed?
• Do you redefine other situations, other lies?
• Is a lie worse the closer you are?
• Does the other person care about you as much as they said?
• Is it a misdemeanor OK and felonies not?

Lessons to Learn

• Lying about major parts of a relationship can have grave consequences
  (75% reported that a relationship ended because of a lie)
• Honesty at least in major parts of interpersonal communication appears to be the best policy