

LOVE AND ATTRACTION

Kerckhoff and Davis Filter Theory

Murstein's Theory of Attraction

Sternberg's Triangular Theory of Love

Aron and Aron Love as an Expansion of Self

MINDS ON

How do you think we sort out
who we might partner with?



KERCKHOFF & DAVIS FILTER THEORY



filter



filter



We start off with a large
pool of **possibilities**

We begin to filter people out based
on social variables **such as class
& religion** which makes the pool
of possibilities smaller

Then we filter people out by **internal
factors** which makes the pool smaller
again

Last we filter them out based on
personality traits which leaves us
with fewer choices again



MURSTEIN'S STIMULUS . VALUE . ROLE THEORY

- Builds on **both** the filter theory and the social exchange theory
- The filter theory states that we go through a multi stage filtering process of elimination to find a mate as we narrow the field we go through several stages or processes of elimination
- The social exchange theory states we assess relationships based on costs and benefits



STIMULUS STAGE OF THE FILTER

- first stage is the **stimulus stage**
- partners start a partnership because of physical attraction, social compatibility and other factors that are screened for or filtered
- if the rewards or benefits of the partnership are valued over the costs then the relationship can proceed to the next stage

1



VALUES FILTERING STAGE

- second filtering stage is the **value stage**
- get to know each others values, beliefs, attitudes etc. the stronger the similarities (homogamy) the more compatible the pair
- the more compatible probably the higher the rewards so onward and upward to the next stage

2



ROLE FILTERING STAGE

- third stage of the filter is the **role stage**
- the pair sees how values and attitudes are expressed or played out & observes actions in situations
- the more interactions they have, the better idea they have of how marriage might be and the benefits or costs if the benefits appear to win out the couple may choose to stay together

3

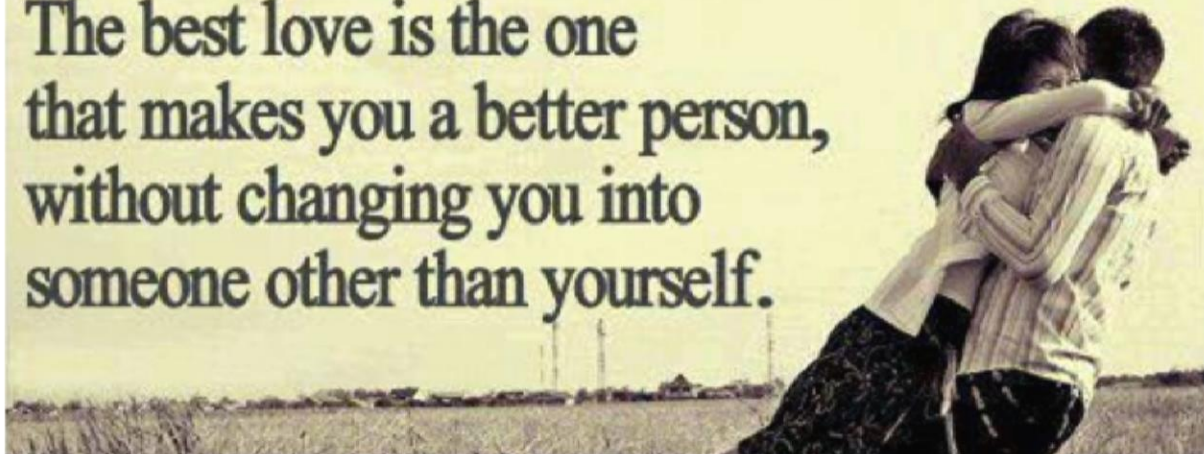


ARON & ARON

LOVE AS AN EXPANSION OF SELF

- Aron & Aron believe that self-growth is a motivator of behaviour - including the behaviour of mate selection
- They agree with theorists that look at similarities as a foundation for beginning a relationship (ex Kerkhoff & Davis and Murstein)

The best love is the one
that makes you a better person,
without changing you into
someone other than yourself.



- However they differ in that they allow for differences at a later stage in the relationship...the whole idea of opposites attract
 - Allows for us to continue in a relationship with someone we differ from
- The idea is that we view this as a growth opportunity... hence the title “self-expansion”
 - Similarities don't necessarily mean a lost opportunity for growth, but growing together would be necessary for the relationship to continue... the whole idea that you are sticking with the relationship for self growth



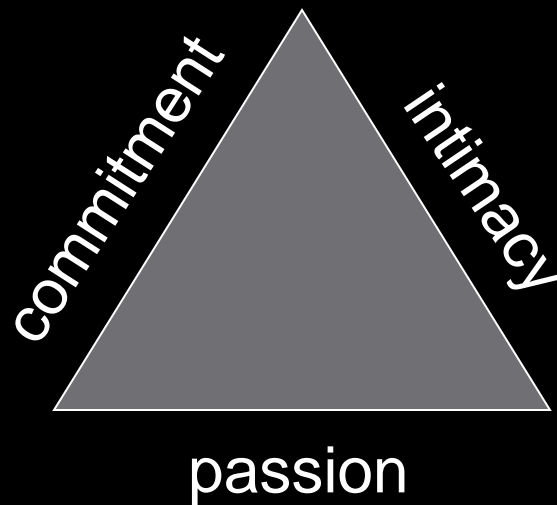
MINDS ON

What three ingredients do you think are most important for a successful intimate relationship?



STERNBERG'S TRIANGULAR THEORY OF LOVE

- this theory is about a way of looking at a love relationship and evaluating or assessing it.
- it's based on a triangle where the three sides of the triangle are commitment, intimacy & passion
- the more commitment, intimacy & passion there is in a relationship the larger the triangle and the greater the love.



COMMITMENT

- is both a short term commitment to love someone and a long term commitment to maintain a relationship
- it grows slowly as two people get to know each other, and eventually levels off
- it remains at a high level as long as the relationship is successful but will decline if the relationship starts to deteriorate



INTIMACY

is companionship and friendship it includes...

- looking out for the partner's welfare
- being happy when they are happy
- holding them in high regard
- knowing you can count on someone
- understanding
- sharing
- giving and receiving emotional support
- communicating intimate info
- valuing partner's company
- Early in the relationship intimacy rapidly increases, it slows down as partners get to know each other and can level off, there can be some drifting apart or growing closer. A crisis can be a test



PASSION

- **Passion** is the motivational side of the triangle. It is the physical attraction that brings them together.
- Early on in the relationship it develops quickly but is often not long lived. Sternberg compares it to an addiction – you get used to and need more of to get excited than usual – if you part you may have withdrawal symptoms etc.



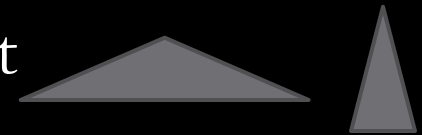
NOTES ABOUT THE TRIANGLE...

- The bigger the better – size does matter here - big commitment . big intimacy . big passion
- The closer the triangle is to being an **equilateral** the better and more balanced the love is
- Varying the size of sides produces different shapes that reflect different relationships
- Relationships actually have several triangles – the actual (how it is for them), the ideal (how they wish it was) and the perceived (how they think it is seen by partner) the more similar the three triangles are the better

how it is for one

ideal


partner view



STERNBERG'S TYPES OF LOVE

Some couples have **one or more** of the sides of the triangle covered, to a stronger or lesser degree, by looking at the ways that these are combined we can determine the type of love they have

Combinations of intimacy, passion, and commitment			
	Intimacy	Passion	Commitment
Liking or Friendship	x		
Infatuation or Limerence		x	
Empty love			x
Romantic Love	x	x	
Companionate love	x		x
Fatuous love		x	x
Consummate love	x	x	x



A MORE DETAILED EXPLANATION OF THE 'TYPES'

1. *Liking* in this case is not used in a trivial sense. Sternberg says that this intimate liking characterizes true friendships, in which a person feels a bond, & a closeness with another but not intense passion or long-term commitment.
2. *Infatuated love* is often what is felt as "love at first sight." But without the intimacy and the commitment components of love, infatuated love may disappear suddenly.
3. *Empty love* Sometimes love in which there is commitment, but lacks intimacy and passion. In arranged marriages, relationships often begin as empty love.
4. *Romantic love* Romantic lovers are bonded emotionally (as in liking) and physically through passionate arousal.
5. *Companionate love* is often found in marriages in which the passion has gone out of the relationship, but a deep affection and commitment remain. Companionate love is generally a personal relation you build with somebody you share your life with, but with no sexual or physical desire. It is stronger than friendship because of the extra element of commitment. The love ideally shared between family members is a form of companionate love, as is the love between deep friends or those who spend a lot of time together in any asexual but friendly relationship.
6. *Fatuous love* can be exemplified by a whirlwind courtship and marriage in which a commitment is motivated largely by passion, without the stabilizing influence of intimacy.
7. *Consummate love* is the complete form of love, representing the ideal relationship toward which many people strive but which apparently few achieve. Sternberg cautions that **maintaining a consummate love may be even harder than achieving it**. He stresses the importance of putting the sides of love into action. Consummate love may not last. If passion is lost over time, it may change into companionate love.

The
balance
among Sternberg's
three aspects of love
is likely to shift through
the course of a relationship.

A strong dose of all three components
-found in consummate love-typifies, for
many of us, an ideal relationship. However
time alone does not cause intimacy, passion, and
commitment to occur and grow. Knowing about these
components of love may help couples avoid pitfalls in their
relationship, work on the areas that need improvement or help them
recognize when it might be time for a relationship to come to an end.

CONSOLIDATION

Do Hazel & Augustus have
a consummate relationship?

