## Contents

About the Authors xv
Preface xvi

### Part One: Introduction

1. The Science of Intimate Relationships 3
2. Intimate Relationships in Context: Key Theories, Concepts, and Human Nature 14

### Part Two: The Relationship Animal

3. The Intimate Relationship Mind 41
4. The Intimate Relationship Body 69

### Part Three: Beginning Relationships: Attachment and Mate Selection

5. Born to Bond: from Infancy to Adulthood 99
6. Selecting Mates 125

### Part Four: Maintaining Relationships: the Psychology of Intimacy

7. Love, Sweet Love 157
8. Reading Minds, Partners, and Relationships 184
9. Communication and Interaction 210
10. Sex and Passion 236
11. Relationship Violence 259
Contents

Part Five: Ending Relationships: the Causes and Consequences of Relationship Dissolution  285
12  Relationship Dissolution  287

Part Six: Conclusion  313
13  Assembling the Relationship Jigsaw  315

Glossary  327
References  338
Author Index  383
Subject Index  390
Part One: Introduction 1

1 The Science of Intimate Relationships 3

The Science of Intimate Relationships: a Brief History and Analysis 4
Domains of study 5
An example 7
Interdisciplinary links 7
The relation between mind and body 8
Common sense and pop psychology 9
Research methods 10
Contents of the book 12
Summary and Conclusions 13

2 Intimate Relationships in Context: Key Theories, Concepts, and Human Nature 14

Social Psychology 15
A brief history 15
Interdependence theory 16
Evolutionary Psychology 19
Darwin 19
Darwinian evolutionary theory 20
Selection for survival 20
Sexual selection 22
Parental investment theory 23
Key features of evolutionary psychology 24
Human Nature and Genes 25
What is Human Nature? 27
## Part Two: The Relationship Animal

### 3 The Intimate Relationship Mind

- Relationship Goals 43
- Lay Relationship Theories 44
  - General social theories 45
    - A case study: attribution theory 45
    - Self-esteem 48
  - General relationship theories 48
  - Local relationship theories 50
    - Self theories 51
    - Relationship evaluations 51
- The Functions of Lay Relationship Theories: Back to the Goals 53
- On-line Cognitive Processing: Unconscious and Automatic versus Conscious and Controlled 55
  - When do people think consciously about relationships? 56
  - Evidence for this distinction 56
  - Role of stored relationship theories 57
- Self-regulation 58
- Interlude and a Caveat 59
- Emotions in Relationships 60
  - Functions of emotions 60
  - Lay emotion theories and scripts 61
  - Basic emotions 62
  - Do emotions get in the way of rational thought? 64
- The Distal Origins of the Intimate Relationship Mind: Evolution and Culture 65
- Summary and Conclusions 68

### 4 The Intimate Relationship Body

- Why Sexual Reproduction? 71
- Human Genitalia and their Origins 72
  - The human body and behavior are windows into our mating past 74
- Orgasms, Nipples, Adaptations, and By-products 77
### Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hormones, Sex, and Relationships</td>
<td>78</td>
</tr>
<tr>
<td>Sex hormones</td>
<td>80</td>
</tr>
<tr>
<td>Cuddle hormones</td>
<td>83</td>
</tr>
<tr>
<td>Fight or flight hormones</td>
<td>84</td>
</tr>
<tr>
<td>The Relationship Brain</td>
<td>84</td>
</tr>
<tr>
<td>Social cognition and the brain</td>
<td>86</td>
</tr>
<tr>
<td>The prefrontal cortex (PFC)</td>
<td>86</td>
</tr>
<tr>
<td>Emotions and cognitions work together</td>
<td>87</td>
</tr>
<tr>
<td>Controlled versus automatic processing</td>
<td>88</td>
</tr>
<tr>
<td>Bonding and love</td>
<td>89</td>
</tr>
<tr>
<td>The cuddle hormones as neurotransmitters</td>
<td>89</td>
</tr>
<tr>
<td>The dopamine system</td>
<td>91</td>
</tr>
<tr>
<td>Summary</td>
<td>91</td>
</tr>
<tr>
<td>Health and Intimate Relationships</td>
<td>92</td>
</tr>
<tr>
<td>Intimate relationships, social support, stress, and health</td>
<td>92</td>
</tr>
<tr>
<td>Summary and Conclusions</td>
<td>95</td>
</tr>
<tr>
<td>Part Three: Beginning Relationships: Attachment and Mate Selection</td>
<td>97</td>
</tr>
<tr>
<td>5 Born to Bond: from Infancy to Adulthood</td>
<td>99</td>
</tr>
<tr>
<td>Attachment Theory</td>
<td>100</td>
</tr>
<tr>
<td>Brief historical overview</td>
<td>100</td>
</tr>
<tr>
<td>Normative features of attachment</td>
<td>103</td>
</tr>
<tr>
<td>Mother–infant synchrony</td>
<td>103</td>
</tr>
<tr>
<td>Keeping close</td>
<td>104</td>
</tr>
<tr>
<td>Four phases of development</td>
<td>104</td>
</tr>
<tr>
<td>Individual differences in attachment</td>
<td>106</td>
</tr>
<tr>
<td>Attachment in Adolescence and Adulthood</td>
<td>108</td>
</tr>
<tr>
<td>Normative processes and outcomes in adulthood</td>
<td>112</td>
</tr>
<tr>
<td>Individual differences and outcomes in adulthood</td>
<td>114</td>
</tr>
<tr>
<td>Life History Models of Social Development</td>
<td>116</td>
</tr>
<tr>
<td>The development of individual differences in attachment and mating</td>
<td>117</td>
</tr>
<tr>
<td>strategies</td>
<td></td>
</tr>
<tr>
<td>Variations on a theme</td>
<td>120</td>
</tr>
<tr>
<td>Controversies</td>
<td>122</td>
</tr>
<tr>
<td>Summary and Conclusions</td>
<td>124</td>
</tr>
<tr>
<td>6 Selecting Mates</td>
<td>125</td>
</tr>
<tr>
<td>Searching for a Mate: What do People Want?</td>
<td>126</td>
</tr>
<tr>
<td>The Nature of Mating Standards</td>
<td>129</td>
</tr>
<tr>
<td>Personality traits, status, and resources</td>
<td>129</td>
</tr>
<tr>
<td>Physical attractiveness</td>
<td>130</td>
</tr>
<tr>
<td>Summary</td>
<td>132</td>
</tr>
</tbody>
</table>
## Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Origins of Mating Standards</td>
<td>132</td>
</tr>
<tr>
<td>Good investment</td>
<td>133</td>
</tr>
<tr>
<td>Good genes</td>
<td>133</td>
</tr>
<tr>
<td>Within-gender Differences in Mating Standards</td>
<td>135</td>
</tr>
<tr>
<td>Sociosexuality and mating strategies</td>
<td>135</td>
</tr>
<tr>
<td>The menstrual cycle and mate preferences</td>
<td>137</td>
</tr>
<tr>
<td>Gender Differences, Mating Strategies, and Short-term versus Long-term Liaisons</td>
<td>139</td>
</tr>
<tr>
<td>Physical attractiveness, age, status, resources, and personality traits</td>
<td>140</td>
</tr>
<tr>
<td>Sexual variety</td>
<td>142</td>
</tr>
<tr>
<td>Explaining Gender Differences in Mate Selection Strategies</td>
<td>144</td>
</tr>
<tr>
<td>Parental investment theory</td>
<td>144</td>
</tr>
<tr>
<td>Sexual strategies theory</td>
<td>145</td>
</tr>
<tr>
<td>Social structural model</td>
<td>145</td>
</tr>
<tr>
<td>Resolution</td>
<td>146</td>
</tr>
<tr>
<td>Mate Preferences, Self-Presentation, and the Self-Concept</td>
<td>146</td>
</tr>
<tr>
<td>How the mating game (and the media) shape the self-concept</td>
<td>148</td>
</tr>
<tr>
<td>Explaining Within-gender Differences in Mating Strategies and Preferences</td>
<td>150</td>
</tr>
<tr>
<td>Do Mate Preferences Predict Actual Mate Choices?</td>
<td>151</td>
</tr>
<tr>
<td>Summary and Conclusions</td>
<td>152</td>
</tr>
</tbody>
</table>

### Part Four: Maintaining Relationships: the Psychology of Intimacy | 155 |

#### 7 Love, Sweet Love | 157 |

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love as a Commitment Device: Pair Bonding in Humans</td>
<td>158</td>
</tr>
<tr>
<td>The universality of romantic love</td>
<td>159</td>
</tr>
<tr>
<td>Biological and behavioral markers of love</td>
<td>159</td>
</tr>
<tr>
<td>Romantic relationships are good for you (usually) and</td>
<td>162</td>
</tr>
<tr>
<td>they promote reproductive success</td>
<td></td>
</tr>
<tr>
<td>Maintaining love in the face of alluring alternatives</td>
<td>163</td>
</tr>
<tr>
<td>Arranged marriages</td>
<td>166</td>
</tr>
<tr>
<td>Monogamy and polygyny</td>
<td>166</td>
</tr>
<tr>
<td>Infidelity and divorce: is love meant to last?</td>
<td>167</td>
</tr>
<tr>
<td>Summary</td>
<td>169</td>
</tr>
<tr>
<td>The Nature of Love</td>
<td>169</td>
</tr>
<tr>
<td>Passionate love</td>
<td>170</td>
</tr>
<tr>
<td>Self-expansion</td>
<td>170</td>
</tr>
<tr>
<td>Physical arousal and stress</td>
<td>171</td>
</tr>
<tr>
<td>The slow slide in passion</td>
<td>172</td>
</tr>
<tr>
<td>Companionate love</td>
<td>172</td>
</tr>
</tbody>
</table>
## Contents

Links between Passionate and Companionate Love  
  Love styles  
  Sternberg’s triangular model of love  
    Nonlove  
    Liking  
    Infatuation  
    Empty love  
    Romantic love  
    Companionate love  
    Fatuous love  
    Consummate love  
The Maintenance of Love and Intimacy  
  Summary and Conclusions

### 8 Reading Minds, Partners, and Relationships  
184

Looking through the Eyes of Love: Reality versus Illusion in Intimate Relationships  
  Can bias be rational?  
  Research case study  
  Projection  
  Can judgments be biased and accurate at the same time?  
  Two kinds of accuracy  
  Research case study  
  Are people aware of bias and accuracy in their relationship judgments?  
  A puzzle and an explanation  
Causes and Consequences of Accuracy and Bias in Partner and Relationship Judgments  
  Links between accuracy and relationship quality  
  Relationship stage  
    First meetings  
    On-going relationships  
  Individual differences and context  
    Self-esteem and stress  
    Security and stress  
  Judgment category  
    An anomaly and an explanation  
  Summary  
Back to Reading Minds  
  Methods  
  Research findings  
  Individual differences in mind-reading  
Summary and Conclusions
## Contents

### 9 Communication and Interaction 210

- Couple Communication during Conflict 213
  - What do communication behaviors predict? 213
  - Destructive patterns of communication 215
- Moving Beyond Conflict 216
  - The links between communication behavior and cognition 216
  - Responding to relationship threats: accommodation and risk regulation 218
  - Regulating risk 219
  - Regulating partners 221
- Summary 222

- Good “Negative Behaviors” and Bad “Negative Behaviors” 222
- When Honest Communication is Healthy and Good 224
  - Management Fails 224
  - Stress is . . . well, stressful 224
- Why Adopting One Default Strategy is Not a Good Idea 225
- Providing and Communicating Support 227
  - Relationship satisfaction and support 229
  - What recipients of support do, think, and feel counts 230
  - Can partners be too supportive? 231
  - Conclusions 233
- Summary and Conclusions 233

### 10 Sex and Passion 236

- The Biology of Sex 238
- Sexual Orientation 239
  - The origins of sexual orientation 239
    - Hormones, brain development, and congenital adrenal hyperplasia (CAH) 240
    - Genes and homosexuality in men 242
    - Sexual plasticity in women 243
- Gender Differences in Sex and Sexuality 244
  - Gender differences in sex drive 245
  - Gender differences in desire for multiple sex partners 248
  - Gender differences in negotiating sex in relationships 249
- Sexual Jealousy 250
- Sex and Relationship Satisfaction 252
  - Does better sex lead to better relationships? 253
  - Do better relationships lead to better sex? 253
  - Communication may be critical 253
- Individual Differences in Sociosexuality 254
- Summary and Conclusions 257
11 Relationship Violence

Gender Differences in Intimate Violence
Research using the conflict tactics scale
The research bombshell
Is the conflict tactics scale reliable and valid?
What do the results from the conflict tactics scale really mean?
Resolving the paradox
All men are not the same
Severity and consequences of physical violence
Summary
Till Death Do us Part: Homicide in Intimate Relationships
Explaining Relationship Violence
An evolutionary approach
A feminist perspective
A social psychological approach
Explaining variability in intimate violence within and between cultures
Can Relationship Violence be Prevented, and if so, How?
Summary and Conclusions

Part Five: Ending Relationships: the Causes and Consequences of Relationship Dissolution

12 Relationship Dissolution

Predicting Relationship Dissolution: What Drives Couples Apart?
Socio-demographic variables, relationship history, and individual differences
Are the fates of relationships sealed before they begin?
Relationship-level factors
Love and investment
Satisfaction level
Quality of alternatives
Investment size
The Power and Limitations of Relationship Maintenance Strategies
Consequences of Relationship Dissolution
The impact of divorce on children
Moving on and letting go
Relationship Therapy
Traditional behavioral couples therapy
Cognitive behavioral couples therapy
Integrative behavioral couples therapy
### Contents

- Emotion focused couples therapy 308
- Does relationship therapy work? 308
- Summary and Conclusions 310

### Part Six: Conclusion 313

**13 Assembling the Relationship Jigsaw** 315

- The Power of Culture and Evolution 317
- Are Humans Just Another Ape? 318
- Gender Differences 319
- Within-gender Differences 322
- The Future of Intimate Relationships 324
- Science and Intimate Relationships 325
- Conclusion 326

Glossary 327

References 338

Author Index 383

Subject Index 390