



# ATTRACTION & INTIMACY 2



Angelos Rodafinos, PhD

# ANGELOS RODAFINOS, PHD

— [HOME](#)

[BOOKS](#)

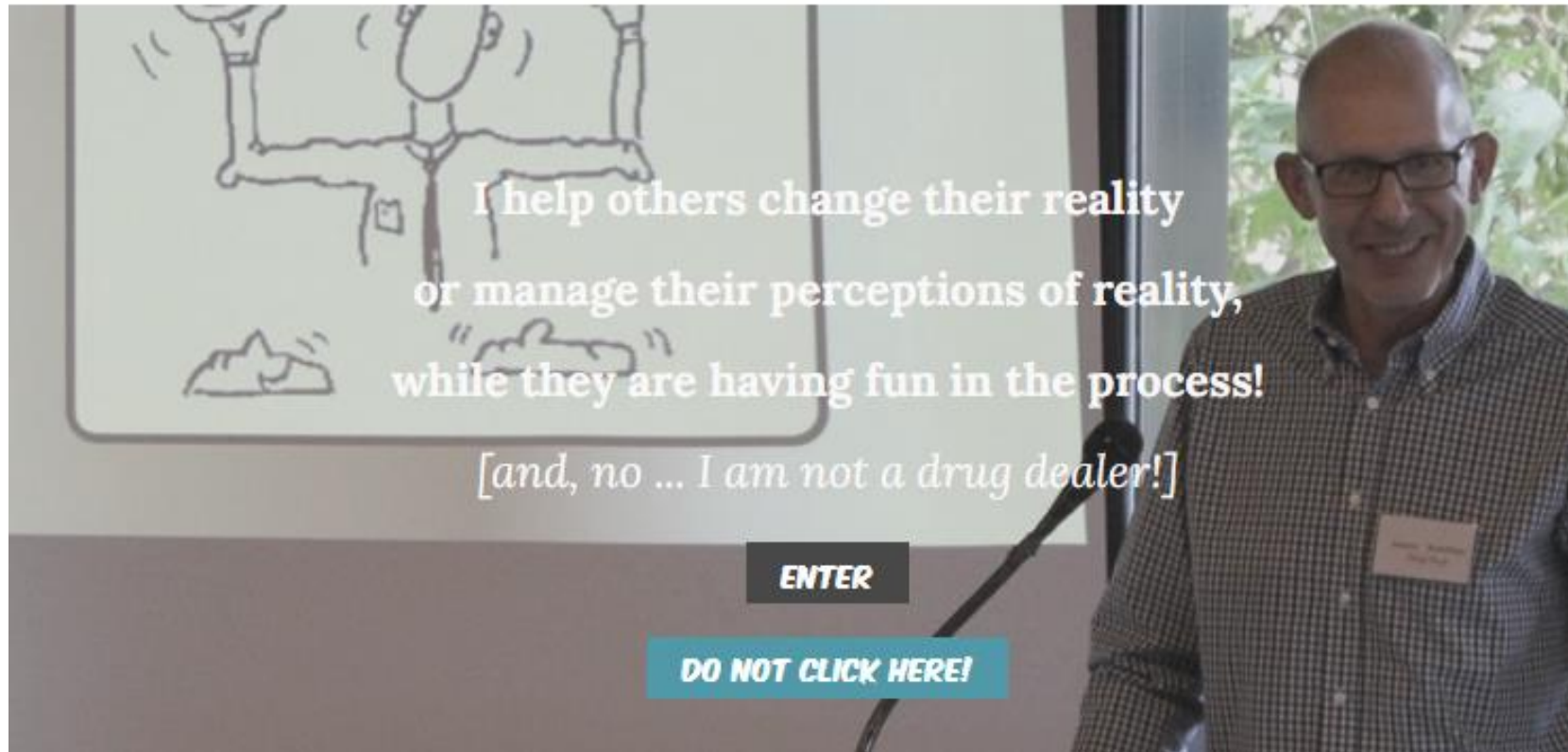
[SEMINARS](#)

[CONSULTING](#)

[FREE STUFF](#)

[ABOUT DR RO](#)

[CONTACT](#) —



I help others change their reality  
or manage their perceptions of reality,  
while they are having fun in the process!

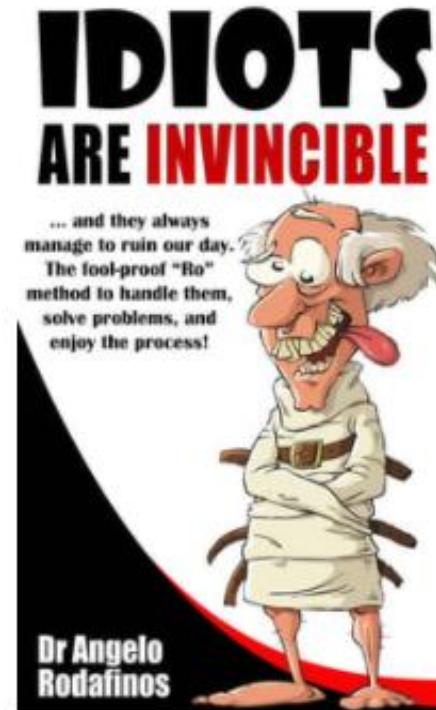
*[and, no ... I am not a drug dealer!]*

**ENTER**

**DO NOT CLICK HERE!**



A manual for those who want to change something in their lives or in the lives of people around them.



Improve the quality of your life, changing either a) the conditions or b) your perception of the conditions.

# The Psychology of Attraction

Activities are shown in the time zone of the Thessaloniki Community (Athens)

✔ You attended this activity

POST PHOTOS



🕒 Took place 10 months ago  
Mon 20 Jun 18:00 - 19:30

👥 919 attendees

The meeting took place on Zoom

Feeling excluded. Need to belong. Importance of attachment. Who do we like? What makes us attractive? Physical attractiveness. First impressions. What is beautiful is good. Do opposites attract? Healthy relationships. Love. Jealousy. Can we love more than one person? Predicting divorce risk. Responses to relationship distress. Ending relationships.

READ MORE ▾



## Attendees

Attendees from 120 countries. [Show all](#)



## Organized by



Wessam E



Global Share & Discuss Group

13445 members

# The Psychology of Attraction (Continued)

Activities are shown in the time zone of the Thessaloniki Community (Athens)

✔ You attended this activity

POST PHOTOS



🕒 Took place 10 months ago  
Mon 27 Jun 19:00 - 20:30

👤 780 attendees

The meeting took place on Zoom

Feeling excluded. Need to belong. Importance of attachment. Who do we like? What makes us attractive? Physical attractiveness. First impressions. What is beautiful is good. Do opposites attract? Healthy relationships. Love. Jealousy. Can we love more than one person? Predicting divorce risk. Responses to relationship distress. Ending relationships.

READ MORE ▾



## Attendees

Attendees from 119 countries. [Show all](#)



## Organized by



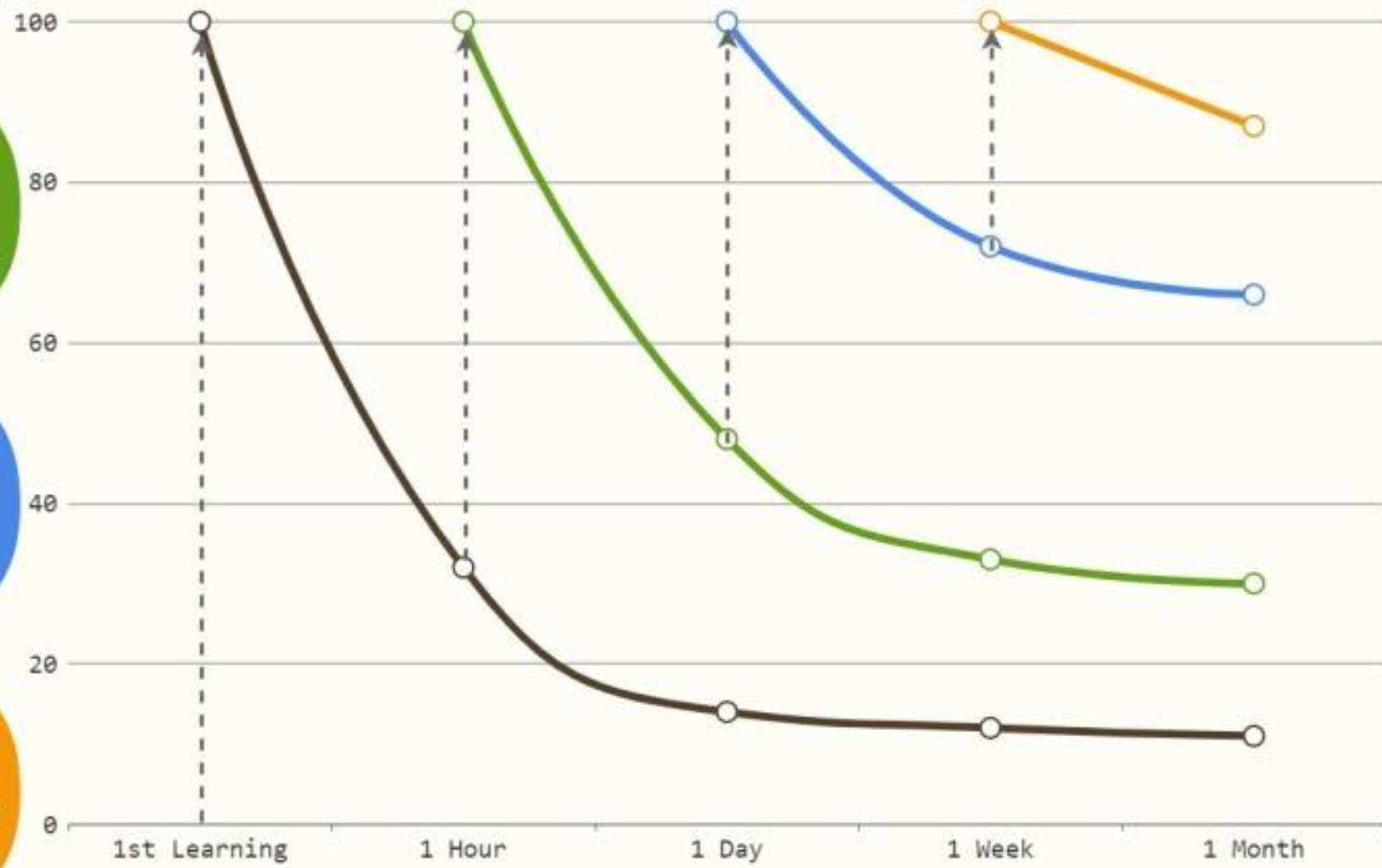
Wessam E



Global Share &  
Discuss Group  
13445 members

# The Curve of Forgetting

Hermann Ebbinghaus



@SimBadd64  
SimonBadddeley64.wordpress.com

○ 1st Learning ○ Review 1 ○ Review 2 ○ Review 3

1st

**Learning**  
Learning will be forgotten rapidly in the short term without review intervention.

1 Hour

**Review 1**  
Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

1 Day


**Review 2**  
Learning is refreshed and the rate at which it is forgotten is reduced. E.g. Summarizing the Key Points from last lesson using Cornell Notes

1 Week +

**Review 3**  
This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice



**Attraction & friendship factors**

An aerial photograph of a suburban neighborhood. The houses are mostly two-story, light-colored with dark roofs. There are green lawns and trees with some autumn-colored leaves. A road is visible on the right side of the image.

38% of close relationships or marriages  
20% out of town  
Pew (2006)

Proximity





**Physical attractiveness**



**WHO is attractive?**

epsos.de



# What do men/women look for?

Character?  
Good looks?  
Sincerity?  
Humour?  
Money?



Specialist, an Author and a Keynote speaker. He has spent the last 20 years working as an Academic Psychologist, including long posts as Program Director for Social Sciences, Head of Psychology Department, and Professional Trainer.

We are all born beautiful babies, adorned by parents and friends, with potential to become real princes or princesses. However, at some stage, around 30 - for some later, for others even earlier - most of us, instead of "would-be princes," we become "frogs," as a result of the bad habits (poor nutrition, maladaptive thinking, bad companies, etc.) that we adopt along

How can one revert to being a prince or princess? We wait for the kiss of the princess. The Most people would like to change or improve their lives. In fact, when examining their lives, they find it difficult finding an area they would like to improve.

Based on the theories of learning and cognitive-behavioural psychology, Dr Rodafinos describes goal setting and behaviour modification techniques that have been applied effectively in educational settings, fitness centers, business organizations, hospitals, mental health institutions, and prisons.

If you are not happy with yourself or with the conditions in your life, do not lose hope, because you can change - as long as you follow certain steps. Yet, if you do not change your direction, you're going to end up where you're heading (saying ... made in China).

# Judging a book by its cover

# Prince to Frog ... and vice versa

Angelos Rodafinos, PhD

Applied psychological techniques to change yourself - or others.

Angelos Rodafinos, PhD



---

## Honesty tops list of traits that people say society values most in men; physical attractiveness top trait for women

*What traits or characteristics do you think people in our society ... [OPEN-END]*

### Value most in men

33% Honesty/Morality  
23% Professional/Financial success  
19% Ambition/Leadership  
19% Strength/Toughness  
18% Hard work/Good work ethic  
11% Physical attractiveness  
11% Empathy/Nurturing/Kindness  
9% Loyalty/Dependability  
8% Intelligence  
5% Being family-oriented  
5% Politeness/Respectfulness

### Value most in women

35% Physical attractiveness  
30% Empathy/Nurturing/Kindness  
22% Intelligence  
14% Honesty/Morality  
9% Ambition/Leadership  
9% Hard work/Good work ethic  
8% Professional/Financial success  
7% Loyalty/Dependability  
7% Competence/Ability  
6% Independence/Self-reliance  
5% Strength/Toughness  
5% Politeness/Respectfulness  
5% Ability to multitask

Note: Only traits or categories cited by at least 5% of respondents shown. Respondents were allowed to mention up to three traits or characteristics for each question.

Source: Survey of U.S. adults conducted Aug. 8-21 and Sept. 14-28, 2017.

"On Gender Differences, No Consensus on Nature vs. Nurture"

# The halo effect

What is beautiful...

IS GOOD



# Similarity VS. Complementarity

BIRDS OF A FEATHER FLOCK TOGETHER

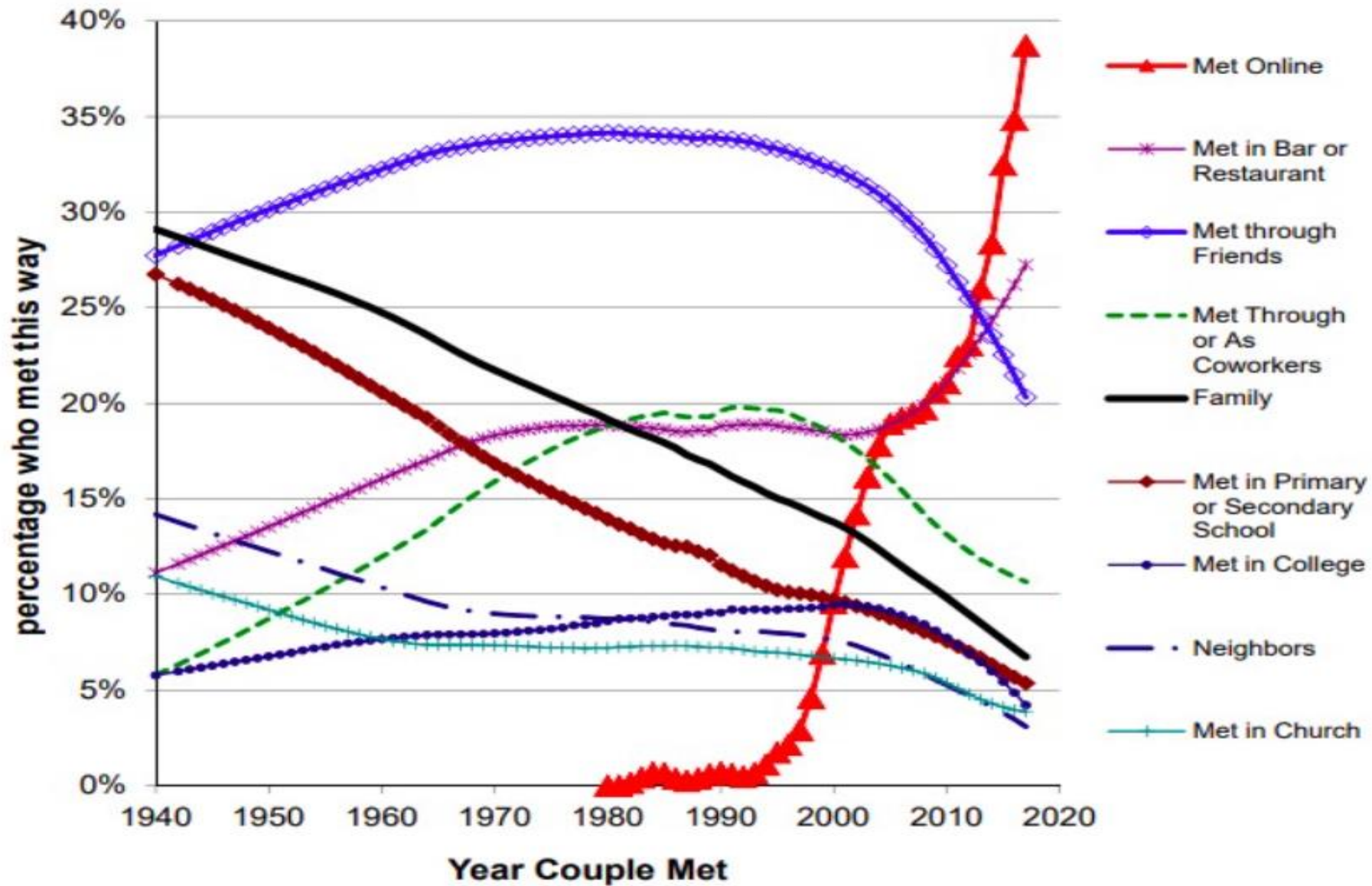
Or ... Do opposites attract?



Beauty corresponds to  
biologically important  
information







How times have changed. Credit: Stanford University

# Online dating

<https://blogs.scientificamerican.com/anthropology-in-practice/catfishing-the-truth-about-deception-online/>

---

59% a good way to meet people (44% in 2005)

---

53% a good means of finding someone (47% in 2005)

---

21% employing an online dating service is a mark of desperation (29% in 2005).

---

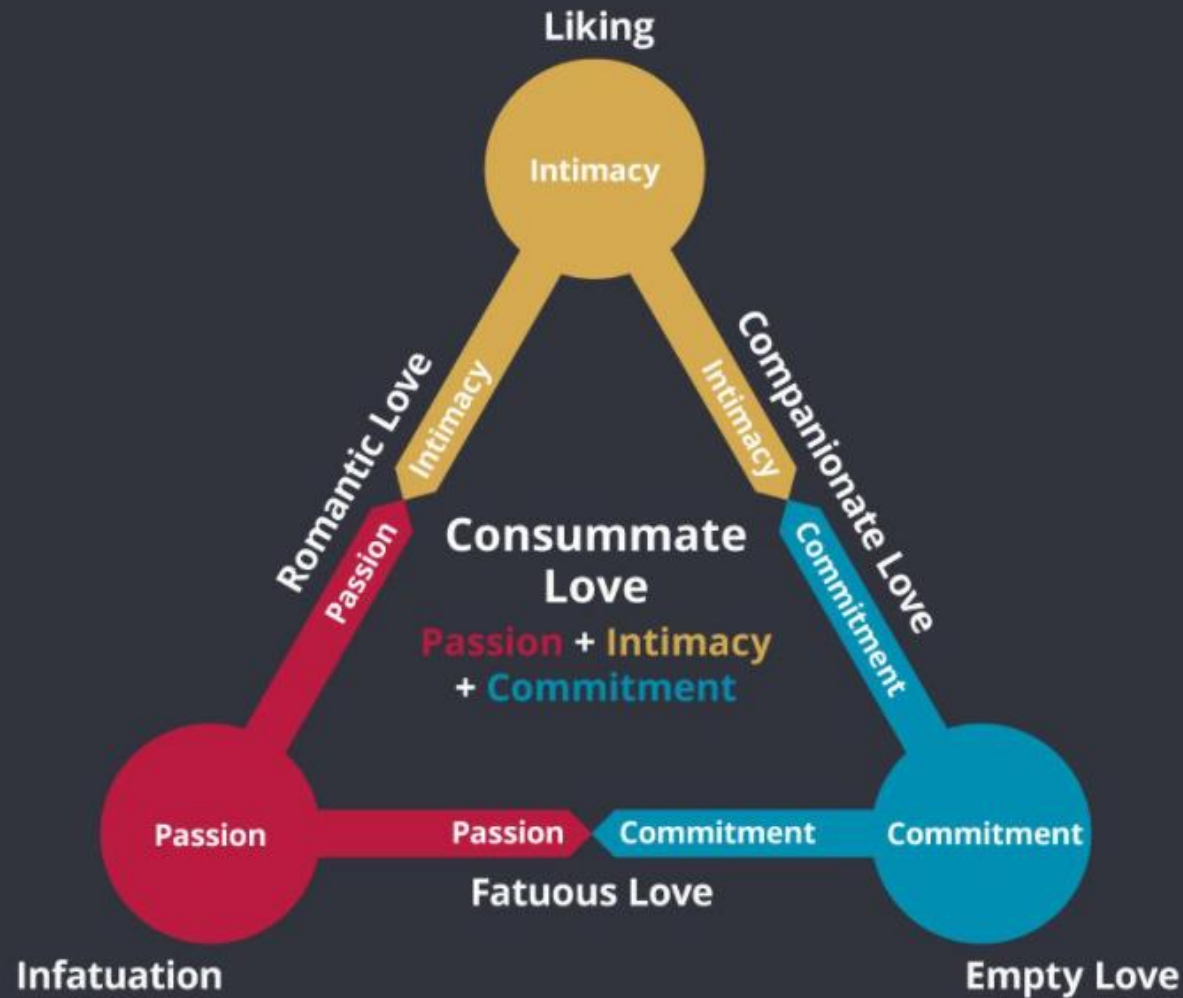
54% believe someone else has presented false information in their profile

---

28% have been contacted in a way that left them feeling harassed or uncomfortable.

字

# Sternberg's Triangular Theory of Love



# Can we love more than one?



Can we love more than one?

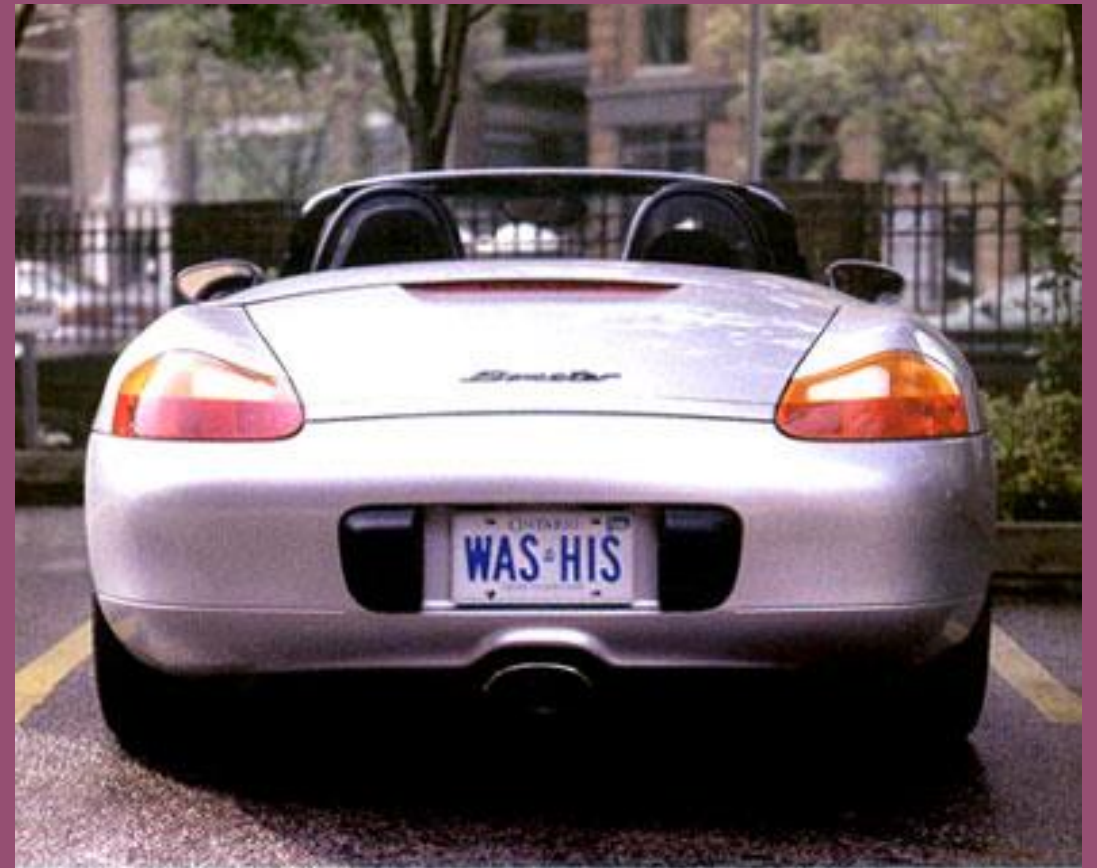


Yes, it is possible to love more than one person at the same time. Love is a complex emotion that can be experienced and expressed in various ways. While society often emphasizes the idea of monogamy, where individuals are expected to have exclusive romantic relationships with only one person, there are also other relationship models that recognize and allow for loving multiple people simultaneously.

Polyamory, for example, is a relationship style that involves having multiple consensual and ethical romantic or sexual relationships. In polyamorous relationships, individuals may experience deep emotional connections and love for multiple partners, with the understanding and agreement of all involved parties. This arrangement requires open communication, honesty, and a commitment to maintaining the well-being and happiness of all individuals involved.

It's important to note that the ability to love multiple people does not diminish the depth or

# Ending relationships



Sanders, Lyn & Ragonetti Associates, Trial Lawyers

202-895 County Court Blvd., Brampton, Ontario L6W-4P2 Tel: (905) 450-1211 Fax: (905) 450-2066 www.slrta.com

A photograph of two hands holding each other, set against a soft, warm sunset background. The hands are silhouetted against the light, and the overall mood is intimate and supportive. The image is split vertically by a dark purple bar.

# Contents

An outline

Healthy relationships

Jealousy

Interesting facts



# Outline of relationships

- Essence of relationships
- Types of relationships
- Relations (relationship activities)
- Relationship characteristics
- Relationship partners
- Relationship management
- Relationship development
- Lacking an intimate relationship
- Romance and intimacy



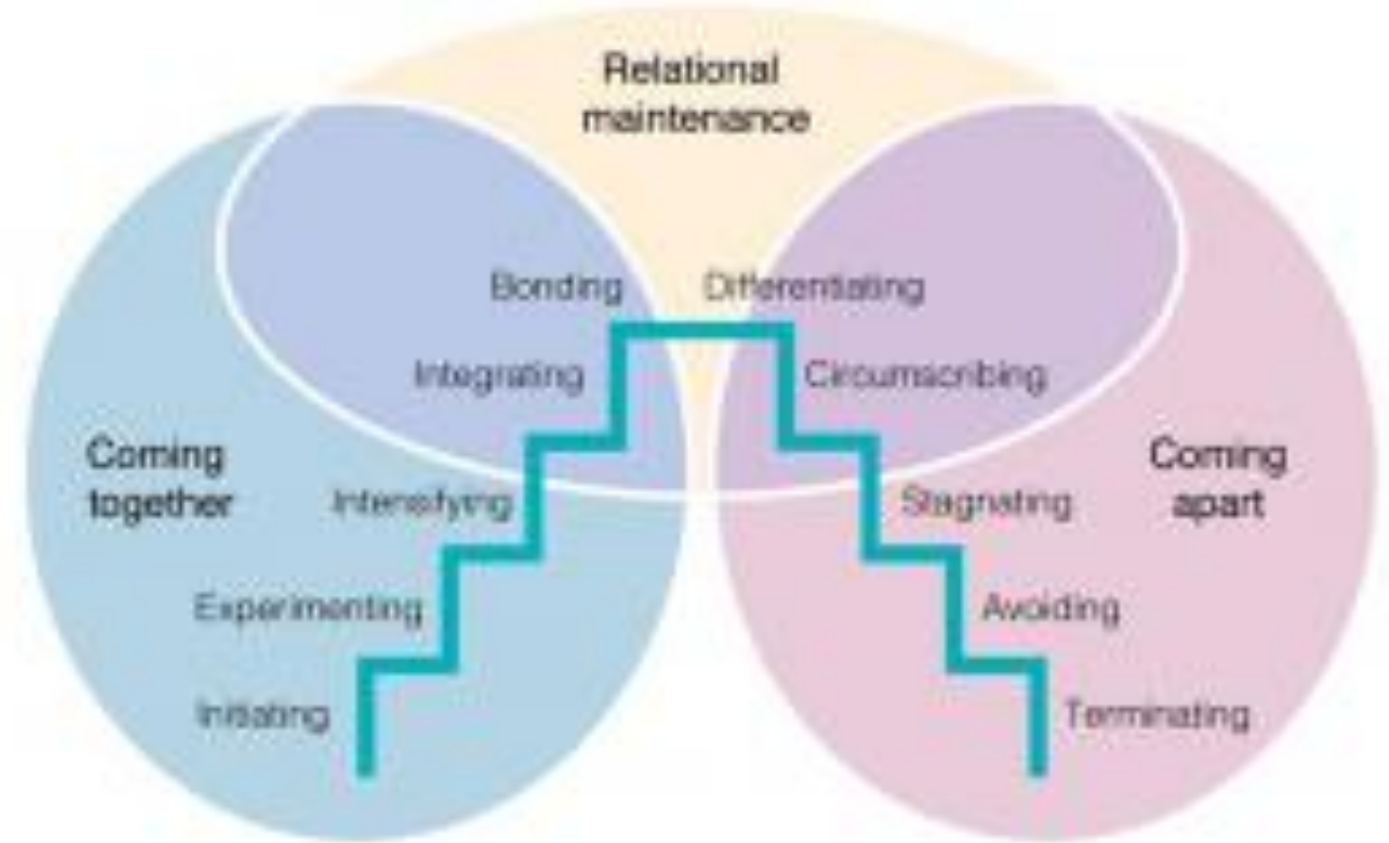
This Photo by Unknown Author is licensed under [CC BY-ND](#)



This Photo by Unknown Author is licensed under [CC BY-SA](#)

# Relationship formation

- Human mating
- Personal advertisement
- Meet market
- Flirting
  - Pick-up line
- Singles event
- Courtship
  - Dating
    - Internet dating
    - Going Dutch



# Pick one

## New study provides insight into the best pick-up lines to use on Tinder

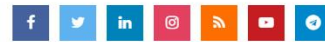
by Eric W. Dolan — June 22, 2021 in Relationships and Sexual Health



New research published in *Computers in Human Behavior* sheds light on the most effective pick-up lines to use on dating platforms such as Tinder. The findings indicate that women tend to prefer receiving pick-up lines that contain either humor or a compliment.

"My co-author, Robert Robbins (who was my graduate advisee when the research was conducted), was really interested in this topic. He used Tinder to date and noticed that the

STAY CONNECTED

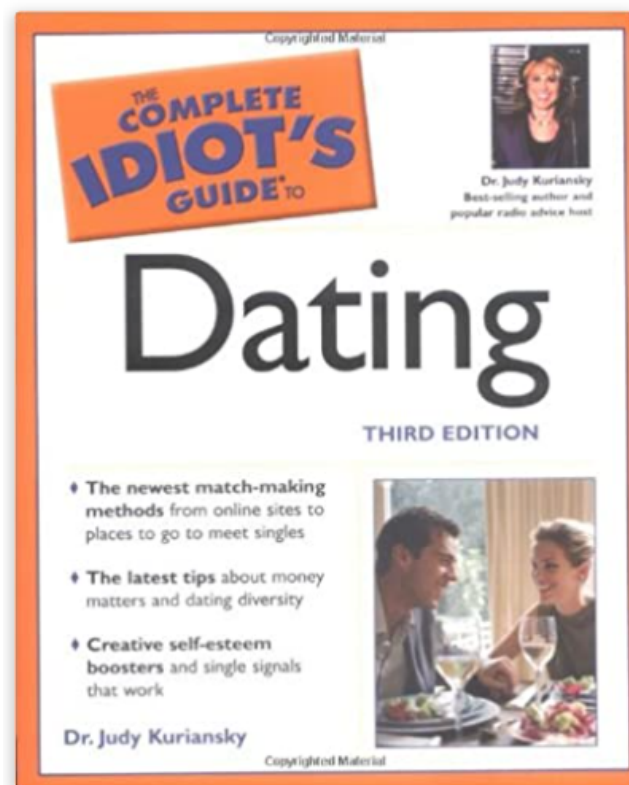


Find these awesome psychology shirts and more at the [PsyPost Store!](#)



1. complimentary but not humorous: "You have a very nice smile."
2. humorous but not complimentary: "Do you have any raisins? No? How about a date?"
3. both complimentary and humorous: "Are you from Tennessee? Because you're the only 10 I see!"
4. generic greeting: "Hey! What's up?"

Books > Self-Help > Relationships



## The Complete Idiot's Guide to Dating, 3rd Edition Paperback – January 6, 2004

by [Dr. Judy Kuriansky](#) (Author)


★★★★☆ 16 ratings

Part of: [Complete Idiot's Guides \(Lifestyle Paperback\)](#) (20 books)

[See all formats and editions](#)

Kindle  
\$12.71

[Read with Our Free App](#)

 Audiobook  
\$0.00

[Free with your Audible trial](#)

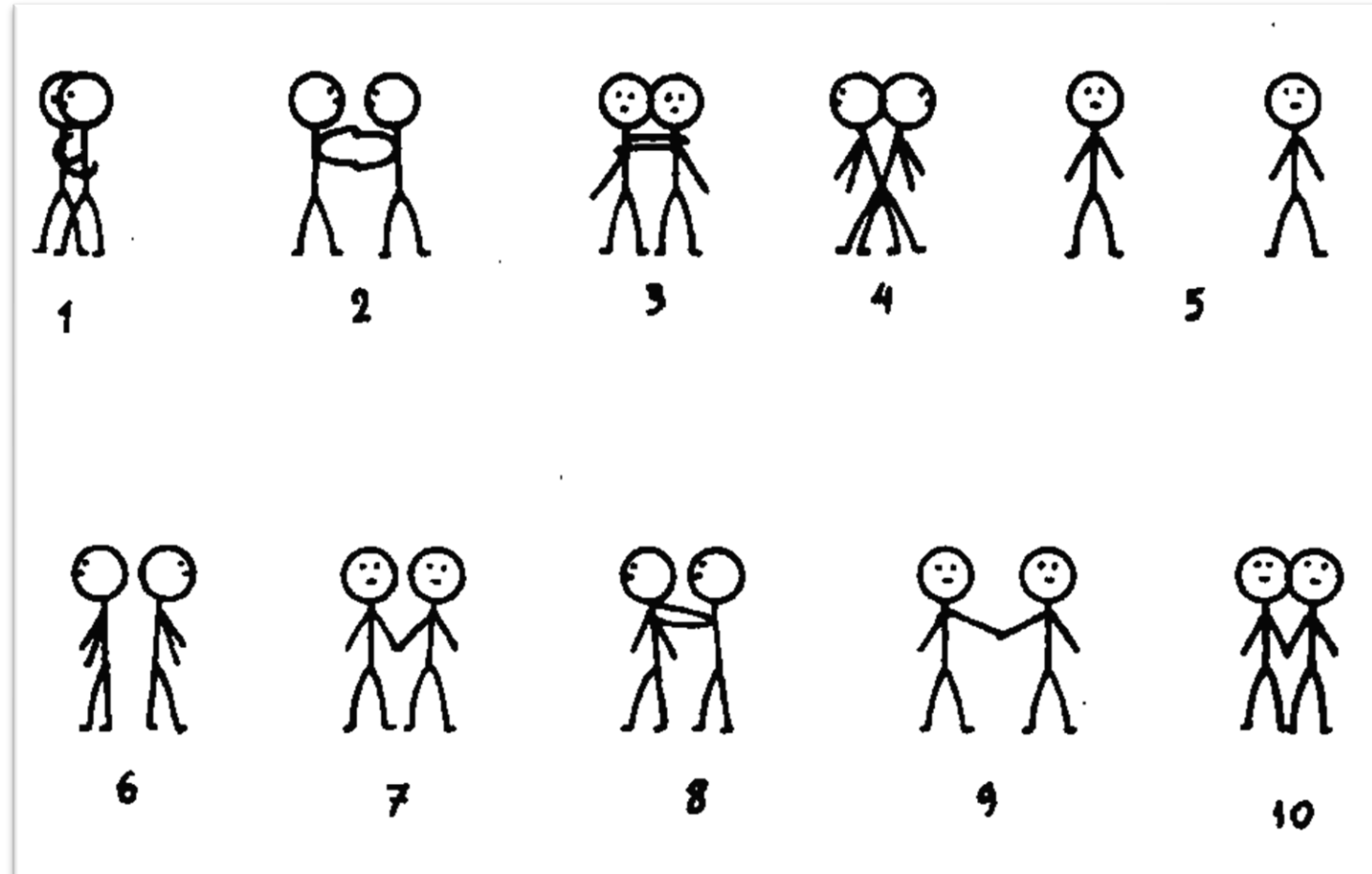
Paperback  
**\$5.99**

39 Used from \$2.00  
8 New from \$8.99

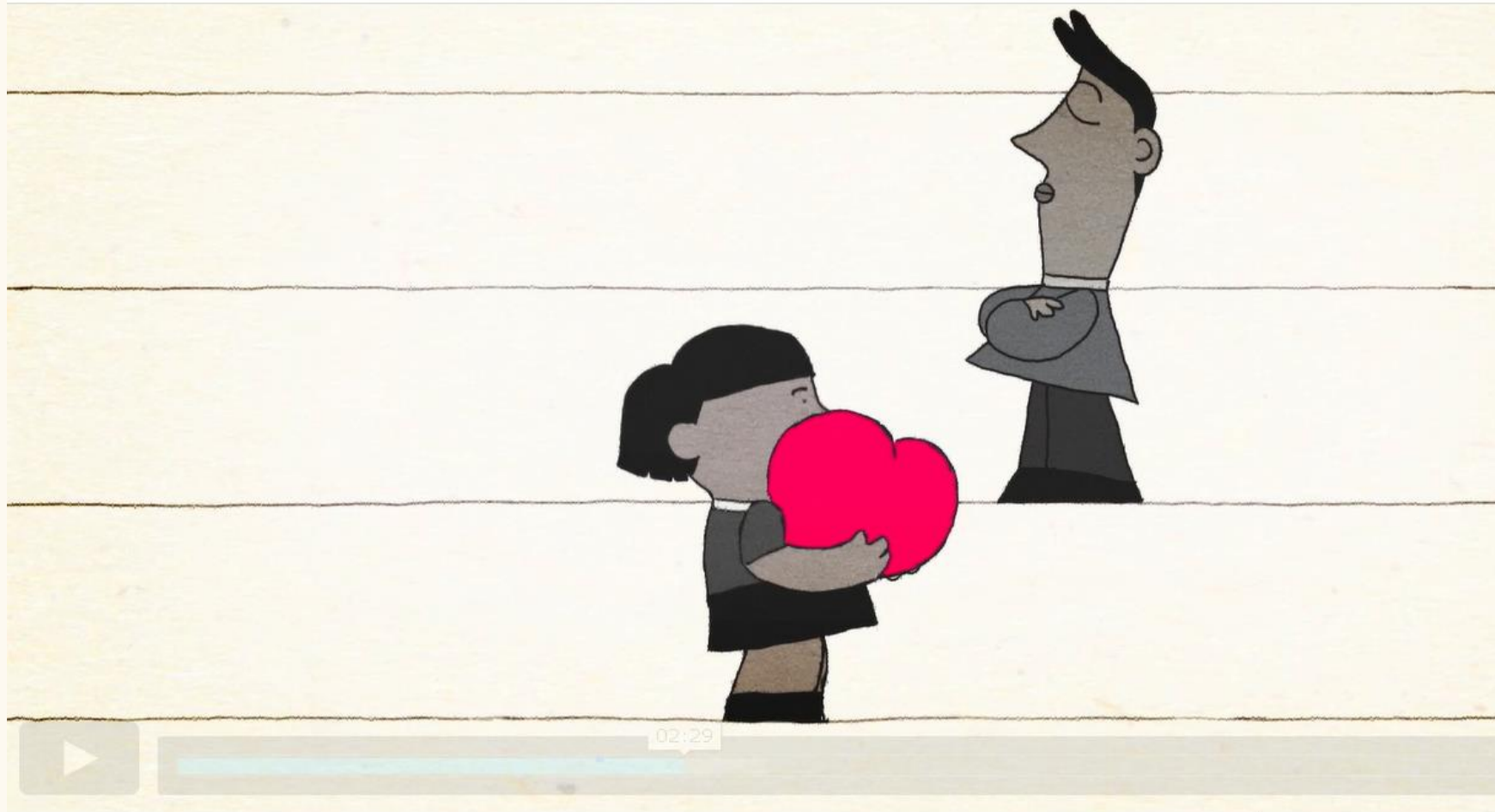
Here's time-tested advice for everyone from first-daters to those who have been around the block, including:

- A new look at dating in the age of reality TV shows like **The Bachelorette**, **Joe Millionaire**, and **Mr. Personality**

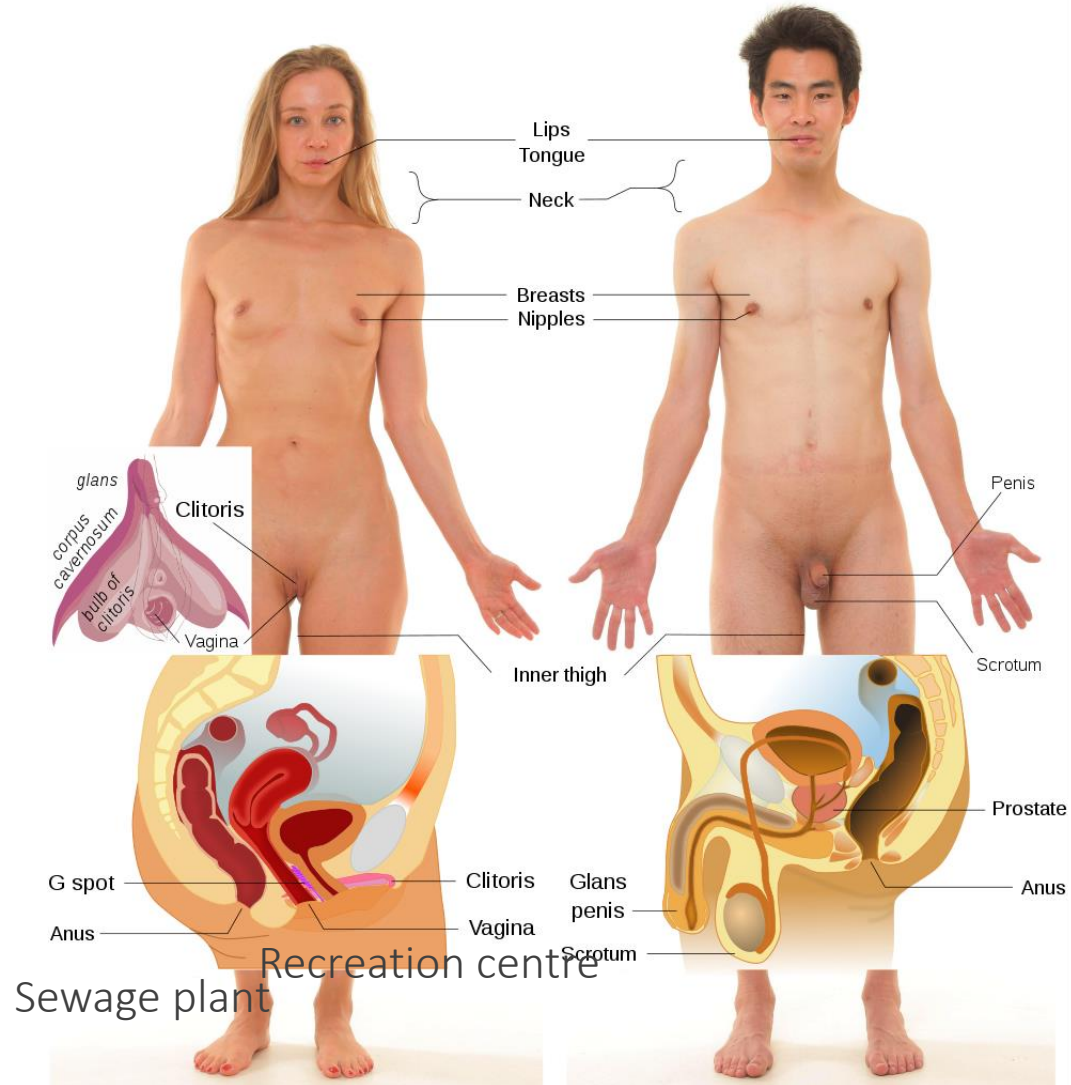
# Relationship types



# Different ways of love



# Erogenous zones



# Sex

why we enjoy it, how to explain it, and, importantly, how flowers do it.





# Duration

Range: 33" to 44'

Average: 5.4'

Older: shorter and less frequent, less relationship satisfaction

.45% of our lives

117 days, or 168,480 minutes

41% engaged with technology



<https://www.glamour.com/story/how-much-time-having-sex>

<https://theconversation.com/how-long-does-sex-normally-last-56432>

# Types of marriage

- Arranged marriage
- Forced marriage
- Cousin marriage
- Open marriage



# Jealousy

---

- **Thoughts or feelings of insecurity, fear, and concern over a relative lack of possessions or safety**
- observed in infants as young as five months
- suspicious or reactive
- gender-based differences
- dogs exhibited jealous behaviours



This Photo by Unknown Author is licensed under [CC BY-ND](#)



# Sexual jealousy

females more likely to forgive a one-time sexual adventure

more physiologically upset to emotional infidelity

Sex drive a significant predictor of sexual jealousy

# Infidelity

## Who?

- twice as many men as women reported having an extramarital affair
- stronger sexual interests, more permissive sexual values, lower subjective satisfaction with partner, weaker network ties to their partner, greater sexual opportunities

## How common?

- 30–40% of unmarried relationships and 18–20% of marriages see at least one incident of sexual infidelity.

## Causes

- unsatisfied sexually vs unsatisfied emotionally

# Rethinking infidelity

**TED** Ideas worth spreading

WATCH DISCOVER ATTEND



# Talks that just might save your relationship



MANDY LEN CATRON

## A better way to talk about love

In love, we fall. We're struck, we're crushed, we swoon. We burn with passion. Love makes us crazy and makes us sick. Our hearts ache, and then they break. Talking about love in this way fundamentally shapes how we experience it, says writer Mandy L...



ESTHER PEREL

## Rethinking infidelity ... a talk for anyone who has ever loved

Infidelity is the ultimate betrayal. But does it have to be? Relationship therapist Esther Perel examines why people cheat, and unpacks why affairs are so traumatic: because they threaten our emotional security. In infidelity, she sees something...



BRENÉ BROWN

## The power of vulnerability

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.



GEORGE BLAIR-WEST

## 3 ways to build a happy marriage and avoid divorce

Choosing to marry and share your life with someone is one of the most important decisions you can make in life. But with divorce rates approaching fifty percent in some parts of the world, it's clear we could use some help picking a partner. In an...



ESTHER PEREL

## The secret to desire in a long-term relationship

In long-term relationships, we often expect our beloved to be both best friend and erotic partner.



JULIAN TREASURE

## How to speak so that people want to listen

Have you ever felt like you're talking, but nobody is listening? Here's Julian Treasure to help. In this



HELEN FISHER

## Why we love, why we cheat

Anthropologist Helen Fisher takes on a tricky topic -- love -- and explains its evolution, its biochemical foundations and its social importance. She closes with a warning about the potential disaster inherent



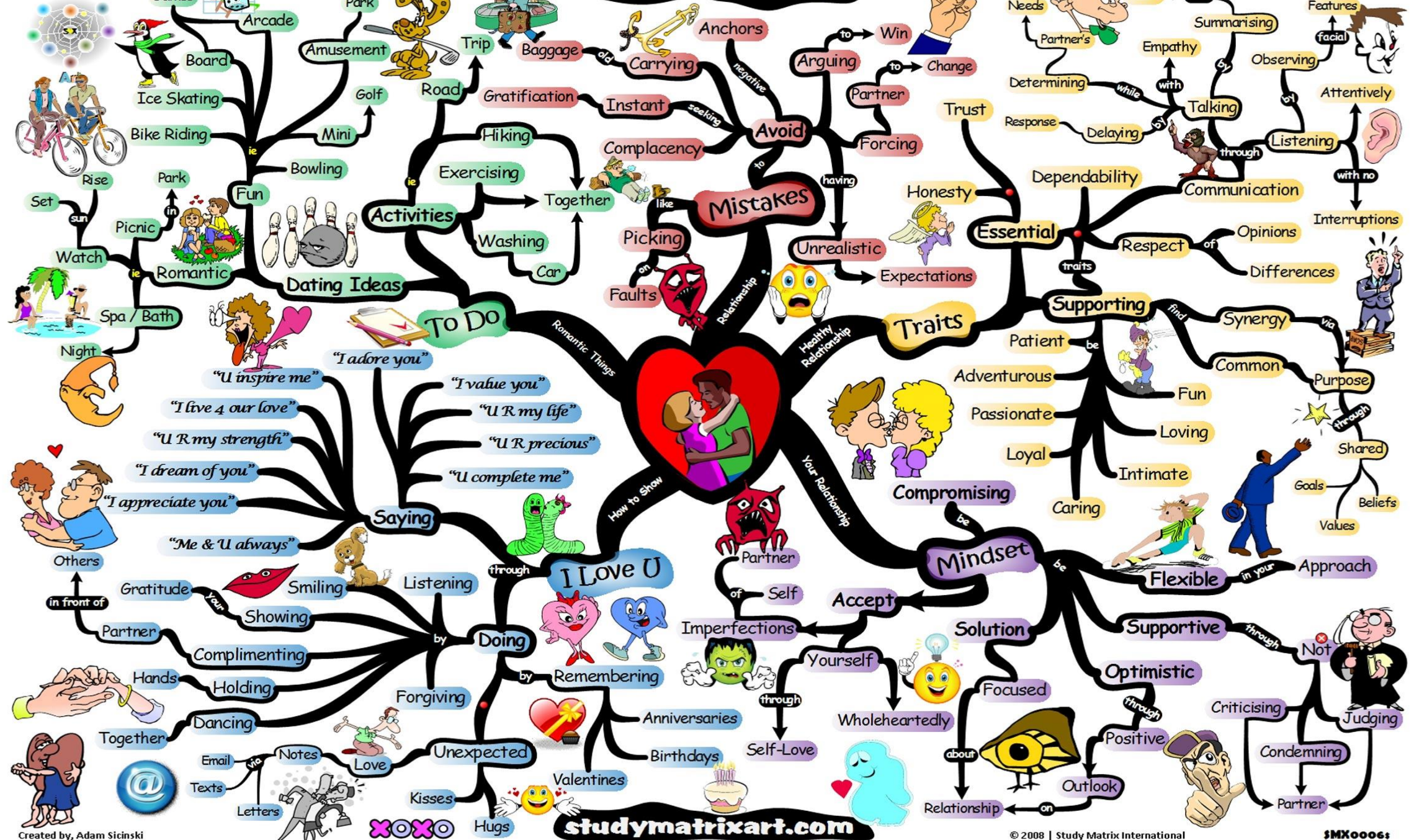
MARGARET HEFFERNAN

## Dare to disagree

Most people instinctively avoid conflict, but as Margaret Heffernan shows us, good disagreement is central to progress. She illustrates (sometimes counterintuitively) how the best partners aren't echo

# Better Relationships

**ICTORY**





# Relationship education

unmarried couples: no improvement in relationship quality/satisfaction

married couples: significant benefits



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

# How to Have a Healthy Relationship



# Relationship Issues

## Featured Articles

Expert




How to  
**End a Controlling or Manipulative Relationship**

Expert



How to  
**Recognize a Manipulative or Controlling Relationship**

Expert



How to  
**Accept Your Partner's Past**


Expert



How to  
**Fix a Huge Argument with Your Girlfriend**


Expert

What is the true root cause of my concerns with the tattoo?



How to  
**Cope With Your Partner's Tattoo You Dislike**

Expert



How to  
**Forget Someone You Love**

Expert



How to  
**Overcome Doubt in a Relationship**





### Featured Topics



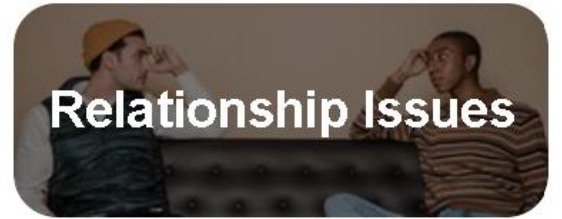
Dating



Friends



Love



Relationship Issues

### Featured Articles



How to  
**Kiss**



**What to Do When Your  
Girlfriend Is Mad at You (10+  
Steps to Take)**



Browse > Personal Development > Personal Development

# The Arts and Science of Relationships: Understanding Human Needs

Offered By



★★★★★ 4.5 1,324 ratings • 393 reviews



A. Ka Tat Tsang

**Enroll for Free**  
Starts Feb 9

Financial aid available

156,834 already enrolled

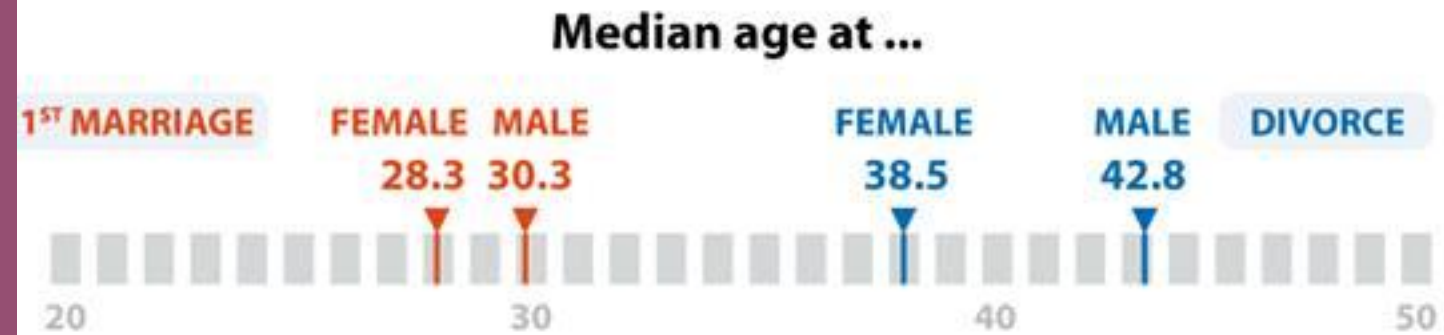
# Reasons for ending a relationship

Dysfunctional relations

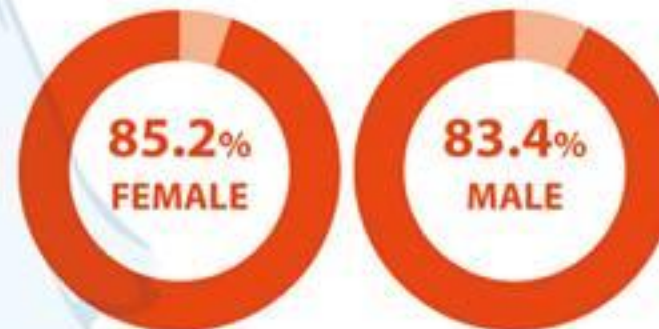
Irreconcilable differences

Relational transgression –  
violation of implicit or explicit relational rules

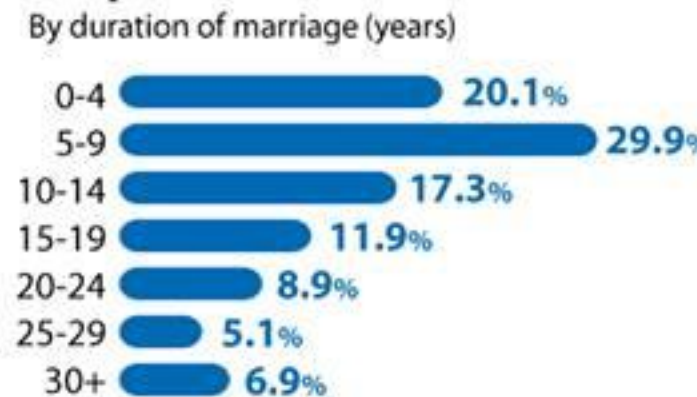
## MARRIAGES AND DIVORCES IN 2016



### Proportion of 1<sup>st</sup> marriages



### Proportion of total divorces



# Surprising Scientific Facts

---

We find people with a different type of immune system to ours more attractive.

When two lovers gaze into each others eyes their heart rates synchronize.



# Surprising Scientific Facts

Falling in love has similar effects on the body as taking cocaine.

Looking at a picture of your loved one can relieve pain.

Spending time with people who love you reduces the risk of an early death by 50%





# 76 Interesting Facts about Dating

31% of [men](#) said they dumped an overweight partner compared to 12% of [women](#)

[men](#) who reported incomes higher than \$250,000 received 156% more email than those with \$50,000



# 76 Interesting Facts about Dating

women are attracted to men in blue

most people make a decision regarding a person's attractiveness within 3"!



# 76 Interesting Facts about Dating

43% said fresh breath mattered most before a date

17% stylish clothes

15% sexy fragrance

14% good skin

10% great hair



# 76 Interesting Facts about Dating

---

the way he stands counts for over 80% of woman's first impression

40% of women view an appropriate time frame to wait for sex as being 1-3 months, while 35% of men think the 3rd date is fine



# 76 Interesting Facts about Dating

---

Over 50% of all singles in America have not had a date in more than two years.

Humans like mystery and “the chase,” so don't be too “available” to a date

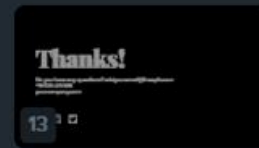
Date blunders include: showing up late, talking about yourself, revealing too much about your ex, and over-eagerness.



wepik.com



# Enhancing Intimacy: A Comprehensive List of AI Tools for Relationship Enrichment



# RomanceBot



**RomanceBot\_GPT20**

Operated by  @natejames1

11K monthly users · 432 followers

Talks to you about relationships, doesn't make you uncomfortable. Enjoy!

Shirt Color


Continue your last chat with this bot



RomanceBot\_GPT20

Poe

Hello it's RomanceGPT, here to talk about Romance or relations, any questions go on and ask i'm here to help!

 Share



Tell me more.



# Virtual kissing device - share intimacy from long distance



[https://www.youtube.com/watch?v=2Bv97qba7Rg&ab\\_channel=ABC7](https://www.youtube.com/watch?v=2Bv97qba7Rg&ab_channel=ABC7)





# 15 Greatest Movies on Relationships



## 1. **Eyes Wide Shut** (1999)

R | 159 min | Drama, Mystery, Thriller

★ 7.4 ☆ Rate 68 Metascore

A Manhattan doctor embarks on a bizarre, night-long odyssey after his wife's admission of unfulfilled longing.

Director: [Stanley Kubrick](#) | Stars: [Tom Cruise](#), [Nicole Kidman](#), [Todd Field](#), [Sydney Pollack](#)

Votes: 326,093 | Gross: \$55.69M

*If there is anything that can be better than one of the best performances ever of the greatest actor in cinema - Marlyn Brando, then it has to belong to the greatest director ever born - Stanley Kubrick. (I wonder why Stanley Kubrick & Marlyn Brando never worked together? ). This is the most amazing, most definitive, most enchanting & almost impossible to fathom kind of movie. I would call it the second best of Kubrick after "2001 A Space Odyssey". It encompasses the whole sphere of a relationship which all other above movies look in isolation. From love, sex & marriage linkages to mind, body & soul (respectively) it takes us on a journey inside the mind. A journey as infinite as mind (or shall I say "Beyond The Infinity" ) ?*



## 3. **Eternal Sunshine of the Spotless Mind** (2004)

R | 108 min | Drama, Romance, Sci-Fi

★ 8.3 ☆ Rate 89 Metascore

When their relationship turns sour, a couple undergoes a medical procedure to have each other erased from their memories.

Director: [Michel Gondry](#) | Stars: [Jim Carrey](#), [Kate Winslet](#), [Tom Wilkinson](#), [Gerry Robert Byrne](#)

Votes: 967,647 | Gross: \$34.40M

*A couple undergoes a procedure to erase each other from their memories when their relationship turns sour, but it is only through the process of loss that they discover what they had to begin with.*

*This movie is so beautiful and so perfect in its every single shot that it's unbelievable how something can be so original & yet so transcendental about human emotions. Michel Gondry does an incredible job of scripting one of the best love stories in human history. I never imagined Jim & Kate could give such a mind-blowing performance. So mature & yet so natural.*

# 27 Movies That Explain Your Current Relationship



Everett Collection

4/27

## **IF You're Going on a Lot of First Dates: *50 First Dates***

If you're confused about how *50 First Dates*, a very unrealistic romantic



Everett Collection

5/27

## **IF You're Trying Dating Apps: *You've Got Mail***

Ever feel like Tinder or Bumble aren't the best place to find lasting love? Yeah, we get it. All the time. We suggest watching the classic rom-com *You've Got Mail* to keep you in the game. The movie may be set long

# 8 of the best podcasts about relationships

## 2. The Love Life



## 4. Shagged, Married, Annoyed



# IDIOTS ARE INVINCIBLE

... and they always  
manage to ruin our day.  
The fool-proof "Ro"  
method to handle them,  
solve problems, and  
enjoy the process!



**Dr Angelo  
Rodafinos**

Available from  
 iTunes    



Smashwords™  
your ebook. your way.



rodafinos



rodafinos1



arodafinos@gmail.com



www.rodafinos.weebly.com

