

A romantic couple in formal attire embracing at sunset. The man is wearing a dark suit and a red bow tie, and the woman is wearing a white lace dress. They are standing outdoors with a blurred background of trees and a warm, golden light from the setting sun.

# Attraction & Intimacy

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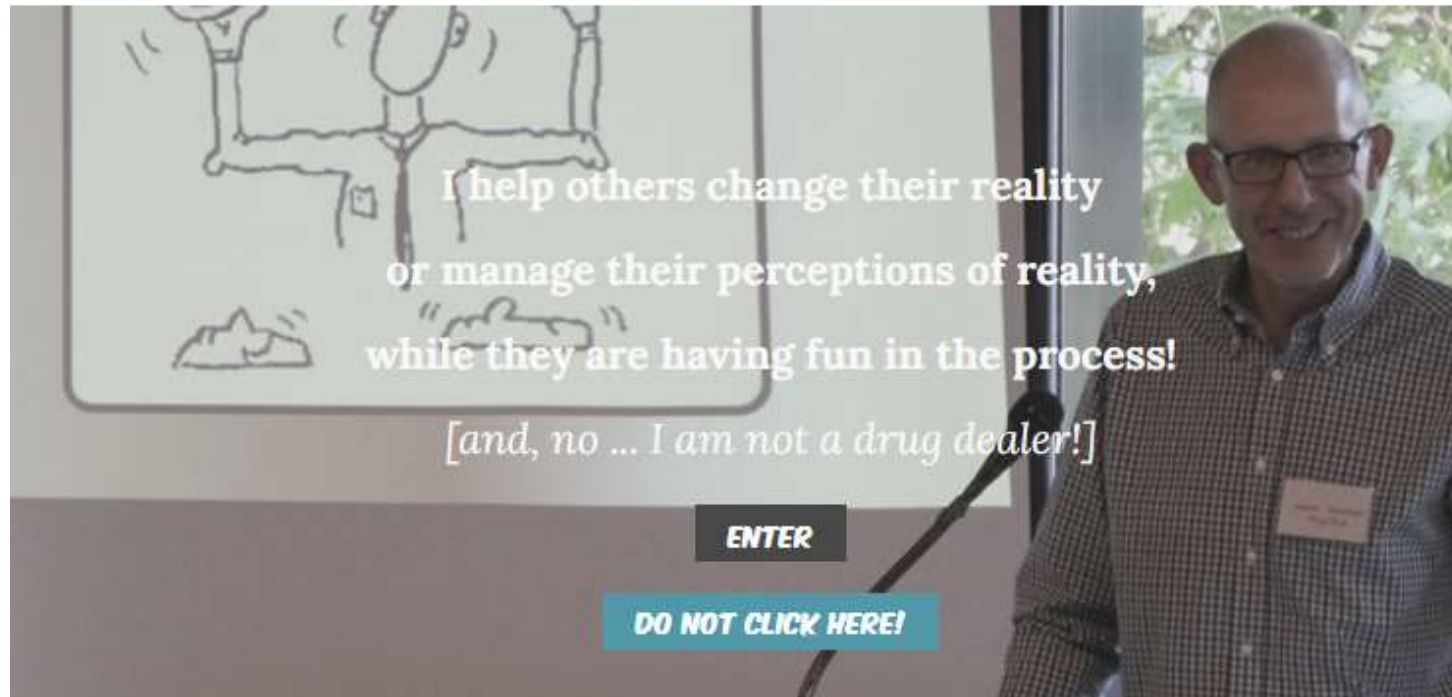
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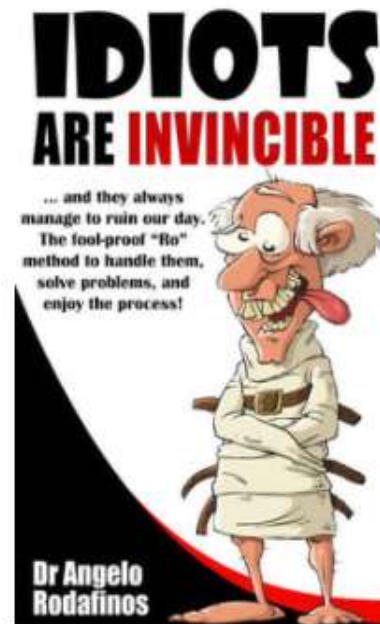
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A manual for those who want to change something in their lives or in the lives of people around them.



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



# Contents

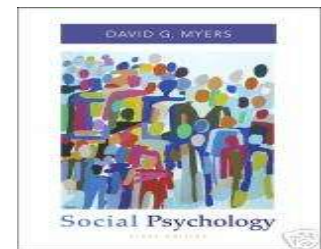
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Exclusion and negative feelings

Liking others

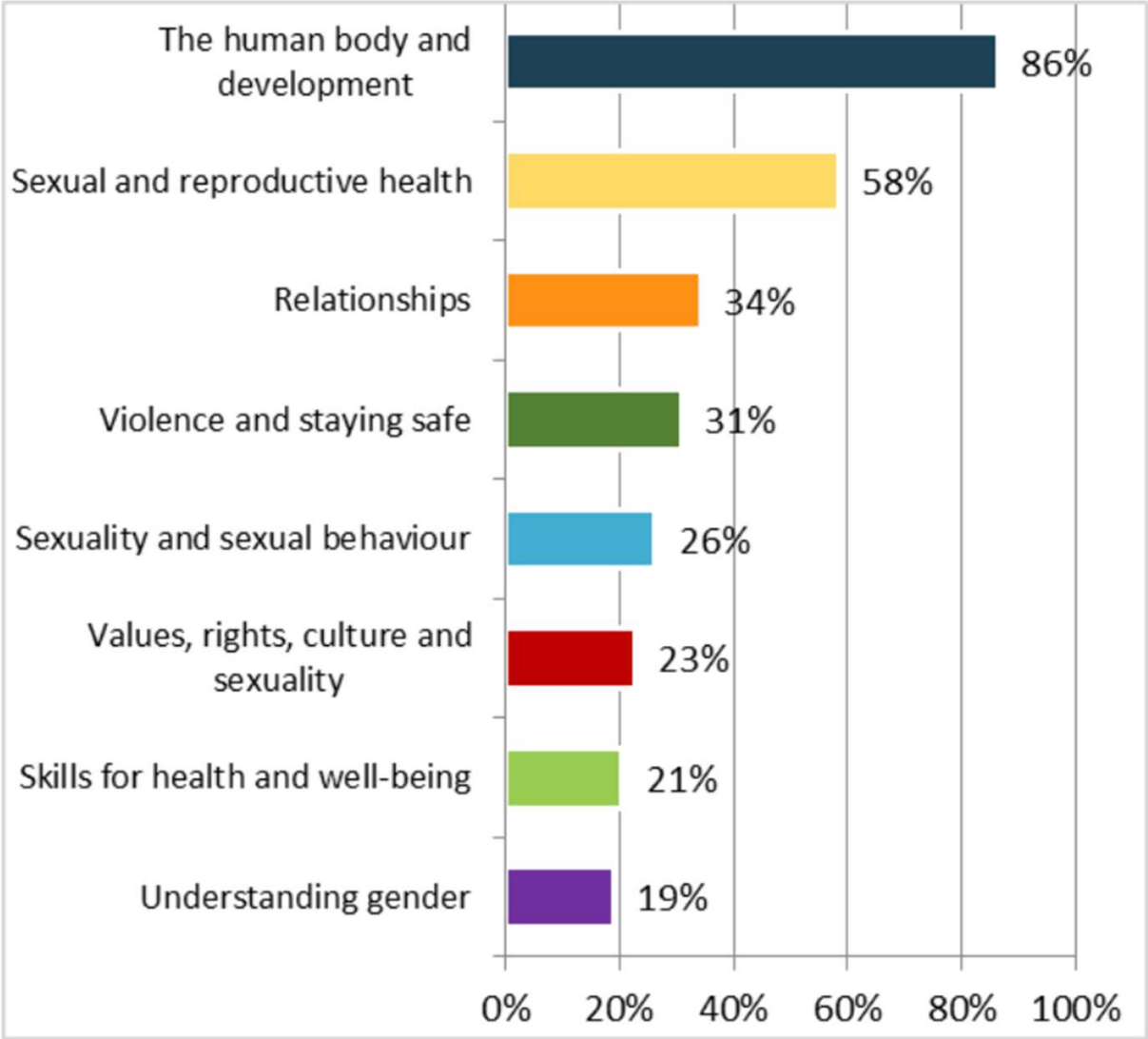
Love

Ending relationships




(material adopted from J. Myers)

# Topics covered in school



10 🙌 > 2 🙌 in hunting

Affairs lead to 

Almost 1/3 of our waking time is spent on  
Mehl & Pennebaker (2003)



Need to belong?

# Ostracism

Depressed mood, anxiety, hurt feelings, withdrawal

Williams (2002)

Self-defeating behaviours, aggression, less regulation

Women > men

Cyber-ostracism

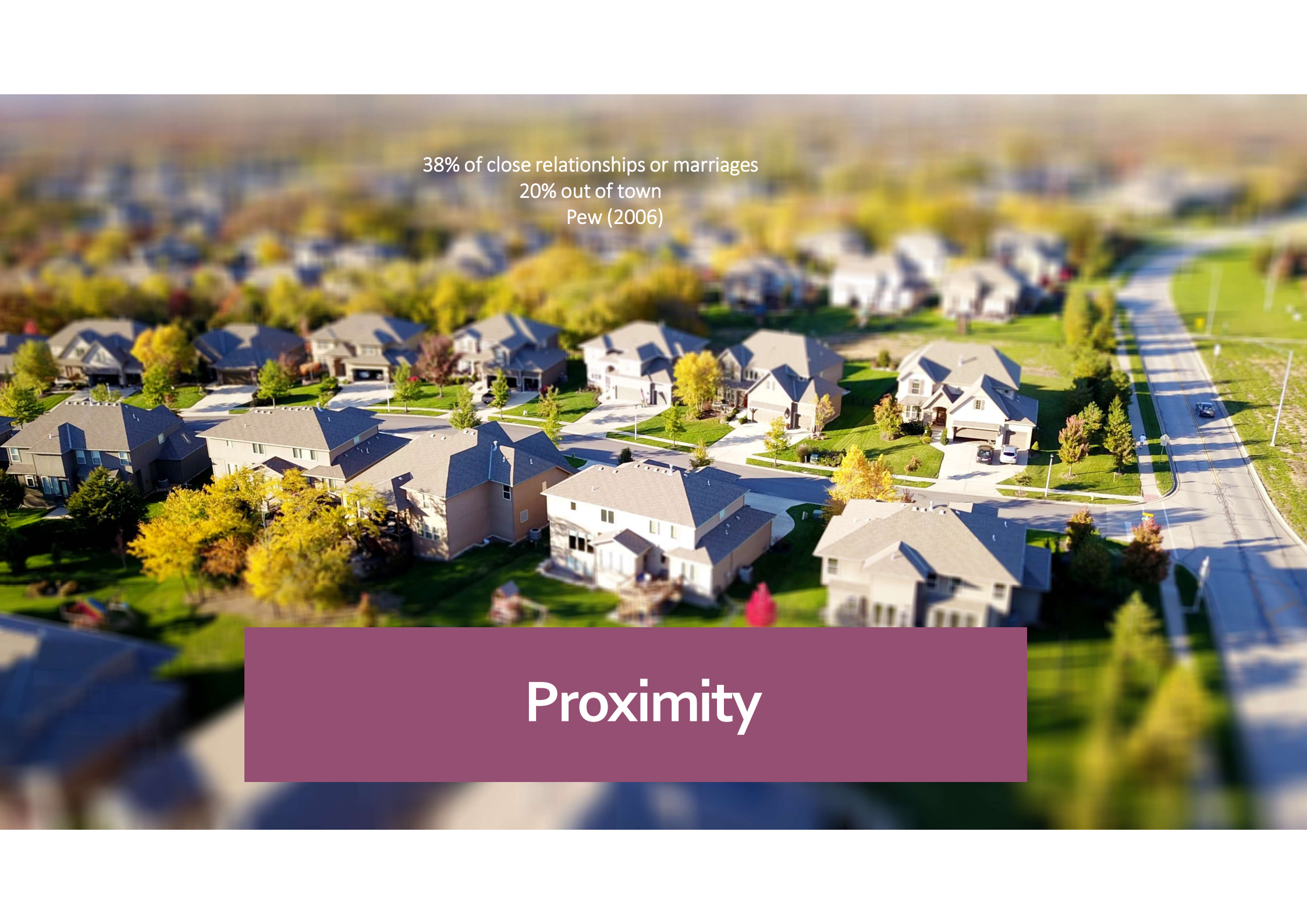


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A photograph of two hikers walking away from the camera on a dirt path through a forest. The hiker on the left is wearing a dark jacket and a dark backpack with a red circular logo. The hiker on the right is wearing a dark jacket and a grey backpack. The path is surrounded by dense green foliage and tall trees. The lighting is soft and natural, suggesting a sunny day. The text "Attraction & friendship factors" is overlaid in white at the bottom of the image.

**Attraction & friendship factors**



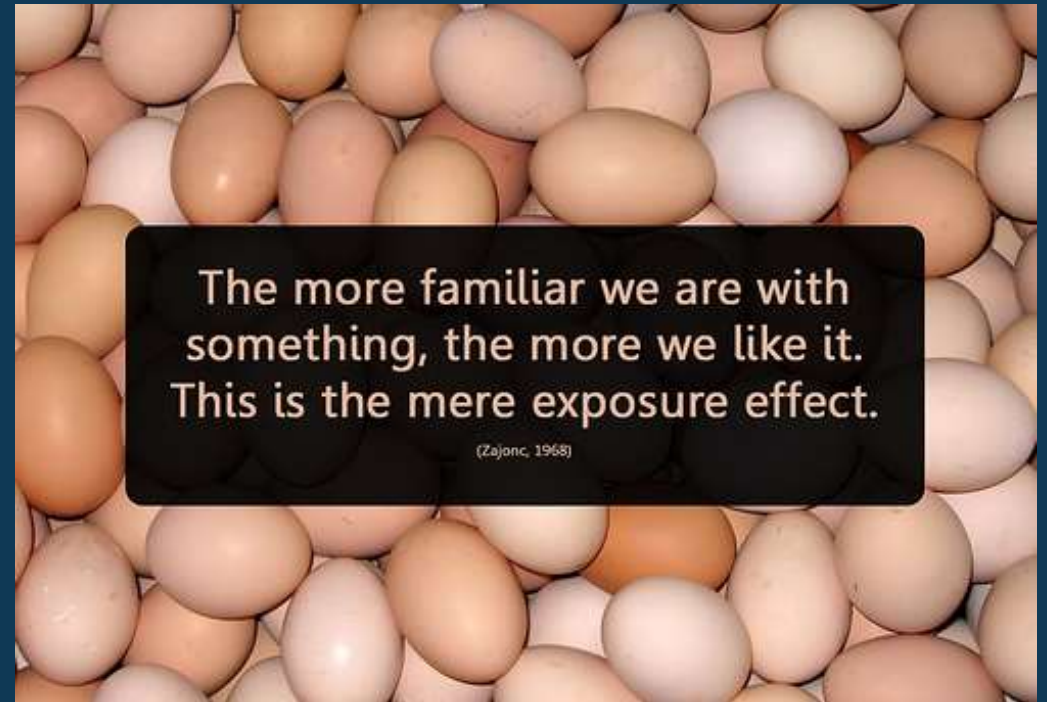
An aerial photograph of a suburban neighborhood. The houses are mostly two-story, light-colored with dark roofs. There are many trees, some with yellow and orange autumn foliage. A road with a few cars is visible on the right side. The overall scene is bright and sunny.

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

# Proximity



IS PREJUDICE UNAVOIDABLE?



The more familiar we are with something, the more we like it. This is the mere exposure effect.

(Zajonc, 1968)



**Physical attractiveness**



## What do men/women look for?

Character?  
Good looks?  
Sincerity?  
Humour?  
Money?

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## 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]*

<b>Value most in men</b>	<b>Value most in women</b>
33% Honesty/Morality	35% Physical attractiveness
23% Professional/Financial success	30% Empathy/Nurturing/Kindness
19% Ambition/Leadership	22% Intelligence
19% Strength/Toughness	14% Honesty/Morality
18% Hard work/Good work ethic	9% Ambition/Leadership
11% Physical attractiveness	9% Hard work/Good work ethic
11% Empathy/Nurturing/Kindness	8% Professional/Financial success
9% Loyalty/Dependability	7% Loyalty/Dependability
8% Intelligence	7% Competence/Ability
5% Being family-oriented	6% Independence/Self-reliance
5% Politeness/Respectfulness	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"

**PEW RESEARCH CENTER**

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## Attractiveness → liking

even after controlling for personality and aptitude test scores



Hatfield et al. (1966)









**Some judge others by their looks**  
Livingston (2001)

**Grooming influences interviewers**  
Mack & Rainey (1990)

**Attractiveness = + \$1.988 p/y**  
Roszell et al. (1990)

**Time to judge a face = .013 sec**  
Olson & Marshuetz (2005)

# The physical attractiveness stereotype

Adults & children biased towards attractive peers

Teachers: attractive children > intelligent & successful Clifford & Walster (1973)

Bart Simpson effect: less able & socially competent



# The halo effect

What is beautiful...

IS GOOD



## Beautiful → desirable qualities?

Attractive children are > relaxed & outgoing

Langlois et al. (2000)

College students rated attractive women > skilful & likable

Goldman & Lewis (1977)

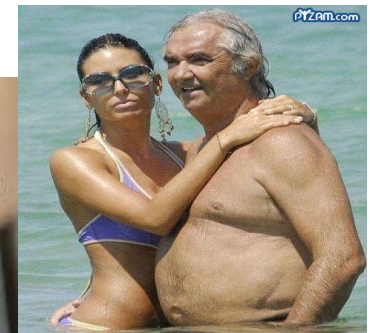


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# The matching phenomenon

Not all people date or marry attractive mates

- More likely to approach similar (Stroebe et al., 1971)
- Youth-Money exchange





**Women find a man more attractive when other women are pictured smiling at him.**



WHO is attractive?

epsoside

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**ATTRACTIVENESS IS  
SUBJECTIVE**

DETERMINED BY TIME & PLACE





What makes us attractive?

NON-SYMMETRICAL



SYMMETRICAL

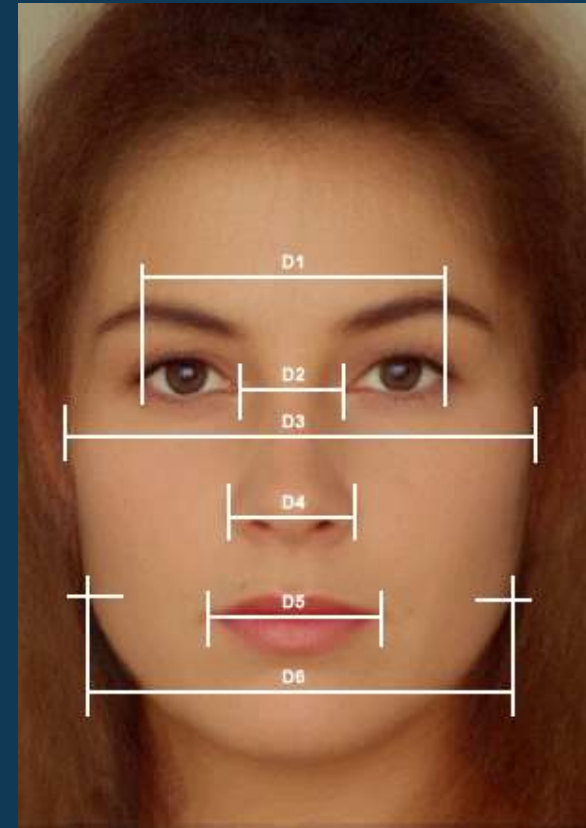


# Symmetry

People tend to prefer average-looking or symmetrical faces

To be really attractive is to be really average!

Rhodes (2006)





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# Evolution and attraction

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Females find extremely masculine faces more attractive during their in/fertile(?) periods.



Beauty corresponds to biologically important information

1. Men prefer fertile-looking women
2. Women prefer males with high status & wealth

Evolution-related forces > cultural influences



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# Similarity VS. Complementarity

BIRDS OF A FEATHER FLOCK TOGETHER

Or ... Do opposites attract?



The greater similarity between spouses the happier they feel

Byrne (1971)

Sharing common beliefs breeds liking

Montoya & Horton (2004)

People also like those who act as they do

Van Baaren et al. (2003)



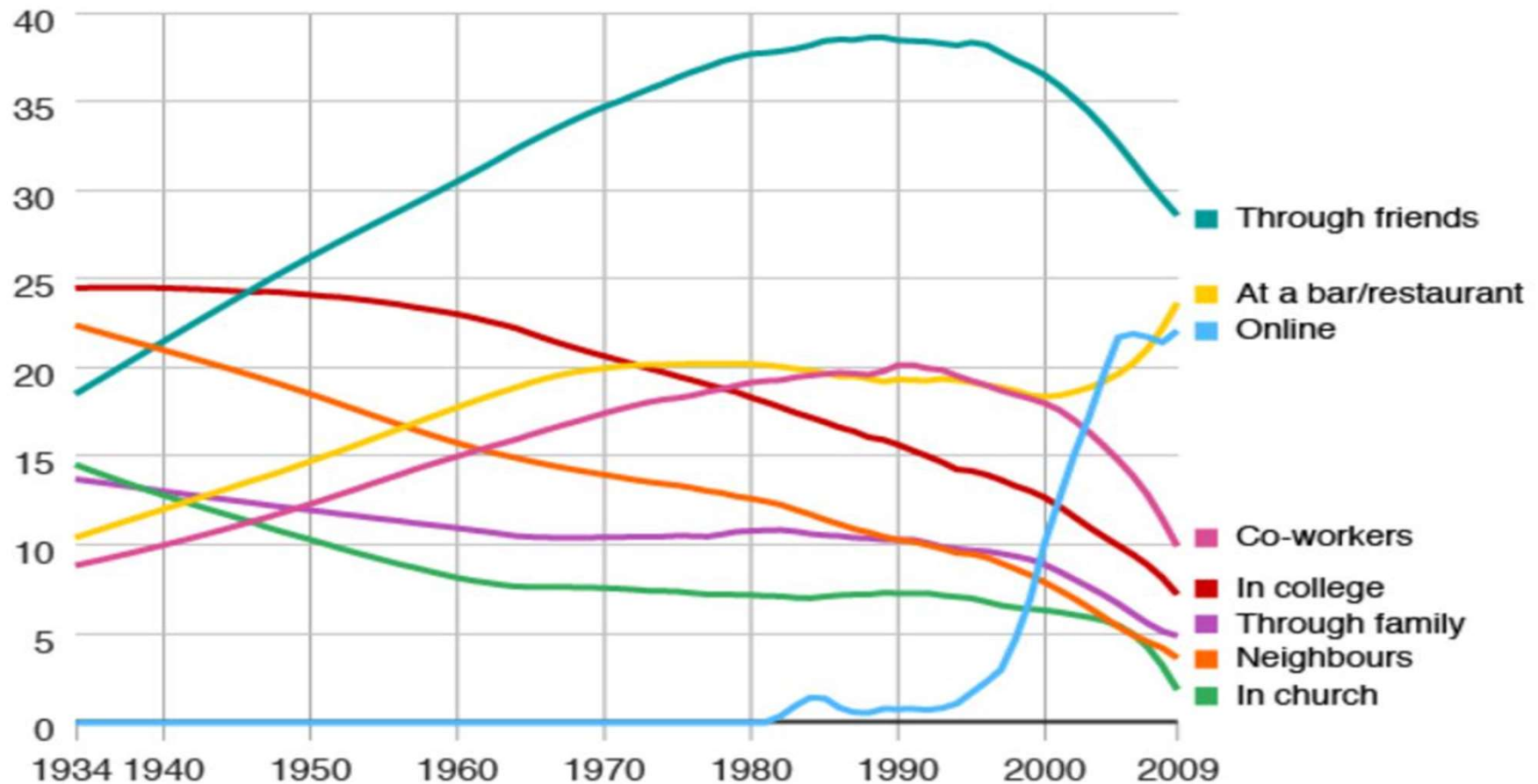
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# Social comparison

## How heterosexual US couples met their romantic partners 1940-2009



Source: Michael Rosenfeld, Stanford University

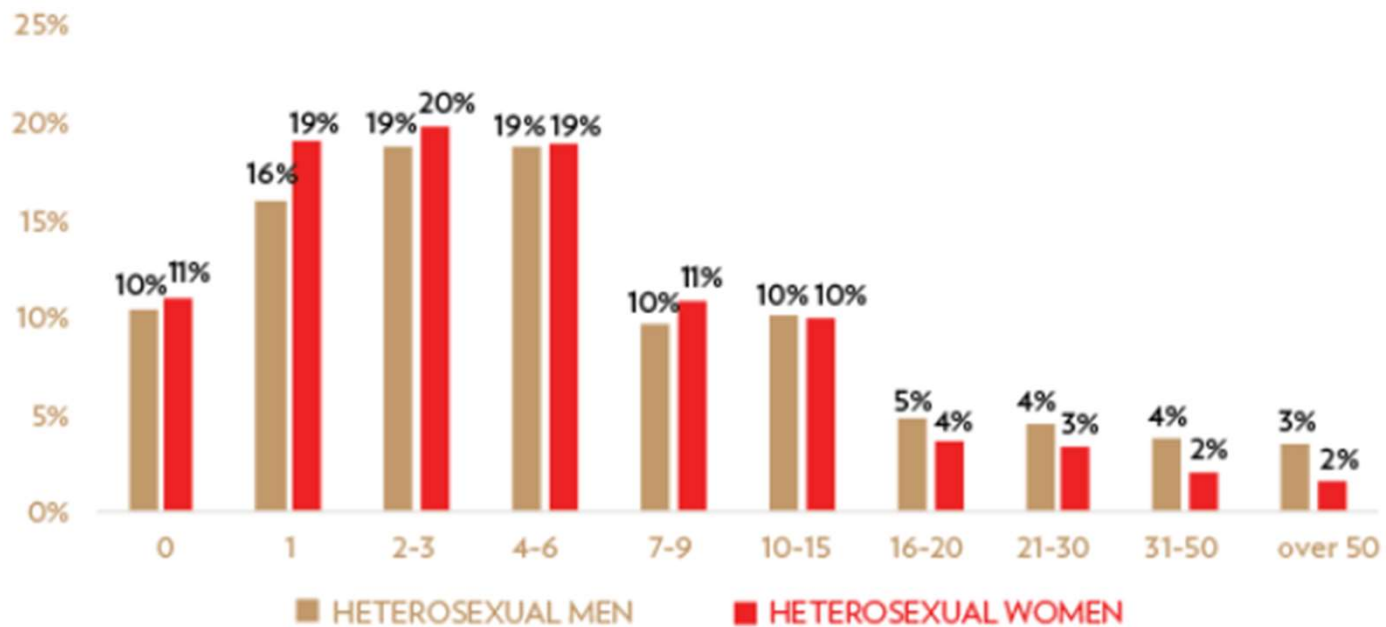
<https://www.bbc.com/news/magazine-35535424>

Can we love more than one?

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Figure 8.1

*Number of lifetime opposite-sex sexual partners: heterosexuals*



# 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



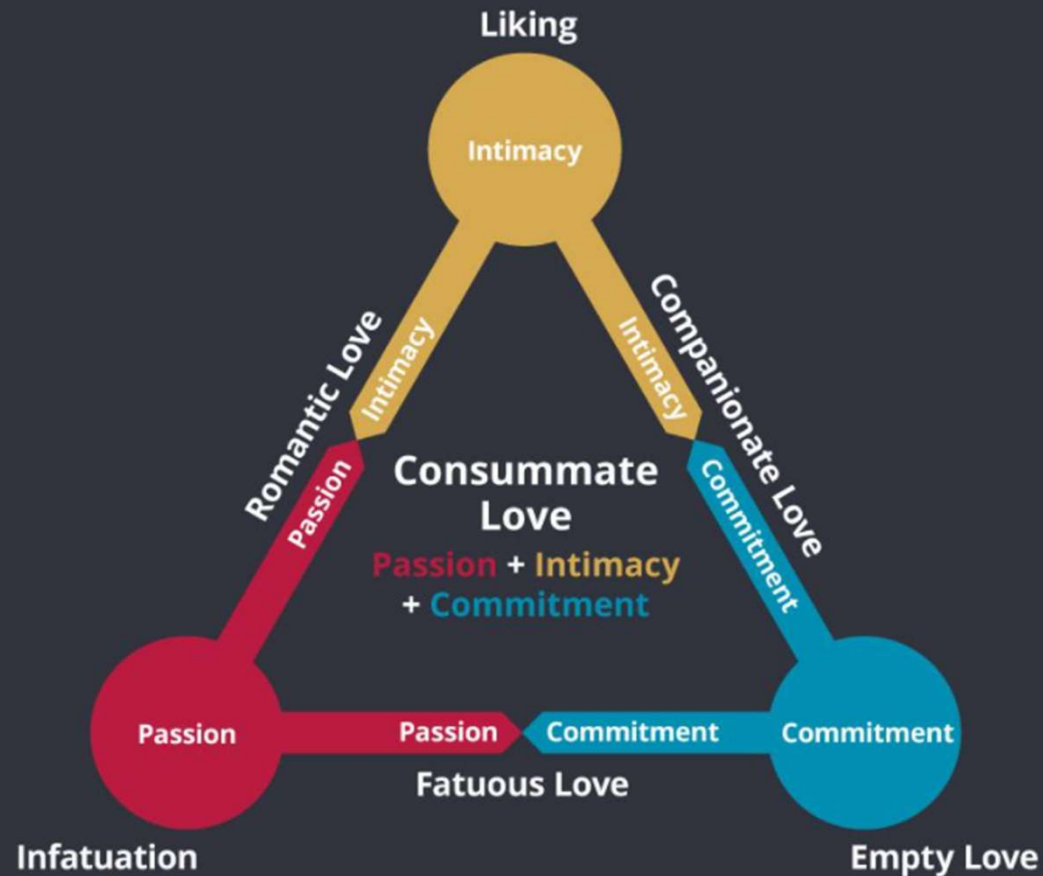
<https://www.glamour.com/story/how-much-time-having-sex>  
<https://theconversation.com/how-long-does-sex-normally-last-56432>

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A man and a woman are riding a red bicycle together, viewed through a window. The man is wearing a blue and white plaid shirt and blue jeans, and the woman is wearing a white dress. They are both smiling and looking towards each other. The background outside the window is a bright blue sky with white clouds and a green field.

The world has a different meaning!  
Intense desire to be together  
Would you die for ...  
Source of great joy and sorrow  
Once in love one becomes possessive  
Overestimating the difference bw women...  
-H. Fisher

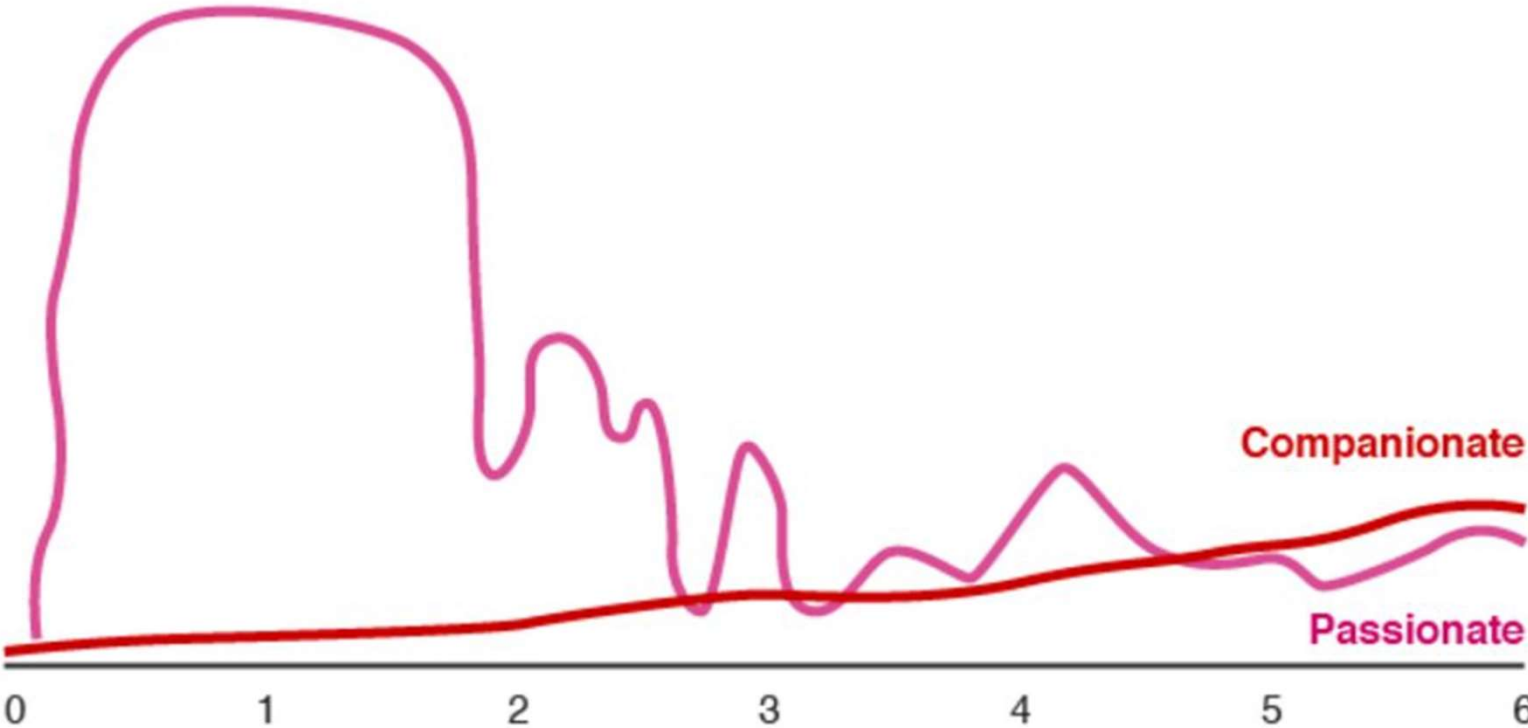
# Sternberg's Triangular Theory of Love





# How relationships turn from passionate to companionate over time (months)

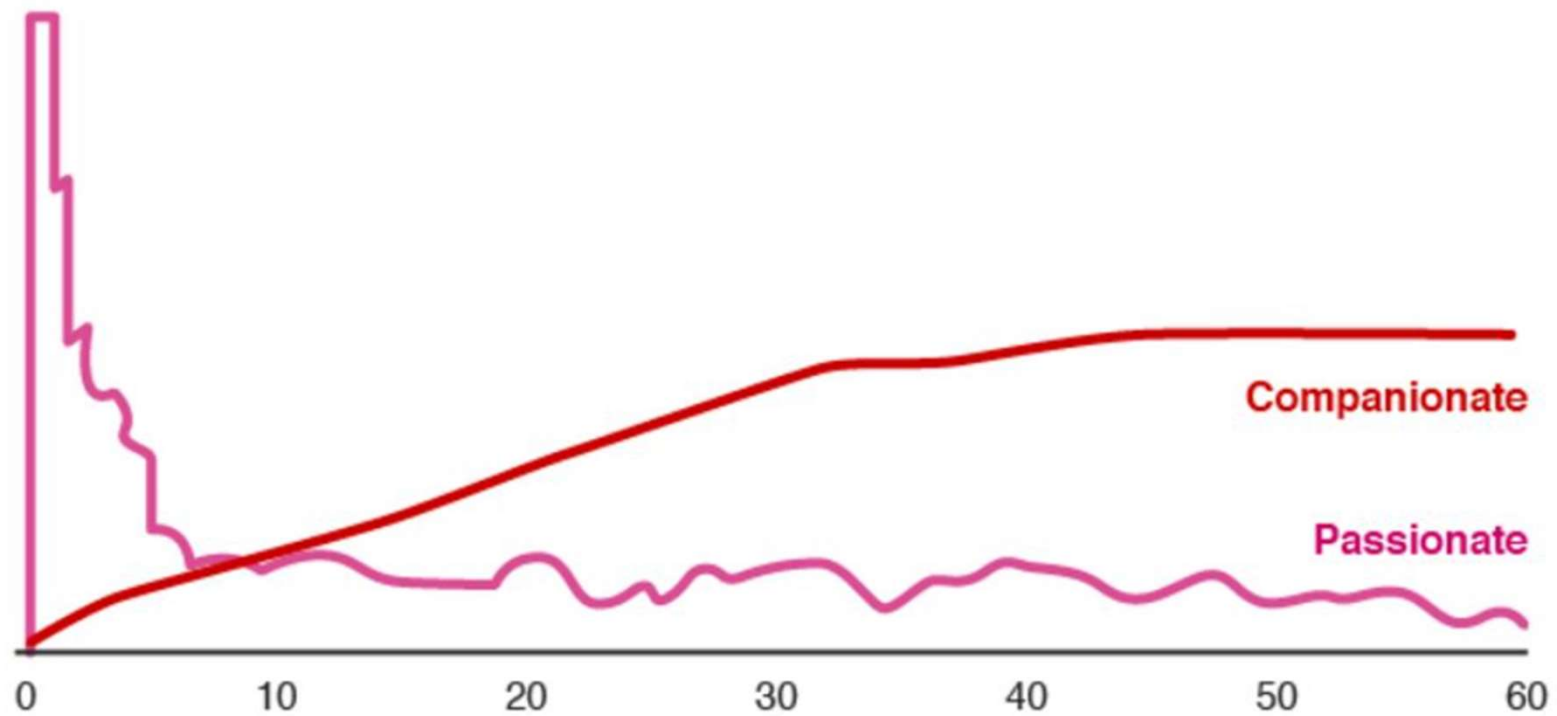
Intensity and danger points



Source: The Happiness Hypothesis, by Jonathan Haidt

## How relationships turn from passionate to companionate over time (years)

Intensity



Source: The Happiness Hypothesis, by Jonathan Haidt

<https://www.bbc.com/news/magazine-35535424>

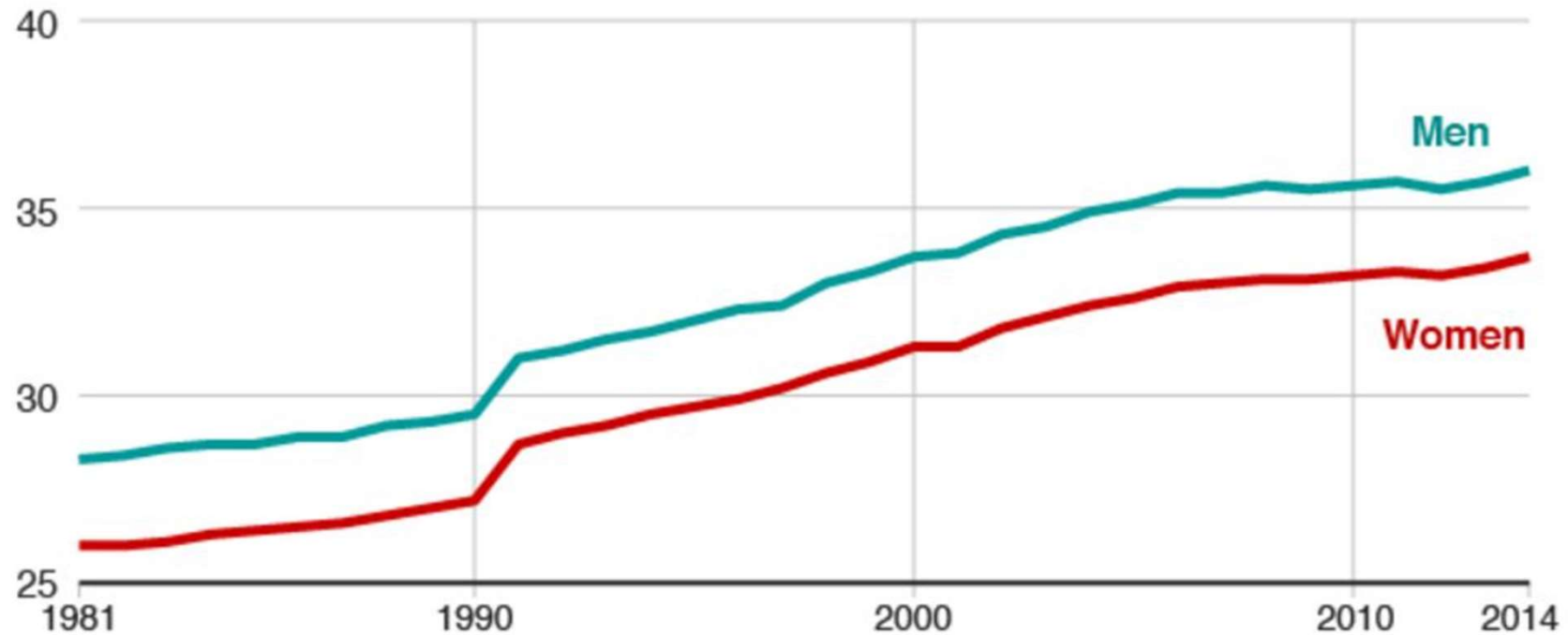
# Suspension Bridge experiment

arousal intensifies passionate feelings

- Dutton & Aron (1974)

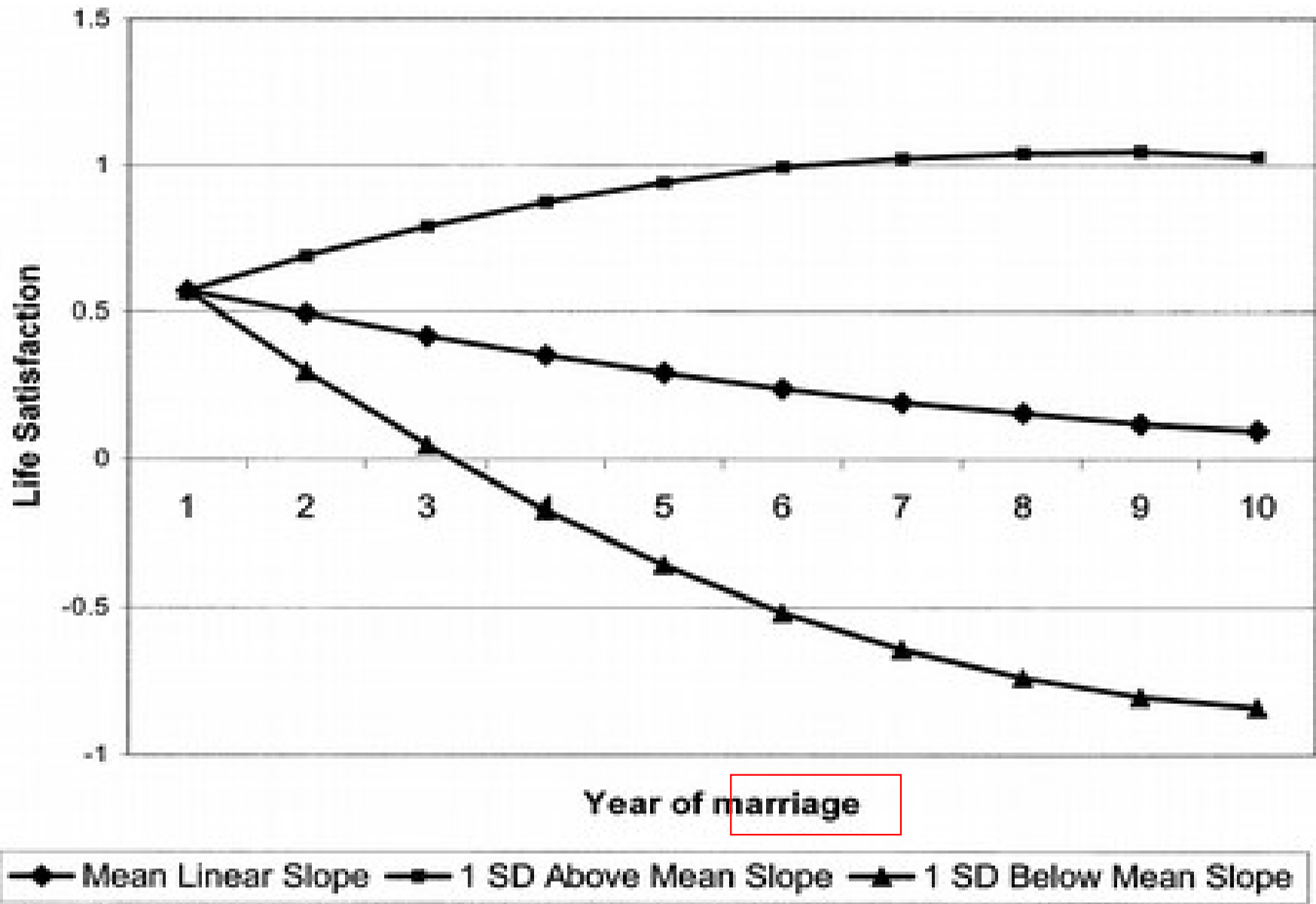


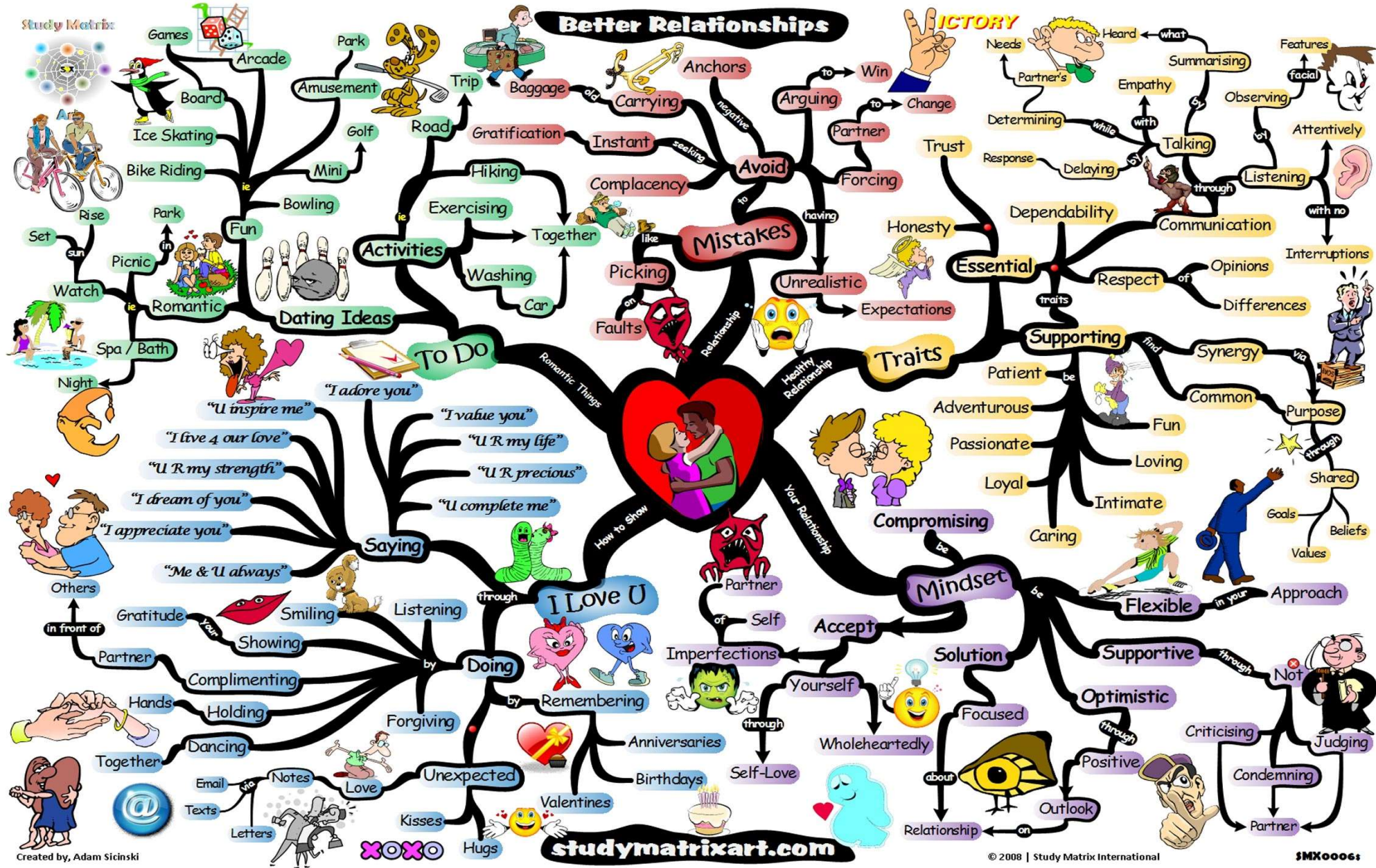
## Average (mean) marriage age in the UK, 1981-2014



Source: ONS for England and Wales, National Records of Scotland, Northern Ireland Statistics and Research Agency

<https://www.bbc.com/news/magazine-35535424>



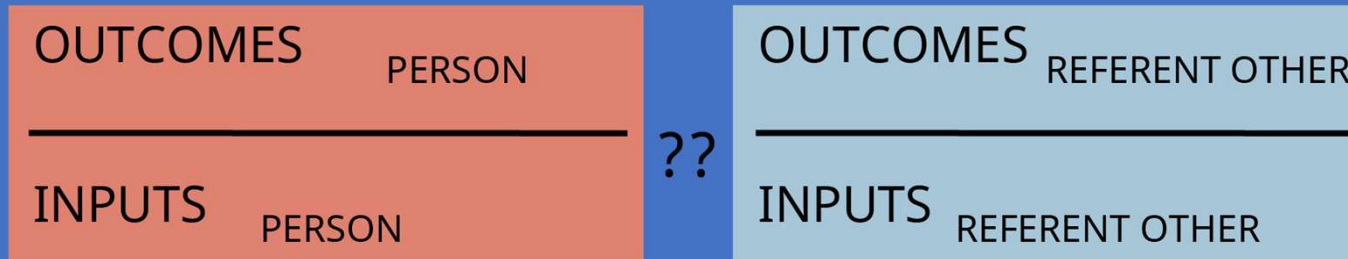


# Ending relationships



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200-195 County Court Blvd. Brampton, Ontario L6N-4P2 Tel: (905) 450-1211 Fax: (905) 450-2066 [www.slra.com](http://www.slra.com)

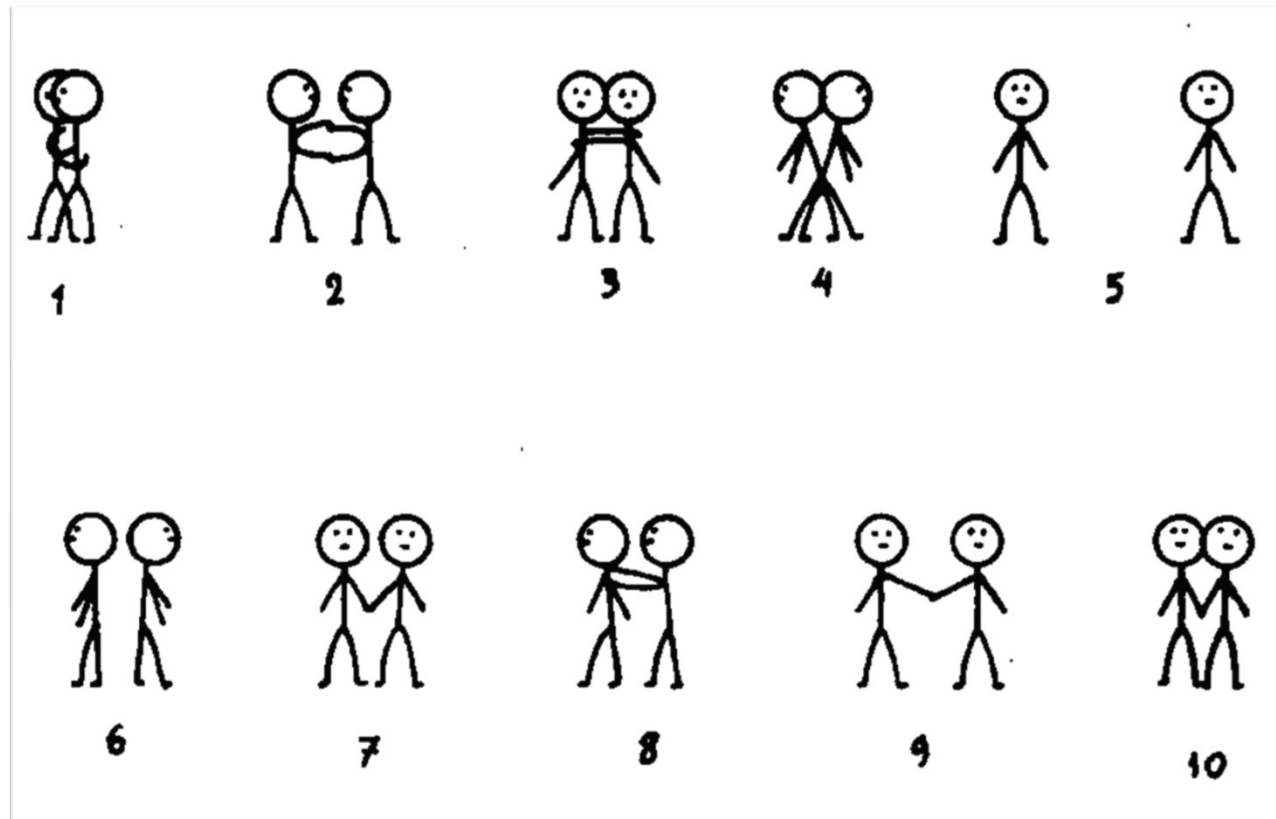


## Equity in relationships

Outcomes (should) = Investments  
Inequity → discomfort



# Relationship types



- G. Pinteris

# Divorce risk

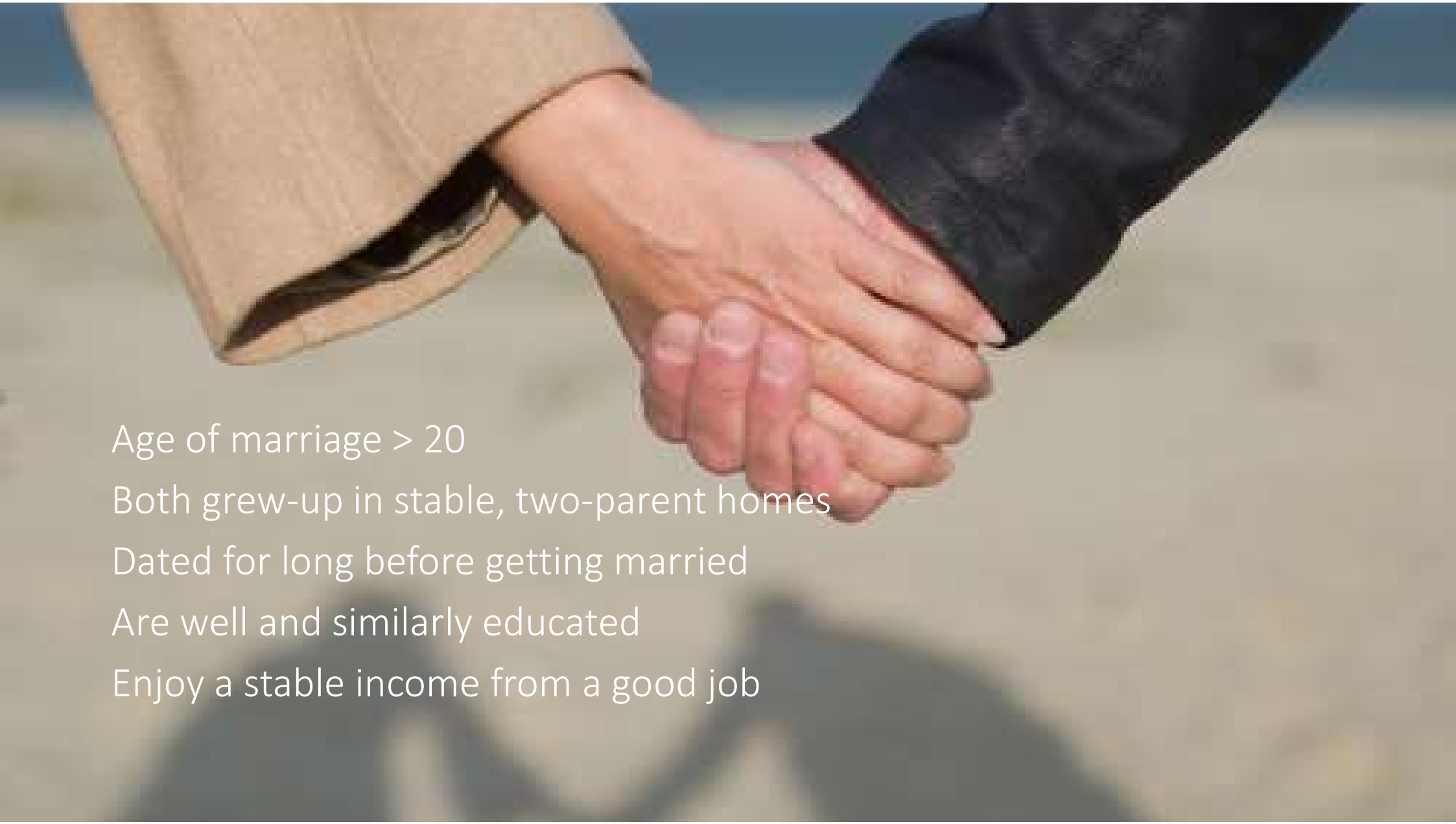
Individualistic countries > divorce rates

Narcissists < endurable relationships

Cambell & Foster ( 2002)



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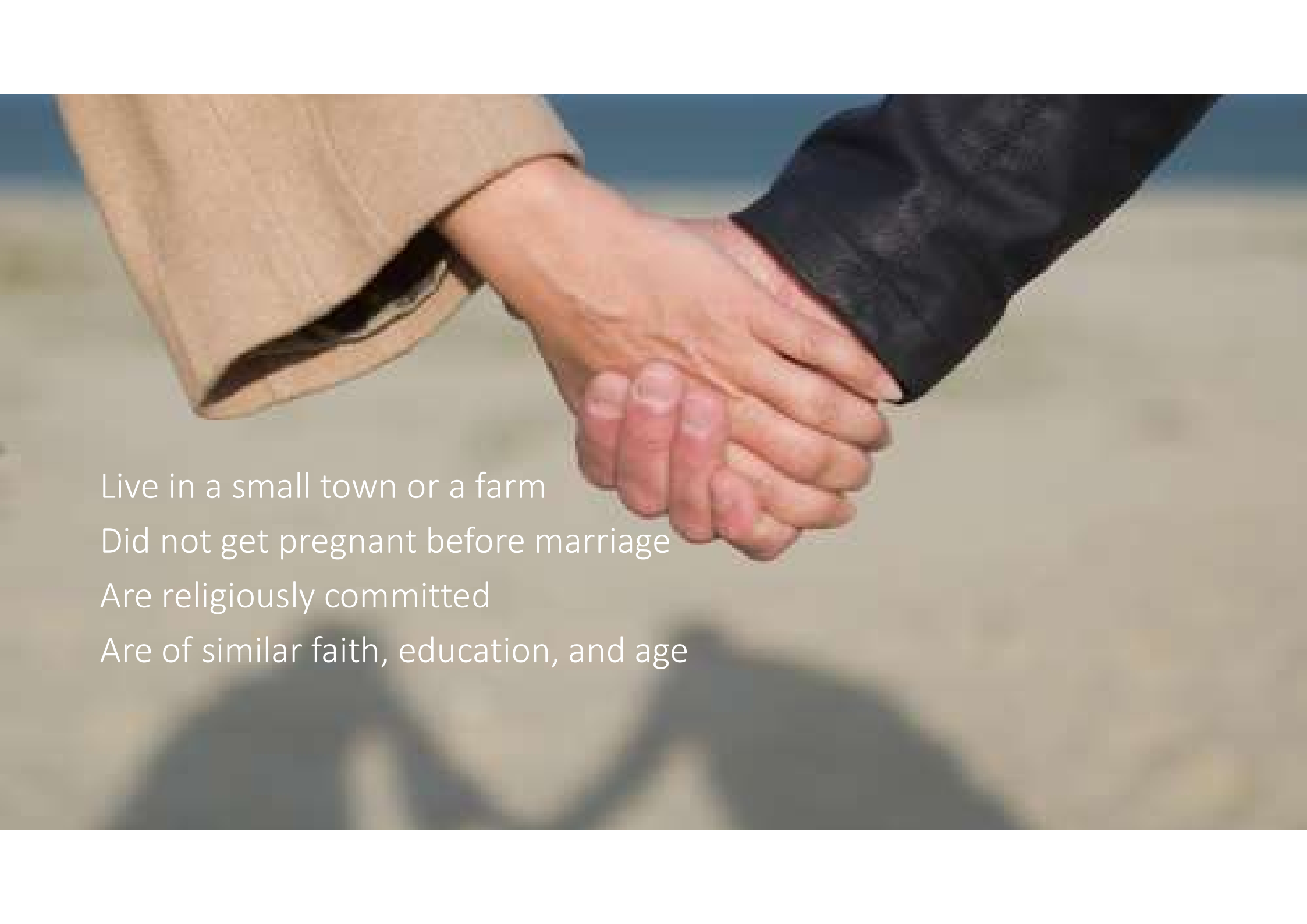
Age of marriage > 20

Both grew-up in stable, two-parent homes

Dated for long before getting married

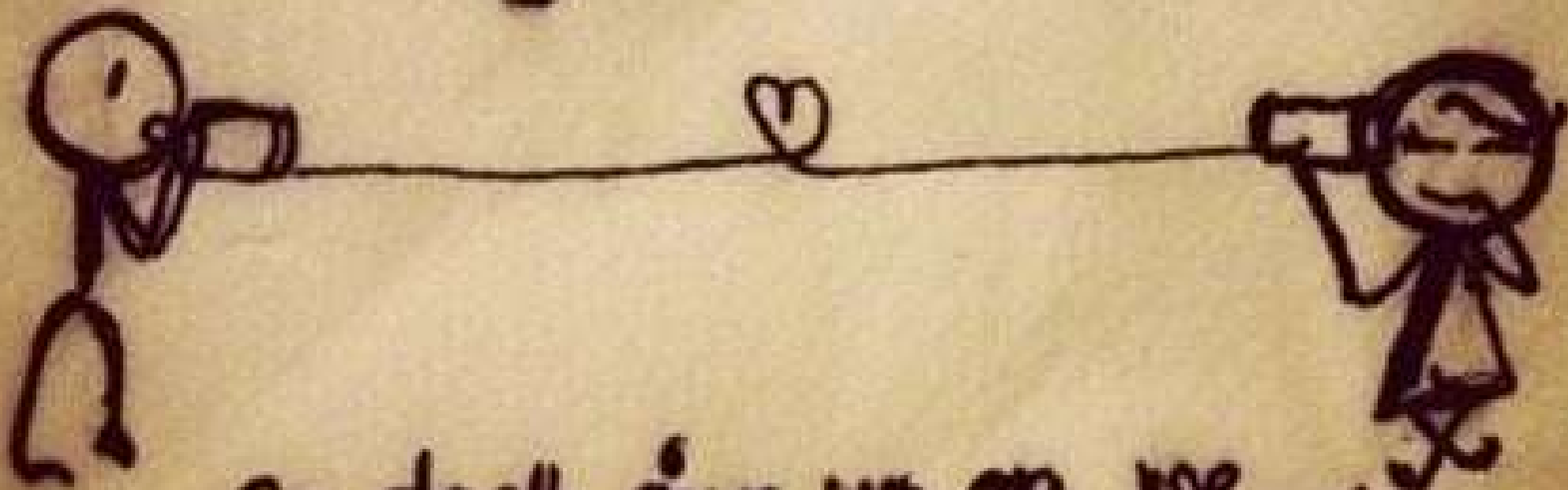
Are well and similarly educated

Enjoy a stable income from a good job



Live in a small town or a farm  
Did not get pregnant before marriage  
Are religiously committed  
Are of similar faith, education, and age

i won't give up on you...



So don't give up on me...



# 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**

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