



“Are we wired to cheat on our mates?” Today Show 3/19/07

- “Biologists believe nature prefers that man and beast have multiple sexual partners.”
- Americans relatively unique in expectations of lifelong fidelity.
 - Presumptive monogamy or legal monogamy
 - “men are only supposed to have one woman”

Relational Transgressions

- “when people violate implicit or explicit relational rules” (pg 339)
 - Three top issues
 - Infidelity/unfaithfulness
 - Jealousy
 - Deception
 - Typically relational transgressions will involve some type of 3rd party.

Infidelity

- Two Types
 - Sexual infidelity
 - Emotional infidelity

Infidelity

- Sexual infidelity
 - Sexual intercourse
 - Extradynamic sexual activity

Infidelity

- Emotional infidelity “emotional resources such as romantic love, time, and attention to someone else.” (pg 341)
- Is lusting (looking but not touching) emotional infidelity?
 - Today Show “It’s a reflection of reality... both men and women experience lust in their hearts. They feel attractions to others.”

Why Sexual Infidelity?

- Top Two Reasons
 - Dissatisfaction with current relationship
 - Boredom – need for excitement
- Other Reasons
 - Enhance own self-esteem
 - Revenge due to jealousy or anger
 - Sexual incompatibility

Behavioral Cues to Infidelity

- “Partner acted apathetic or referred to and spent more time with another person, people suspected sexual and emotional infidelity about equally.” (pg 324)
- Pg 343 & 344 list 14 behavioral cues

Relationship Maintenance	Behavioral Triggers
<ul style="list-style-type: none"> • Self-disclosure /relationship talk 	<ul style="list-style-type: none"> • Apathetic communication
<ul style="list-style-type: none"> • Positivity 	<ul style="list-style-type: none"> • Passive rejection
<ul style="list-style-type: none"> • Integrating social networks 	<ul style="list-style-type: none"> • Segregating social networks

How do we respond to infidelity?
<ul style="list-style-type: none"> • Angry retreat <ul style="list-style-type: none"> – Turn away emotionally/physically; See revenge – Terminate relationship
<ul style="list-style-type: none"> • Accommodation <ul style="list-style-type: none"> – Expressing loyalty, trying to understand – Possibly forgiving
<ul style="list-style-type: none"> • Assertive Response <ul style="list-style-type: none"> – See to protect self – Voice feelings & concerns

Jealousy

- “occurs when people worry that they might lose something they value” (pg 347)
 - Reaction to imagined or actual threat
- Romantic jealousy
- Sexual jealousy
- Jealousy over time

Jealousy vs

- Envy – “occurs when people want something valuable that someone else has.”
- Rivalry – “occurs when 2 people are competing for something that neither has”

Romantic Jealousy & Jealous Thoughts

- Primary appraisals
- Secondary appraisals
 - Motives
 - Comparison
 - Alternatives
 - Potential loss

Jealousy, Expression & Relational Satisfaction

- Integrative communication + negative affect expression
 - 9 integrative behaviors (pg 355)
- Compensatory restoration
 - Attempt to improve self and relationship without seeming needy

Deception

- “**intentionally** managing verbal and/or nonverbal messages so that the target will believe or understand something in a way the deceiver knows is false.” (pg 357)

Types of Deception

- Lies –
 - Made-up information (fabricated)
 - Info opposite of truth
- Equivocation (*benevolent lie*)
 - Evasion
 - Indirect or ambiguous statements
- Concealment
 - Omit information you know to be important to situation

Types of Deception


- Exaggeration
 - Overstatement
- Minimization
 - Downplay aspect of truth
 - Might be seen as a benevolent lie

Motives for Deception

- Partner-focused
 - To save face
 - To avoid tension or conflict
 - To guide social interactions
- Self-focused
 - To save face
 - To gain power
- Relationship focused
 - To expand or reduce relationships

Deception Detection

- Difficult to detect deception in relationships because
 - Truth biases
 - Deceiver controls cues
 - Consciously controls cues to deception
- Best method in relationships
 - Use behavioral familiarity
 - Compare familiar behaviors to current behaviors and look for noticeable differences



Repairing the Damage

from the relational transgression

Repairing Relations

- Forgiveness
- Remedial strategies

Forgiveness

- “The **decision** to forgive starts a **difficult process** that involves conquering negative feelings and acting with goodwill toward someone who has done us harm.” (pg 362)
 - Decision to forgive is just that a decision
 - It is difficult because we tend to
 - Fight – retaliate when hurt OR
 - Flight – withdraw when hurt

Forgiveness

- Three factors make it more likely forgiveness grants
 - Sincere apology and admit responsibility
 - Offended party experiences empathy
 - Severity of the transgression

Remedial Strategies

- Forgiveness - for hurt party
 - Remember no guarantee relationship will heal
- Remedial strategies – for bad person; person guilty of transgression
 - “represent attempts to correct problems, restore one’s positive face, and repair the relationship.” (pg 365)

Remedial Strategies

- Apologies/Concessions
 - Apologize and admit guilt BEFORE being accused
- Excuses/Justification
 - Excuse = minimize responsibility
 - Justification = minimize negative implication

Remedial Strategies

- Refusals
 - I did nothing wrong
- Avoidance/Evasion