Chapter 10: To Love or Be Loved in Vain: The Trials and Tribulations of Unrequited Love

Unrequited love
- One Person gives the love (would-be lover) while the other receives love (rejector), not mutual
- Loving Upward- Falling for someone more attractive than you
- Platonic Relationships- Begin as friends and one friend falls for the other
- Relationship begins then one partner loses interest
- Not being able to commit- i.e falling for a gay or married person

Interdependence Theory
- It is useful to analyze unrequited love on the basis of Kelley and Thibaut's (1978) formulation of interdependence theory. These authors sought to analyze human relations in terms of how each person's outcomes depend on the other's actions. In unrequited love, each person's emotions and other outcomes are heavily dependent on the other's acts.
- Unrequited love presents a case of emotional interdependence, insofar as one person's actions determine another person's emotions.
  - Would-be lover want attachment, are faced with decision to keep silent of pursue the person they have fallen for. Reactions can be low self-esteem, happiness, humiliation.
  - Rejector can feel an annoyance from would-be lover, can become frustrated, and victimized
- All of these reactions work hand in hand

Conspiracy of Silence
- No one wants to purposely hurt someone or take away the love, does not seem normal
- “Mum Effect”
- Rarely a script for the rejector to follow
- Would-be lover reluctant to hear negative feedback

Results and link to our Dr. K Unrequited Love couple
- Article shows that from the emotion view, this falls under unrequited love.
- The would-be love personally feels a longing for the rejector and also positive emotions (planning times to be together, talks about him as if they are together)
- Although rejector can not claim any negative emotions towards would-be lover (at the moment) he feels the guilt that comes with having to leave would-be lover, how it makes her feel when she is by herself knowing he is not