Styles of Love
Ch 9

I. Different types of Love

1. Compassionate love is the type of love we feel in platonic relationships and friendships.

2. Passionate love is the type of love we feel for those we are romantically interested in or involved with.

II. Different styles of love

1. Eros – Physical love

2. Storge – compassionate love

3. Ludus – game playing love (They are the players)

4. Mania – passionate love

5. Agape – Unselfish or altruistic love

6. Pragma – practical love
III. Avoiding Relationship myths – developing relationship intelligence

1. Myth #1 The best predictor of happiness in a relationship is how deeply you feel about the other.

2. Myth #2 Living together before marriage will demonstrate whether you will succeed together before you are married.

3. Myth #3 Love conquers all – even a partner’s greatest barriers to self-esteem

4. Myth #4 Love “happens” to us, and there is nothing we can do about it.

5. Myth #5 The ability to communicate will improve as you get to know one another better.

6. Myth #6 The best way to judge how a partner feels about you is to observe his or her behavior.

IV. Styles of Communicating in Marriage and close relationships

1. The willingness and ability to communicate with ones partner is by far the most important factor in a relationship.

V. Three areas of communication

1. Interdependence is assessed by the amount of time and (household) space that is shared.

2. Ideology: A couples beliefs, standards, and values. There are typically two views of love and marriage.

3. Conflict: Two extremes
A. Some go to extreme lengths to avoid discussing any serious issues of disagreement with their spouse.
B. Others plunge into disagreement with their spouse without hesitation.

VI. There are three fundamental definitions of marriage.

1. Traditional

2. Independent

3. Separate

4. This particular study (2,500 couples) 60% of these couples agreed on the definition of their marriage.