



Table of Contents

1	The Pursuit of Intimacy and Relational Scripts	1
	Fatal Attraction	5
	Symbolic Interdependence in Relationships	8
	Matching Hypothesis: Birds of a Feather Flock Together	10
	A Brief Introduction to Relational Scripts	13
	Summary	15
	Discussion Questions	16
	Applications	16
	References	17

Part 1: Emotions, Imagination, and Physiology Of Relationships

2	Emotion and Cognition about Relationships	23
	Characteristics of Happiness	24
	Representation of Affect According to Cognitive Theories of Emotion	25
	Differences Among Emotions, Moods, and Affect	27
	Similarities and Differences Among Love, Hate, Anger, and Jealousy	31
	Prototypes of Anger in Relationships	34

	Types of Anger	34
	Scripts for Anger	36
	Emotional Scripts for Relationships	38
	Communication and the Sentiment- Override Hypothesis	39
	Summary	43
	Discussion Questions	43
	Applications	44
	References	44
3	Generating and Maintaining Relationships through Imagined Interactions	49
	Creating Relational Scripts Through Imagined Interactions	50
	Main Features of Imagined Interaction Theory	50
	Relational Maintenance Function of Imagined Interactions	54
	Imagined Interactions with Ex-partners	55
	Imagined Interactions and Social Isolation: Parasocial Relationships	57
	Affect and Imagined Interactions	59
	Use of Imagined Interactions in Linking Together Prior Conversations	62
	Gender Differences in Imagined Interactions and Memory	64
	Imagined Interactions in Marriage	68
	Imagined Interactions Among Engaged and Married Couples	68
	Imagined Interactions in Virtual Relationships	71
	Summary	72
	Discussion Questions	73
	Applications	73
	References	74
4	Physiology and Relationships	79
	Communibiology Assumptions	79
	Imagined Interaction Conflict-Linkage Theory	80
	Why Study Physiology in Relationships?	82
	Common Physiological Measures of Arousal	83
	Oxytocin and the Physiological Development of Love	85
	Diffuse Physiological Arousal in Couples	89
	A Physiological Script for Relational Deterioration	94

Study of the Impact of Imagined Interactions and Arguing Among Couples on Heart Rate	96
Case Study of a Couple Discussing Pleasing and Displeasing Topics	106
Summary	110
Discussion Questions	111
Applications	111
References	112

Part 2: Basis of Relational Scripts

5 Schemata, Scenes, and Scripts for Relationships	119
A Comparison of Memory with the Organization of a Computer	122
Constructivism	124
Schemata	126
Scenes	127
Scripts	130
Summary	153
Discussion Questions	154
Applications	154
References	154
6 Scripts for Memorable Messages, Prototypes, and Relational Memory	159
Memorable Messages as a Type of Relationship Script	159
Prototypes	161
Memory as a Reconstructive Process	166
Neurological Research and Relational Memory	169
Summary	170
Discussion Questions	170
Applications	171
References	171

Part 3: Scripts for the Development of Relationships

7 Development of Relationships: Stage Theories versus Relational Memory Theory	177
Developmental Models of Relationships	178
Criticisms of Developmental Models	184
Relational Dialectic Models	188

	Criticisms of Relational Dialectic Models	191
	Social Cognition: The Script approach	192
	Gender differences	
	in Intimate-Relationship Scripts	194
	Summary	199
	Discussion Questions	199
	Applications	200
	References	200
8	Scripts for Developing Relationships	205
	Redundancy and the Complexity of Escalating Scripts	206
	Content of Escalating Memory Structures	210
	Differences in Typicality and Necessity of Escalating Actions	217
	Underlying Dimensions of Relational Development	218
	Typicality Versus Necessity in Predicting	
	Beliefs About Relational Development	220
	Underlying Stages and the Prototypical Escalating Scripts	223
	Messages used to Escalate Intimacy	228
	Gender Differences in Generating	
	and Processing escalating Scripts	233
	Summary	239
	Discussion Questions	240
	Applications	240
	References	241

Part 4: Scripts Associated with Relationship Demise

9	Scripts for Decaying Relationships	247
	Content of De-escalating Scripts	248
	De-escalating Actions Compared to Other	
	Models of Relationship Decline	251
	Inferences Associated with Relationship decay	254
	Differences in Typicality	
	and Necessity of De-escalating actions	256
	Underlying Dimensions of Relationship Decline	256
	Predicting Beliefs about Relational Decay	257
	Underlying Stages and the Prototypical De-escalating Script	260

	Further Evidence of Break-up Stages: The Continuing Saga of John and Veronica and Linda and Tom	263
	Gender Differences in Generating and Processing De-escalating Scripts	266
	Attributing to the Desire to End or Redefine the Relationship	267
	Summary	268
	Discussion Questions	270
	Applications	270
	References	272
10	Semantics of Break-ups	277
	Linguistic Codes of Omissions and Commissions	278
	semantic coding of actions	279
	Gender Differences in Omissions and Commissions	285
	Summary	286
	Discussion Questions	287
	Applications	287
	References	288
	Part 5: Relationship Scripts in Context	291
11	Online Communication and Relational Scripts	293
	Cues-Filtered Out Theories and Computer- Mediated Communication	293
	Online Relationships—Part of Adolescence Culture	297
	Who Forms Online Relationships?	301
	Time as an Important Mediator of Online Relationship Development	305
	Deception: Sex, Lies, and the Internet	306
	CMC and Self-Presentation	308
	Attitudes toward Online Relationships	310
	Summary	311
	Discussion Questions	312
	Applications	312
	References	313

12	Scripts for Office Romance: Approved or Forbidden?	321
	Proximity Theory and the Formation of Relationships	324
	When Mentoring Scripts Include Romance	326
	Gender Scripts in Office Romances	327
	Hierarchy Differences	329
	Sexual Harassment Scripts	331
	Same-Sex Sexual Harassment	335
	Intercultural Differences	336
	Summary	337
	Discussion Questions	338
	Application	339
	References	339
Part 6: Cautions & Recommendations		343
13	Dysfunctional Scripts for Abusive Relationships	345
	Conflict Tactics and Types of Abuse	347
	Cycle of Abuse	350
	Stalking	352
	Gender Differences in Relational Abuse	354
	Verbal Aggression, Arguing, and Physical Coercion	357
	Imagined Interactions and Verbal Aggression in Predicting Physical Coercion	360
	Summary	367
	Discussion Questions	368
	Applications	368
	References	368
14	Scripts for Constructive Communication	375
	Communication Competence	376
	Communication Behaviors Leading to Breakup or Divorce	377
	Conflict Tactics	379
	Rules for Arguing	380
	An Acronym for Effective Communication Tips: Listen Observe Verify Express	381
	Biofeedback to Reduce Stress	385
	Linguistic Cues Signifying a Happy Relationship	388

Tests of Grievances and Arguing Behaviors	390
Summary	393
Discussion Questions	394
Applications	394
References	394