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march 2011 psychology european review of social psychology understanding plays a cardinal role in relationships understanding in close relationships an interpersonal approach catrin finkenauer francesca righetti pages 316 363 received 28 apr 2011 accepted 14 oct 2011 published online 27 feb 2012 cite this article doi org 10 1080 10463283 2011 633384 full article figures data references citations metrics reprints permissions connection in addition to providing protection against the sense of loneliness or even isolation virtual relationships allow us to test the strength of a connection we watch ourselves as we interpersonal relationships are a vital part of life they can range from close and intimate to distant and challenging no matter the nature of the relationship different types of relationships help form the social support network that is pivotal for physical and mental well being understanding close relationships an attributional perspective in zelen s I eds new models new extensions of attribution theory recent research in psychology understanding close relationships builds a foundation using theory and the most recent research in the field but constructs the text around stories that serve as case examples the stories illustrate the research and theory making them come alive for the reader in nine studies with 1 571 participants in total the researchers found evidence that the subjective experience of sharing a set of feelings beliefs and concerns about the world was a defining feature of close relationships close relationships can protect and promote health in various ways this article provides an overview for understanding how interpersonal processes influence health and disease vulnerability the key to close relationships the best part of being human is being able to connect with other humans we re hardwired for it we live in tribes and families work in groups love as couples and thrive in friendships the drive to connect is in all of us whether we acknowledge it or not

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