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the 14 principles paint a cohesive and unified picture of romantic relationships that reflects a strong and maturing discipline however the principles afford few of the sorts of conflicting predictions that can be especially helpful in fostering novel theory development close relationships are essential to our happiness and well being and are also an important predictor of physical health richard slatcher phd of the university of georgia talks about why the support we receive from our partners family and friends is so important how we develop these deep ties to each other and the key ingredients of the close relationships lab at uc santa barbara is understanding how adult romantic partners help one another cope with adversity and distress determining the factors that influence the effectiveness of social support in romantic partners exploring the effectiveness of different types of social support the social psychology of close relationships has a dual role it increases understanding of intimate relationships while simultaneously contributing to scientific understanding of the basic building blocks of psychology cognition affect and behavior the 14 principles paint a cohesive and unified picture of romantic relationships that reflects a strong and maturing discipline however the principles afford few of the sorts of conflicting predictions that can be especially helpful in fostering novel theory development in a close relationship you and your partner have a strong emotional bond know a lot about each other and feel connected the quality of interdependence characterizes a close close relationships can usually but not always brave assaults from disapproving relatives jealous others differences in perspectives physical distance and disappointment the track according to bar ilan university s haran sened and colleagues 2017 there are three distinct pathways involved in assessing the mental state of the people to whom we re close we review empirical findings showing that a lack of understanding has important ill effects and that the presence of understanding has a multitude of beneficial effects for people in relationships both for their personal and relational well being 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 8 2 close relationships liking and loving over the long term principles of social psychology learning objectives outline the factors that define close relationships explain how people can best maintain their close relationships this volume is an excellent guide to the ways close relationships are structured how individuals negotiate their interdependence and the reasons why this perspective is crucial for understanding how relationships can flourish amid life s vicissitudes 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 in close relationships an interpersonal approach c finkenauer f righetti published 1 march 2011 psychology european review of social psychology understanding plays a cardinal role in relationships distinguish between communal and exchange relationships explore sternberg s triangular model of love review research on romantic love and attention to others outline the role of attachment style in close relationships consider the impact of internet behaviors on intimate relationships a robust body of scientific evidence suggests that being in high quality close relationships and feeling socially connected are associated with decreased risk of mortality social isolation loneliness and relationship discord are well established risk factors for poor health social psychologists became concerned with the study of cognition shortly after the first social psychological experiment conducted by triplett in 1897 and this cognitive emphasis was reaffirmed and expanded in the founding of modern social psychology cf lewin 1951 heider 1958 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 understanding what closure is in a relationship can help you and the other person move forward it improves mental wellness and promotes healing and you can take steps to find or give closure refers to the sense of peace understanding and release that comes with accepting that a relationship has ended everyone experiences relationship losses and some endings are more complex painful or confusing than 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