



March 30 – April 3, 2020

March 30-31, 2020

TOPIC: PERSONAL RELATIONSHIP

Merriam Websters Learner Dictionary defines relationship as “the way in which two or more people, groups, countries, etc. talk to, behave towards, and deal with each other.” It is also defined as “the way in which two or more people or things are connected.”

PERSONAL RELATIONSHIP- a type of relationship that is closely associated with a person and can only have meaning to the person

CHARACTERISTICS OF A PERSONAL RELATIONSHIP

- a. Privacy
- b. Intimacy

* Personal relationship also involves a degree of commitment to another person or persons.

HOW ARE ATTACHMENTS DEVELOPED

A human being’s first meaningful relationship is his encounter with his mother. At the moment a child is laid beside the mother to be fed a bonding occurs and the infant develops an attachment to the mother, and later on to his father.

THREE STYLES OF ATTACHMENT

- a. SECURE ATTACHMENT- the primary caregiver is most of the time present and available and when all the emotional needs of an infant are met, providing a sense of security to the infant.
- b. AVOIDANT ATTACHMENT- the primary caregiver is cold and detached, and even unresponsive to the child’s emotional needs.
- c. ANXIOUS – AMBIVALENT ATTACHMENT- the primary caregiver is not consistent in terms of presence and in meeting the child’s emotional needs.

TO DO LIST:

A. Directions: Answer the following questions in a one whole sheet of yellow paper.

- 1. Why does having a healthy relationship with friends can be a source of lifetime happiness?
- 2. How can you strengthen your ties with your friends?
- 3. How will you rate your attachment with your parents? Rate it from 1-10 and explain.

B. Directions: Think about your best friend. Write an essay how your friendship started and how he/she made an impact in your life.

APRIL 1-3, 2020

WHAT DRIVES ATTRACTION?

An anthropologist named Helen Fisher said that attraction is primarily based on physiology or certain hormones that persons often picked up from their noses. Being attracted to another person may also mean liking their genes that are perceived through their physical looks.

THREE STAGES OF FALLING IN LOVE

- a. LUST- driven by the sex hormones, testosterone and estrogen
- b. ATTRACTION- described as the love struck phase which involves neurotransmitters in the brain such as dopamine, norepinephrine, and serotonin.
- c. ATTACHMENT- when the couple in love decides to continue with the relationship, they enter the attachment stage where long lasting commitment are exchanged and may lead to raising a family. Special hormones are also secreted during this stage. Oxytocin which is released during child birth to help in breastfeeding and during orgasm is believed to promote intimacy. Vasopressin promotes long term relationships.

Attraction also involves our unconscious assessment of another person's genes through their physical appearance. These genes are usually determinants of good health that would also produce healthy children.

OTHER REASONS FOR ATTRACTION

- a. TRANSFERENCE EFFECT- people that remind us of someone in the past who has affected our sense of self and behavior
- b. PROPINQUITY EFFECT- develop a sense of familiarity with people who live close to us, work with us, or go to school with us which leads to liking them more
- c. SIMILARITY- having the same age, religious beliefs, education and others to the person we like
- d. RECIPROCITY- liking people who like us back
- e. PHYSICAL ATTRACTIVENESS- attraction to the physical appearance of the person
- f. PERSONALITY CHARACTERISTICS AND TRAITS- there are two characteristics that lead to liking the other person. These are emphatic persons who exudes and sympathy, optimistic and maintain positive views and socially competent persons, who are good communicators and enjoy good conversation. Other personality traits found desirable in almost all cultures are having a happy and cheerful disposition, poised and can present themselves well, outgoing, and sexually warm and responsive.

TO DO LIST:

A. Directions: Answer the following questions in a one whole sheet of yellow paper.

1. Describe the interconnection and dynamics between attachment and attraction.
2. How do you express your attraction towards another person.
3. Analyze your own attachment and describe how this being manifested in your significant relationships.

B. Directions: Think about the person that you are attracted to. Write and explain the reasons that led you to be attracted to him/her.