

Communication, Love and Sexuality

- **Communication and emotions**
 - **Emotions are comprised of physical and cognitive aspects**
 - **Averill- Social construction of emotions**
 - **Emotional communication skills**
 - **Encoding/decoding accuracy**
 - **Range/intensity**

Love Styles

- **Love Styles (Hendrick & Hendrick):**
 - **Eros: I feel that my lover and I were meant for each other**
 - **Ludus: I enjoy playing the game of love with a number of partners**
 - **Storge: The best kind of love grows out of a long friendship**
 - **Pragma: It is best to love someone with a similar background**
 - **Mania: When my lover does not pay attention to me I feel sick all over.**
 - **Agape: I would rather suffer than let my lover suffer.**

Meanings of Sexuality

- **Sex in a close relationship is (Sprecher & McKinney):**
 - **An act of self-disclosure**
 - **An act of intimacy**
 - **An act of affection or love**
 - **An act of interdependence**
 - **An act of maintenance**
 - **An act of exchange**

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