

Understanding Long-Term Relationships

Social Skill:

Marriage is a learned social skill that is greatly influenced by cultural traditions. As a social skill, marriage is no different from any other long-term relationship, including those experienced with family members, friends, and even coworkers.

Now, determine if the following statement is true or false.

The intensity and cohesiveness of a marriage are much greater than that of the other types of social relationships.

True:

Based on the previous discussion of the convoy model, marriage is the innermost circle and considered the intimate circle. In this model, the intensity and emotional commitment of the relationship process are much greater at this level.

False:

Based on the previous discussion of the convoy model, marriage is the innermost circle and considered the intimate circle. In this model, the intensity and emotional commitment of the relationship process are much greater at this level.

Ritualistic Behavior:

Another component that makes marriage unique is the concept of ritualistic behavior grounded in cultural and family traditions. Just observe professional athletes or musicians, and you will realize that striving for perfection and excellence is similar to being obsessed. In this case, these obsessions lead to positive growth not pathological deterioration.

Take this same idea and expand it to any routine that occurs frequently over time. A long-term relationship is basically a set of routines that have become engrained in an individual's lifestyle over time.

In cognitive terms, routines are similar to internal working models that an individual develops over time. This is the reason why couples after several years of marriage seem to have a stronger bond than those just married.