

CHAPTER NO. 13: PDS- HEALTHY RELATIONSHIP

SUMMARY

Introduction

"Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction." --- Antoine de Saint-Exupery.

It is with true love as it is with ghosts; everyone talks about it, but few have seen it.
--- La Rochefoucauld.

"When two people are under the influence of the most violent, most insane, most delusive, and most transient of passions, they are required to swear that they will remain in that excited, abnormal, and exhausting condition continuously until death do them part." --- George Bernard Shaw.

Theories of relationship

Application of Similarity Theory

Key Dimensions Used by eHarmony

[<http://www.eharmony.com/singles/servlet/about/dimensions>]

Stated goal:

"eHarmony ... creates compatible matches based on 29 dimensions scientifically proven to predict happier, healthier relationships".

Core Traits ---

Social Style

(*Character, Kindness, Dominance, Sociability, Autonomy, Adaptability*).

**How do you relate to other people? Do you crave company, or prefer to be alone?
Are you more comfortable leading, or do you prefer to go along with the group?**

Cognitive Mode (*Intellect, Curiosity, Humor, Artistic Passion*).
How do you think about the world around you? Are you motivated by an insatiable curiosity about the world and events around you? Are you constantly looking for intellectual challenges? Do you find humor to be your favorite coping strategy when dealing with the world?

Physicality

(Energy – Physical, Passion – Sexual, Vitality & Security, Industry, Appearance).

How do you relate physically with the world? How do you relate physically with yourself? Are you energetic, athletic and constantly in motion? Or are you more comfortable and happy walking than running?

Relationship Skills

(Communication Style, Emotion Management – Anger, Emotion Management – Mood, Conflict Resolution).

The amount of effort and skill that you devote to making a relationship work are key elements of who you are, and what type of person you are most likely to succeed with in a relationship