

PERSON TO PERSON

Positive Relationships Don't Just Happen

FIFTH EDITION

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The Fifth Edition of *Person to Person: Positive Relationships Don't Just Happen* is dedicated to Sharon Hanna. Sharon's vision was to write a textbook that would not only educate readers about themselves and their lives but also teach them skills to assist in continued growth and achievement throughout life.

We greatly appreciate the opportunity to continue Sharon's vision and want to express special thanks to the following people:

- Sharon's husband, Bob Dinkel, and daughters, Lisa and Lyn Patterson, for their invaluable support, encouragement, and contributions to this edition
- To all who contributed to previous editions of *Person to Person*
- To the special people who have touched and enriched our lives

CONTENTS

Preface	xi
Acknowledgments	xii
About the Authors	xiii

Section One Relating: Beginning with the Self 1

1 Knowing and Valuing Yourself	4
Looking Ahead	4
Exploring Developmental Areas of the Self	5
<i>Physical Self</i>	5; <i>Mental Self</i> 7; <i>Emotional Self</i> 11; <i>Social Self</i> 11
Integrating Your Whole Self	12
Discovering Your Self-Concept	13
Valuing Yourself	14
<i>Effects of Self-Esteem</i>	15; <i>Sources of Self-Esteem</i> 16; <i>Self-Esteem Building and Strengthening</i> 20
Creating a Friend or Foe: Self-Fulfilling Prophecy	24
<i>Relationship Between Thoughts and Behaviors</i>	24; <i>Changes in a Self-Fulfilling Prophecy</i> 25
Increasing Your Capabilities: Self-Efficacy	26
Looking Back	28
Resources	28

2 Understanding Yourself Throughout the Life Span	29
Looking Ahead	29
How Does Personality Develop?	30
<i>Influences on Personality</i>	30; <i>Stages of Development</i> 31; <i>Challenges to Personality Development</i> 36; <i>Predictions about Personality</i> 38
Understanding Through Transactional Analysis	38
<i>Ego States</i>	38; <i>Life Positions</i> 42; <i>Life Script</i> 42; <i>Strokes</i> 43
What is Your Personality Like?	45
<i>Personality Preferences</i>	46
How Does Gender Influence Your Life?	51
<i>Gender Differences</i>	52; <i>Gender-Role Stereotypes and Development</i> 54; <i>Disadvantages of Stereotypic Gender Roles</i> 57; <i>Benefits of Androgyny</i> 59
Becoming Assertive	60
Looking Back	62

3	Exploring Values and Making Wise Choices	64
	Looking Ahead	64
	Values	65
	Criteria for a Full Value	66
	Where do Values Originate?	66
	How Do Values Develop?	68
	<i>Developing Values</i>	68; <i>Altering Your Values</i>
	<i>Values</i>	72; <i>Evaluating Your Values</i>
	<i>73</i>	
	How Do Morals Develop?	75
	How are Values Developed?	77
	<i>Recommendations for Values Development</i>	78
	Learning to Choose Wisely	81
	<i>Taking Control of Your Health and Well-Being</i>	82; <i>Achieving Goals</i>
	<i>82</i>	
	Managing Your Time	86
	<i>How to Find Time</i>	86; <i>How to Eliminate Time Wasters</i>
	<i>86; How to Use Time Wisely</i>	87
	Looking Back	89
	Resources	89
4	Achieving Happiness and Satisfaction	90
	Looking Ahead	90
	What Is Happiness?	91
	Satisfying Your Needs	91
	<i>Hierarchy of Needs</i>	91; <i>Basic Human Needs</i>
	<i>92</i>	
	Removing Obstacles to Happiness	93
	<i>Unrealistic Expectations</i>	93; <i>Searching Outside of Self</i>
	<i>94</i>	
	Creating Happiness and Well-Being	96
	<i>Cultivate Self-Knowledge, Self-Esteem, and an Optimistic Attitude</i>	96; <i>Have Realistic Expectations</i>
	<i>97; Initiate Activity and Pleasure</i>	98; <i>Take Responsibility</i>
	<i>99; Change Can't and Couldn't Thinking</i>	101; <i>Rethink Should and Should Not</i>
	<i>102; Concentrate on Positives</i>	103; <i>Seek Alternatives</i>
	<i>105; Take Positive Action</i>	105; <i>Avoid Chronic Procrastination</i>
	<i>106; Live in the Present</i>	107; <i>Enjoy Life's Pleasures</i>
	<i>108</i>	
	<i>Count Your Blessings</i>	109; <i>Give to Life</i>
	<i>109; Develop Nourishing, Rewarding Relationships</i>	110
	Looking Back	110
5	Experiencing and Expressing Emotion	112
	Looking Ahead	112
	Identifying and Categorizing Emotions	113
	Expressing Feelings	114
	<i>Influences on Emotional Expression</i>	115; <i>Benefits of Constructive Expression</i>
	<i>120; Steps to Expressiveness</i>	123; <i>Anger</i>
	<i>124</i>	
	Changing What You Feel	126
	<i>The Power of Your Thoughts</i>	126; <i>The Power of Your Behavior</i>
	<i>128</i>	

When Should You Seek Professional Help?	128
<i>Suicide and Depression</i>	130
Coping with Emotional Crises	131
<i>The Path of Life</i>	132;
<i>How to Cope</i>	133;
<i>Death: A Universal Crisis</i>	136
Looking Back	141
Resources	141

6 Improving Your Health	143
Looking Ahead	143
Health	143
<i>Tips to Wellness</i>	144;
<i>Taking Control of Your Health and Well-Being</i>	145;
<i>Physical Activity</i>	145;
<i>Nutrition</i>	146;
<i>Weight Maintenance</i>	147;
<i>Adequate Rest</i>	149;
<i>Smoking Cigarettes</i>	150
Overall Mortality	150
Mortality from Specific Diseases	151
<i>Drinking Alcohol</i>	153
Drugs	155
<i>What is a Drug?</i>	155;
<i>Engaging in Risky Sexual Activities</i>	156;
<i>Growing Older</i>	158;
<i>Stress Management</i>	159;
<i>Anger Management</i>	164
Looking Back	166

Section Two **Communication: The Key to Relationships** 167

7 Becoming a Positive Listener	172
Looking Ahead	172
Understanding the Art of Listening	172
<i>The Why of Listening</i>	173;
<i>The Importance of Listening</i>	173
Removing Barriers in the Listening Process	174
<i>Preoccupation or Lack of Interest</i>	174;
<i>Environmental Factors</i>	174;
<i>Psychological Filter</i>	175;
<i>Emotions</i>	175;
<i>Rate Differences</i>	175;
<i>Negative Intentions</i>	175
Improving Listening Behaviors	176
<i>Open and Attentive Body Position</i>	176;
<i>Positive Eye Contact</i>	176;
<i>Facial Expression</i>	177;
<i>Head and Body Movements</i>	177;
<i>Touching</i>	178;
<i>Verbal Responses</i>	178;
<i>Elimination of Negative Listening Behaviors</i>	180
Using Different Types of Listening	180
<i>Empathic Listening</i>	180;
<i>Receptive Listening</i>	182;
<i>Directive Listening</i>	184
Looking Back	185

8 Improving Communication: How to Send Messages	186
Looking Ahead	186
Improving Your Verbalizing Style	186
<i>Closed and Open Communication</i>	187

Becoming an Effective Communicator 192
 Directness 192; *Straightforwardness* 192; *Clarity* 193;
 Supportiveness 193; *Efficiency and Sharing* 193
Recognizing the Importance of Paralanguage and Body Language 194
 What Is Paralanguage? 194; *Effects of Paralanguage* 195; *Components of
 Body Language* 196; *Importance and Interpretation of Body Language* 198
Looking Back 200

9 Improving Communication: What to Say 201
Looking Ahead 201
Understanding Content 201
 Levels of Content 202; *Awareness of Content* 202
Revealing Yourself: Self-Disclosure 205
 Degrees of Self-Disclosure 206; *Benefits of Self-Disclosure* 207; *Obstacles to
 Self-Disclosure* 208; *How to Self-Disclose* 209
Giving and Receiving Compliments 209
 Recommendations for Giving Compliments 210; *Responding to
 Compliments* 210
Checking Your Perception 211
 Effects on Perception 212; *Perception Checking as a Communication
 Technique* 213
Using Dimensions of Awareness 214
Delivering Criticism 215
Responding Effectively 216
 Inappropriate Responses to Criticism 216; *Positive Responses to
 Criticism* 217; *Effective Responses to Metamessages* 220;
 Ways of Responding to Offensive Language Patterns 220; *Verbal Abuse:
 What to Do* 221
Looking Back 222

Section Three Positive Relationships: The Ultimate Achievement 223

10 Building Positive Relationships 226
Looking Ahead 226
Creating Healthy Relationships 226
 Features of a Healthy Relationship 227; *Positive Interactions* 230
Examining Various Types of Relationships 231
 Acquaintances 231; *Friendships* 232; *Support Groups* 234;
 Caregiving 234
Initiating Interactions 235
 Open-Mindedness 235; *Tolerance, Acceptance, and Appreciation* 235;
 How to Approach and Converse with Others 240; *Internet Dating* 242
Connecting with Others 243
 Attraction and Liking 243

Improving Relationships	244
<i>Realistic Expectations of Relationships</i>	244; <i>Sensitivity and Cooperation</i>
245; <i>Assertiveness</i>	245; <i>Negotiation Skills</i>
245; <i>Understanding Conflict</i>	246; <i>What is Conflict?</i>
246; <i>The Ingredients of Conflict</i>	247; <i>Why Learn Conflict Resolution Skills?</i>
247; <i>Positive Steps to Conflict Resolution</i>	248; <i>Difficult People</i>
249; <i>Supportiveness</i>	250;
<i>Sincere Expression</i>	253
Answering the Challenge of Relationships	255
Looking Back	256
Resources	257
11 Succeeding in Your Career	258
Looking Ahead	258
Seeking Satisfaction in Careers and Jobs	259
<i>Career Choice</i>	260; <i>Selection of a Job</i>
261	
Identifying Desirable Personal Qualities and Work Habits	263
Choosing Wisely: From the Job Search to Retirement	266
<i>The Search Itself</i>	266; <i>Your Career Path</i>
268	
Enjoying Relationships at Work	271
<i>Personality Types at Work</i>	271; <i>Positive Relations</i>
271	
Looking Back	275
Resources	276
12 Developing and Enriching Intimate Relationships	277
Looking Ahead	277
What is Love?	278
Identifying Obstacles to Love and Intimacy	278
<i>Low Self-Esteem</i>	278; <i>Extensive Giving and Addiction</i>
279; <i>Love Schemas</i>	282; <i>Fear of Risks</i>
282; <i>Lack of Knowledge</i>	283
Recognizing Different Types of Love	283
<i>Passionate Love</i>	283; <i>Intimate Love</i>
287; <i>What Is Intimacy?</i>	293;
<i>Development of Intimacy</i>	293
Managing Conflict	296
<i>Unfair Fighting Styles</i>	296; <i>Fair Fighting</i>
297	
Enriching a Relationship	299
<i>Why Criticize?</i>	299
Seeking Sexual Fulfillment	301
<i>Sexual Behaviors</i>	302; <i>Sexual Enrichment</i>
302	
Living Together	305
<i>Who Lives Together and Why?</i>	305; <i>Living Arrangements</i>
306	
Choosing to Marry	307
<i>Definitions and Images of Marriage</i>	308; <i>Types of Marriage</i>
308;	
<i>Preparation for Marriage</i>	310
Succeeding in Marriage and Other Committed Relationships	312
<i>Success Factors: Questions to Ask</i>	312; <i>Marital Enrichment</i>
321	

Ending Relationships 322
 Reasons for Seeking an End 322; *Counseling as an Alternative* 322;
 Letting Go 323
Looking Back 325
Resources 326

13 Strengthening Family Relationships 327

Looking Ahead 327
Exploring Families 328
Parenting in a Positive Way 328
 The Decision to Become a Parent 329; *Parent Education* 330; *Goals of Child Raising* 331; *Responsibilities of Parenting* 332; *A Special Word to Fathers* 337; *Discipline and Its Multifaceted Dimensions* 339; *Parenting Styles Defined* 339; *Four Parenting Styles* 340; *Consequences for Children* 341; *Democratic Style of Parenting* 341; *Positive Parenting Behaviors* 345
Enjoying the Role of Grandparent 350
Understanding the Characteristics of a Strong Family 352
 Dual-Earner Households 352; *Gay and Lesbian Households* 353; *Adoptive Households* 354; *Divorced Households* 354; *Single-Parent Households* 360; *Stepfamily Households* 362
Looking Back 369
Resources 370

Reflections and Applications 371

Glossary 411

References 415

Index 439

PREFACE

Person to Person: Positive Relationships Don't Just Happen, Fifth Edition is intended to encourage and guide you on a journey, first within yourself and then into the world of positive interactions and relationships. Ann Landers once wrote: "Life is peculiar. It waits until we flunk the course and then it teaches us the lesson." All of us will make mistakes during our lives; however, the fewer "courses we flunk," the better. This book, whether you read it as part of your formal education or just for personal reasons, can help you make wise choices and live a happier, more fulfilling life.

Building a positive relationship is not an accident; each one requires understanding and effort. Relating with people is an art to be learned and practiced. Because the self is the foundation of all relationships, the goals of the first part of the book are self-discovery and self-satisfaction, with an emphasis on heightened self-esteem, ability to make wise choices regarding emotional and physical health. Because through interpersonal communication human beings interact and relate to one another, it is essential to learn how to communicate in a positive way which is the objective of the second part of this book. Learning about yourself and developing effective communication skills will assist you in building positive relationships. The last part of this book teaches about various interactions and all kinds of relationships. Career, love, couple relationships, marriage, and family are given special emphasis. Today the workplace demands interpersonal and communication skills. This book can assist its readers in all walks of life and can help us live positively in a world of diversity.

Features of this book include: "Looking Ahead" objectives so that you know what is important; "Reflect and Apply" mini-sections to stimulate thoughts and actions that will make the learning more personal; "Looking Back" summaries and listings of resources for your use; suggested readings marked in the References to encourage further exploration; Reflections and Applications, a separate section at the back of the book that you are encouraged to complete. Please read and reflect! The more you "get into it," the more you will gain.

At the end of the book you can be satisfied that you have become better educated about yourself and life. Hopefully, you will have a clear vision of what you want, a realistic idea of how to satisfy your goals, and the positive attitude and high self-esteem needed to achieve harmony and happiness. The realization that life has an ebb and flow can enable you to live life to its fullest with purpose and meaning and to reflect on your past while looking forward optimistically to continued growth and achievement.

If the book does for you what it has for others, we will be delighted. Several people have credited the book for making their lives much more positive. A student commented: "Thanks so much for my first real lessons about life. I will never forget it. Now to put it all into practice . . . I cannot wait!" We hope that you, too, will learn, grow, and benefit, and then put all you have gained into practice. Do experience joy along the way!

Acknowledgments

Appreciation and praise are vital to positive human relationships. Although acknowledging by name everyone who has contributed to this book is not possible, we want to express special thanks to the following people:

- A special thanks to Bob Dinkel, Lisa, and Lyn Paterson for their support and encouragement in the completion of this edition.
- The thousands of students, colleagues, and friends who have contributed to our personal growth as well as to this book by sharing their lives with us.
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