

Chapter 5

Interpersonal Communication

- The process of exchanging meaning in interpersonal relationships
 - It is an association between at least two people who are interdependent, who use consistent patterns of interaction, and who have interacted for an extended period of time

Characteristics of Interpersonal Communication

- Is irreversible and unrepeatable
- Begins with the self
 - Background
 - Language
 - Culture
 - Attitude
 - experiences
- Is transactional
 - We are simultaneously sending and receiving both verbal and nonverbal messages
- Included both a content and relational dimension
- Generally shares physical proximity

The Stages of Interpersonal Relationships

Knapp's Stages of Relational Development

1. Initiation stage
 - a. First impressions including:
 - I. Proximity
 - II. Responsiveness
 - III. Complementarity
 - IV. Attractiveness
 - v. similarity
2. Experimentation stage
 - a. Make an effort to find commonalities with another person
3. Intensification stage
 - a. Communication between two people changes and deepens
4. Integration stage
 - a. When two people begin to merge their lives
5. Bonding stage
 - a. The couple communicates their relationship to others

Relational Maintenance and Dialectic Theory

- Relational Maintenance: Once a relationship is formed, a couple establishes strategies for keeping the relationship together.
- Dialectic Theory: One consistent factor for relationships is to figure out how to manage dialectical tensions, or contradictory tendencies of opposing values.
 - Autonomy and Connectedness: This dialectic reflects the desire to maintain a separate identity and yet also to be close and connected to others.
 - Open and Closed: This dialectic reflects the desire to self-disclose and

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