

Glossary

- Addiction:** a physiological dependence.
- Affection:** a feeling of warmth and closeness based on the way another person relates to you personally.
- Affirmation:** a positive assertion
- Anorexia nervosa:** a life-threatening disorder that includes a distorted body image, refusal to maintain a healthy weight, and an intense fear of being overweight.
- Approachability:** a combination of circumstances in which the initiation of contact is likely to be positively received.
- Attachment:** the desire for the physical presence and emotional support of the other person as well as a preference for each other's company.
- Attitude:** a state of mind that is reflected in how a person approaches life.
- Attitudinal environment:** perceived support from the general society as well as specific people; a contributing factor to the success or failure of stepfamilies.
- Attraction:** a force that draws people together or a positive attitude toward another; the focus of psychological research.
- Battered woman syndrome:** a type of posttraumatic stress disorder.
- Binge drinking:** four consecutive drinks for a female and five for a male.
- Biofeedback training:** a series of steps by which a person learns to regulate physiological responses such as muscle tension, skin temperature, and heart rate.
- Body image:** a perception of one's appearance.
- Caring:** feelings of concern and responsibility for another's welfare; tenderness, which includes awareness of the other's needs and desires.
- Chronic procrastination:** the habit of postponing; it blocks happiness.
- Codependency:** often the result of an enabler focusing too much on the needs and behaviors of the other and both suffer as a result.
- Cognitive restructuring:** the process of changing your way of thinking.
- Compliments:** comments of admiration and praise.
- Confidant:** a significantly close personal friend with whom you can safely share your deepest concerns and joys.
- Conflict:** disagreement or a difference in thinking.
- Content:** the words and sentences uttered during the communication process.
- Cooperation:** working with others in a positive way toward a common goal.
- Corporal punishment:** the use of physical force with the intention of causing pain but not injury for purposes of coercion or control.
- Creative thinking:** thinking about ideas in different ways and generating a variety of solutions to problems.
- Critical thinking:** thinking differently about an issue, challenging assumptions, and examining the logic of differing points.
- Deep relaxation:** a profoundly restful condition in which you feel physically relaxed, somewhat detached from the immediate environment, and usually to some extent even from body sensations.
- Dialect:** a variety of a language that differs from other varieties of the same language, including distinct pronunciations, unique meanings, and different words altogether.
- Dictator parent:** a parent who has the same motive as the martyr parent: to control the child's life even after the child is an adult.
- Ego states:** facets of personality and related patterns of behavior.
- Emotion:** a feeling state that involves certain components.
- Emotion-packed phrases:** groups of words usually said as lead-ins to statements that carry an emotional punch.
- Empathic listening:** becoming aware of the speaker's experiences and feelings.
- Empathy:** being able to put yourself in another's place and see and hear from that person's perspective; a quality to be treasured.
- Enabling:** occurs when someone's actions directly, yet unintentionally, allow irresponsible, dysfunctional, or destructive actions of another person to continue.
- Eustress:** stress that is good for you.
- Experiential learning:** individual experiences and actual hands-on work.

Expressive behavior: the observable verbal or nonverbal actions.

External locus of control: a perception that outside-self factors control your life.

External stressors: demands from outside of self.

Extravert: outgoing person; showing an outward orientation and a preference to operate in the outer world of people and things.

Feedback: responding-with response of what you, as the listener, think, feel, or sense.

Gestures: movements of the hands and arms.

Health: a general feeling of physical and mental well-being.

Hearing: using the auditory sense to take in a message.

Heterosexism: the belief that anything other than a heterosexual orientation is wrong.

Humanism: often combined with existentialism; a major personality perspective.

Intelligence: an intellectual capacity or potential.

Internal locus of control: the belief that a person is in control of his or her own life.

Internal stressors: those stressors we create or magnify.

Interpersonal communication: a complex process of mutually exchanging messages between two or more individuals.

Interpersonal relations: an ongoing interactive process that includes initiating, building, and enriching relationships with different people in a variety of situations.

Interpersonal trust: the expectancy that another's

word or promise can be relied upon.

Intimacy: a desire for confidential, close communication.

Intimate love: a deep, total experience composed of positive thoughts, feelings, and behaviors.

Introversion: an inner orientation and having an interest in the inner world of concepts and ideas.

Irrational beliefs: unreasonable and exaggerated thoughts.

Jealousy: a feeling related to the threat of or actual experience of loss.

Learning disabilities: a group of related and often overlapping conditions that lead to low achievement.

Listening: an active process of paying attention.

Living together loneliness (LTL): the result of a perceived discrepancy between expected and achieved contact.

Loneliness: a feeling of being alone and disconnected or alienated from positive persons, places, or things.

Love schema: a mental model consisting of expectations and attitudes about love.

Marriage: a socially approved and legally sanctioned mating arrangement, usually involving sexual activity and economic cooperation.

Meditation: a physical act of remaining quiet and focusing on one's breath, a word, or a phrase.

Minority: a disadvantaged group that lacks power within a society.

Minority groups: categories of people who lack power and who are disadvantaged in a society.

Multiculturalism: a movement that recognizes cultural diversity.

Multiple intelligences: a theory that eight different intelligences account for a broader range of human potential.

Optimal identity: a sense of psychosocial well-being.

Optimists: people with positive thoughts.

Paraphrasing: restating in your own words what you think the speaker said.

Passion: physiological arousal and an intense desire to be united with the loved one.

Passive behaviors: behaviors that allow others to be in control.

Patriarchal: (male-dominated) marital history.

Peak experiences: brief moments of extreme pleasure.

Perception: a mental process of creating meaning from sensory data that we receive through stimulation of our senses.

Perfectionism: belief that mistakes must never be made and that the highest standards of performance must always be achieved.

Pessimists: people with negative thoughts.

Physiological arousal: biological reactions and activities of the nervous system, various glands, and organs within the body.

Positive parenting: doing everything possible to learn about and raise a child with a goal of optimum development.

Positive reinforcement: a positive stimulus presented in an attempt to increase or strengthen behavior.

Prejudice: an attitude that others are inferior or less than you in some way.

Procrastination: the act of putting off activities.

Proximity: physical occupation of the same geographic area.

Receptive listening: a specific type with certain restrictions placed on responses.

Reciprocity: a tendency to like people who like you.

Respect: liking based on the person's admirable characteristics or actions and is cooler and more than affection.

Script analysis: a way of becoming aware of how your script developed.

Self-concept: the totality of your thoughts and feelings with reference to yourself; the foundation on which almost all your actions are based.

Self-disclosure: the act of making the self known by revealing personal information. In doing so, people and know and understand each other.

Self-efficacy: advocating for yourself.

Self-enhancement: the process of finding and interpreting

situations that result in a positive view of self.

Self-esteem: the value that we place on ourselves.

Self-fulfilling prophecy: a thought or expectation that helps bring about a predicted event or behavior that then strengthens the original thought.

Self-handicapping: taking actions to sabotage your performance and increase the opportunity to excuse failure.

Self-verification: an intriguing theory that maintains that individuals have a strong desire to preserve their self-concept even if it is a negative one.

Sensitivity: an awareness or sense about the perceptions and perspectives of others.

Shyness: timidity and a feeling of unease in a social situation.

Slang: terms that are popular at a given time.

Social penetration theory: theory that explains that close relationships develop in terms of increasing self-disclosure.

Socialization: the process by which individuals learn their culture.

Statuses: a set of stages that an issue goes through to reach a final of one or one of the final stages.

Stonewalling: removing oneself from an interaction and employing a stony silence that conveys disapproval, icy distance, and smugness.

Subjective cognitive state: the cognitive state of awareness and appraisal.

Thinking: the ability to activate and then pursue mental activity.

Tolerance: putting up with something one does not like and not acting against people about whom one feels negatively.

Trait anger: a state of general hostility.

Transferable assets: desirable traits and skills valuable in all career fields and useful in almost every job.

Unconditional positive regard: a warm acceptance of each other's personhood.

Verbal aggression: verbal or nonverbal communication intended to cause psychological pain to another person or perceived as having that intent.

