

Close Romantic Relationships Maintenance And Enhancement The Educational Psychology Series

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This resource explores the critical aspects of maintaining and enhancing close romantic relationships. Drawing from the Educational Psychology Series, it offers insightful strategies for fostering strong, lasting connections. Discover practical techniques to navigate challenges, improve communication, and deepen intimacy within your partnership.

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Close Romantic Relationships Maintenance And Enhancement The Educational Psychology Series

Skills for Healthy Romantic Relationships | Joanne Davila | TEDxSBU - Skills for Healthy Romantic Relationships | Joanne Davila | TEDxSBU by TEDx Talks 6,946,401 views 8 years ago 15 minutes - People may know what a healthy **romantic relationship**, looks like, but most don't know how to get one. **Psychologist**, and ...

Intro

Features of unhealthy relationships

Premarital education

Insight

Mutuality

Emotion Regulation

Conclusion

The Science of Love, Desire and Attachment | Huberman Lab Podcast #59 - The Science of Love, Desire and Attachment | Huberman Lab Podcast #59 by Andrew Huberman 2,038,043 views 2 years ago 2 hours, 35 minutes - In this episode, I discuss the **psychology**, and biology of desire, **love**, and attachment. I explain how childhood attachment types are ...

Desire, Love & Attachment

Odor, Perceived Attractiveness & Birth Control

Thesis, AG1 (Athletic Greens), InsideTracker

Romance: Balancing Love & Desire

Animal Studies, Vasopressin & Monogamy

Strange Situation Task, Childhood Attachment Styles

Adult Attachment Styles

Secure Attachment

Autonomic Arousal: The "See-Saw"

Tool: Self-Awareness, Healthy Interdependence
Neurobiology of Desire, Love & Attachment
Empathy & Mating & the Autonomic Nervous System
Positive Delusion, Touch
Relationship Stability
Selecting Mates, Recognition of Autonomic Tone
Neural Mechanisms of Romantic Attachment
Autonomic Coordination in Relationships
Infidelity & Cheating
“Chemistry”, Subconscious Processes
Tools: Libido & Sex Drive
Maca (Maca root)
Tongkat Ali (Longjack)
Tribulus terrestris
Zero-Cost Support, YouTube, Spotify/Apple Reviews, Sponsors, Patreon, Instagram, Twitter, Thorne
The psychology of romantic relationships - Samantha Joel, Department of Psychology - The psychology of romantic relationships - Samantha Joel, Department of Psychology by Western Social Science 658 views 1 year ago 3 minutes, 24 seconds - Samantha Joel is an assistant professor in the **Psychology**, department at Western University. Joel studies the dynamics of ...
Dr. David Buss: How Humans Select & Keep Romantic Partners in Short & Long Term | Huberman Lab #48 - Dr. David Buss: How Humans Select & Keep Romantic Partners in Short & Long Term | Huberman Lab #48 by Andrew Huberman 880,139 views 2 years ago 2 hours, 13 minutes - In this episode, my guest is Dr. David Buss, Professor of **Psychology**, at the University of Texas, Austin, and one of the founding ...
Introducing Dr. David Buss
Sponsors: ROKA, InsideTracker, Headspace
Choosing a Mate
Long Term Mates: Universal Desires
What Women & Men Seek in Long-Term Mates
Age Differences & Mating History
Deception in Courtship
Emotional Stability
Lying About Long-Term Interest
Short-Term Mating Criteria, Sliding Standards & Context Effects
Sexual Infidelity: Variety Seeking & (Un)happiness & Mate Switching
Genetic Cuckolds, How Ovulation Impacts Mate Preference
Long-Term vs. Short-Term Cheating, Concealment
Emotional & Financial Infidelity
Contraception
Status & Mating Success
Jealousy, Mate Value Discrepancies, Vigilance, Violence
Specificity of Intimate Partner Violence
Mate Retention Tactics: Denigration, Guilt, Etc.
Narcissism, Machiavellianism, Psychopathy
Stalking
Influence of Children on Mate Value Assessments
Attachment Styles, Mate Choice & Infidelity
Non-Monogamy, Unconventional Relationships
Mate Value Self Evaluation, Anxiety About the Truth
Self Deception
The Future of Evolutionary Psychology & Neuroscience
Books: When Men Behave Badly; The Evolution of Desire, Textbooks
Concluding Statements, Zero-Cost Support: Subscribe, Sponsors, Patreon, Thorne
The Science of Love | John Gottman | TEDxVeniceBeach - The Science of Love | John Gottman | TEDxVeniceBeach by TEDx Talks 1,960,591 views 5 years ago 27 minutes - World-renowned **relationship**, expert John Gottman set forth to understand why **relationships**, don't work, but for that he needed to ...
Intro
Why would you need a science

The Love Lab

Results

Dow Jones

Why is it important

Building trust

What is trust

The mathematics of love

The influence function

The dynamic portrait

Dynamical picture

Simulation

The SECRETS To A Healthy RELATIONSHIP EXPLAINED | Dr. Nicole LePera & Lewis Howes -

The SECRETS To A Healthy RELATIONSHIP EXPLAINED | Dr. Nicole LePera & Lewis Howes by Lewis Howes 269,551 views 3 years ago 1 hour, 16 minutes - Dr. LePera views mental and physical struggles from a whole-person perspective and works to identify the underlying physical ...

Trauma Is Stored in the Body

Is More Traumatic the Parent Trauma or the Child Trauma

The Triangle of Healing Journey

Love Languages

How Do You Forgive Parents

How Do We Forgive Our Parents

How To Say No without Apologizing

Epidemic of Codependency

How To Say No without Apologizing or Explaining Yourself

Childhood Trauma

When Do You Feel the Most Loved

good teamwork and bad teamwork - good teamwork and bad teamwork by Gerrit Maassen van den Brink 22,602,938 views 10 years ago 3 minutes, 21 seconds

7 Signs They're NOT The One - 7 Signs They're NOT The One by Psych2Go 1,789,235 views 1 year ago 6 minutes, 27 seconds - Is it the highs of the honeymoon period wearing off? When the realization that you don't have a future together sets in, it is all the ...

Intro

7 SIGNS THEY ARE NOT THE ONE

YOU CAN'T COUNT ON THEM

YOU HAVE DIFFERENT VALUES

THEY CAN HEAR, BUT NOT LISTEN

YOUR INTUITION

THEY ARE FOND OF 'you' STATEMENTS

YOUR CLOSE ONES CAN TELL

FOR SERIOUS ISSUES GO TO A PROFESSIONAL

Secret to romantic relationships | Andrew Huberman and Lex Fridman - Secret to romantic relationships | Andrew Huberman and Lex Fridman by Lex Clips 180,801 views 7 months ago 12 minutes, 15 seconds - GUEST BIO: Andrew Huberman is a neuroscientist at Stanford and host of the Huberman Lab Podcast. PODCAST INFO: Podcast ...

Sexual selection

Mistakes and wisdom

Friendship

Love at first sight

The Only Two Questions to Repair a Relationship - The Only Two Questions to Repair a Relationship by The School of Life 415,265 views 8 months ago 2 minutes, 57 seconds - How can we prevent damage in our **relationships**,? To start with we can regularly ask our partners two ostensibly simple yet hugely ...

Psychologist's Tools For Reprogramming Your Subconscious Mind | Nicole LePera on Impact Theory - Psychologist's Tools For Reprogramming Your Subconscious Mind | Nicole LePera on Impact Theory by Tom Bilyeu 613,793 views 3 years ago 1 hour, 1 minute - Do you feel like you have all the knowledge, yet you're "stuck" in the same patterns? Destructive habits like addiction, ...

12 Behaviors That Destroy Relationships - 12 Behaviors That Destroy Relationships by BRAINY DOSE 2,507,063 views 4 years ago 11 minutes, 29 seconds - Just as there are daily habits that build a strong **romantic relationship**., there are behaviors that destroy **relationships**, as well.

How to Make Love Last Forever - How to Make Love Last Forever by The School of Life 471,653 views 9 months ago 5 minutes, 58 seconds - When **relationships**, start, enthusiasm for our partners is typically natural and intense. We think of them constantly, we want only to ...

Intro

Anger destroys admiration

We grow inhibited by disappointment

Disappointment is toxic

What follows from buried anger

Cold Fury

Understand

Conclusion

Most MEN ARE ROMANTICS: understanding the core belief of romanticism - Most MEN ARE ROMANTICS: understanding the core belief of romanticism by PsychHacks 74,858 views 7 months ago 8 minutes, 41 seconds - Though it may sound ludicrous at first blush, most men in the western world are romantics. To understand why this is the case, we ...

Introduction

The Sexual Marketplace

The Fantasy

The Value

The 17 Secrets to a Successful Relationship - The 17 Secrets to a Successful Relationship by The School of Life 505,120 views 7 months ago 3 minutes, 39 seconds - It's often said that no one can ever really say what a good **relationship**, is, let alone draw up a checklist for a prospective one.

Dr. Paul Conti: How to Build and Maintain Healthy Relationships | Huberman Lab Guest Series -

Dr. Paul Conti: How to Build and Maintain Healthy Relationships | Huberman Lab Guest Series by Andrew Huberman 486,551 views 6 months ago 3 hours, 4 minutes - This is episode 3 of a 4-part special **series**, on mental health with Dr. Paul Conti, M.D., a psychiatrist who did his medical training at ...

Build Healthy Relationships

Sponsors: BetterHelp & Waking Up

Healthiest Self in Relationships

Structure & Function of Self

Relationships, Levels of Emergence

Generative Drive in Relationships

Sponsor: AG1

Generative Drive, Aggressive Drive, Pleasure Drive

Romantic Relationships & Matched Generative Drives, Trauma Bonds

Generative Drive Expression, Libido, Giving & Taking

Sponsor: Eight Sleep

Generative Drive in Partnerships

Libido, Avoidance & Working through Barriers

Repeating Bad Relationship Patterns, Repetition Compulsion

Narcissism, Dependence, Attachment Insecurity

Abusive Relationships, Demoralization

Oppressors, Darkness, Hope & Change

Work Relationships, Oppression & Accountability

Jealousy vs. Envy, Narcissism

Power Dynamics in Relationships

Giving vs. Taking in Relationships

Transactions & Relationships; Family & Generative Drive; Flexibility

Relationships & Kindergarten

Anxiety in Relationships, Communication

The "Magic Bridge of the Us"

Mentalization, Getting into Another's Mindset; Navigating Conflict

Healthy Boundaries

Self-Awareness, Mentalization

"Broken Compass" & Self Inquiry, "Map" Analogy

Secrets of a Couples Counselor: 3 Steps to Happier Relationships | Susan L. Adler | TEDxOak-

ParkWomen - Secrets of a Couples Counselor: 3 Steps to Happier Relationships | Susan L. Adler |

TEDxOakParkWomen by TEDx Talks 1,306,790 views 5 years ago 12 minutes, 38 seconds - Susan

presents the idea that if we nourish our **relationships**, we become a team and build the trust and goodwill that we'll need to ...

The Blame Game!

Raising the Bar

The Crazy Ball

Your Relationship is like a Garden

Anything But Anger

9.03a social exchange theory, equity theory - Relationships -AQA Alevel Psychology, paper 3 - 9.03a social exchange theory, equity theory - Relationships -AQA Alevel Psychology, paper 3 by Psych Boost 37,256 views 6 years ago 11 minutes, 28 seconds - 9.03a Theories of **romantic relationships**, - social exchange theory, equity theory - **Relationships**, -AQA Alevel **Psychology**,, paper 3 ...

Economic Theory of Romantic Relationships

The Min / Max Principle

Rewards and Costs

Evaluate Social Exchange

Equity Theory

Over Benefits and under Benefits

Conceptions about Equality

Extra Evaluations

Social Exchange Theory Is Culturally Biased

The Science of Relationship Maintenance Ep 338 - The Science of Relationship Maintenance Ep 338 by Multiamory 503 views 2 years ago 1 hour, 1 minute - This week's episode is all about **relationship maintenance**,, or what we can do to ensure our **relationships**, are as positive and ...

Review of Research on Romantic Relationships

Attachment Theory Explanation

Multi-Emery Theory

Interactive Behaviors

The Idealization of Partners

Red Flags

Assuming Positive Intent with Your Partner

Positive Sentiment Override

Conflict Management

Loyalty

Exit and Neglect

Forgiveness

Positive and Negative Types of Sacrifice

Dyadic Coping

Compassion Fatigue

Individual Relationship Enhancement Maintenance Strategies

Generosity

Gratitude

Partner Focused Prayer

Interactive Relationship Enhancement Maintenance Strategies

Communicative Relationship Maintenance Strategies

Communication Maintenance

Joint Leisure Activities

Quality of Time Spent in Joint Leisure Activities Is More Strongly Associated with Marital Satisfaction

Recap

Takeaways

4 Common Behaviors That Kill Relationships - 4 Common Behaviors That Kill Relationships by Psych2Go 845,702 views 1 year ago 6 minutes, 36 seconds - Are you tired of struggling to maintain healthy **relationships**,? Do you find yourself repeating the same mistakes over and over ...

The Easiest Way to Improve Your Relationship | The Gottman Institute - The Easiest Way to Improve Your Relationship | The Gottman Institute by The Gottman Institute 515,580 views 5 years ago 2 minutes, 10 seconds - The easiest way to improve your **relationship**, is to pay attention to your partner during life's small, everyday moments. This video ...

How to love and be loved | Billy Ward | TEDxFoggyBottom - How to love and be loved | Billy Ward | TEDxFoggyBottom by TEDx Talks 4,352,094 views 9 years ago 17 minutes - Through a story of one of his students, Billy **shows**, the importance of loving others and of being loved. Billy Ward is a

Licensed ...

M-19. Close relationships - M-19. Close relationships by e-Content-Science 49 views 3 years ago 31 minutes - ... processes in adult **romantic relationships**, and influence of evolutionary **psychology close relationships**, are somewhat universal ...

4 Habits of ALL Successful Relationships | Dr. Andrea & Jonathan Taylor-Cummings |

TEDxSquareMile - 4 Habits of ALL Successful Relationships | Dr. Andrea & Jonathan Taylor-Cummings | TEDxSquareMile by TEDx Talks 3,253,768 views 4 years ago 16 minutes - ALL **relationships**, face a similar set of hurdles. We all need to be equipped to get over the hurdles, so that our **relationships**, don't ...

Introduction

Be Curious Not Critical

Be Careful Not Crushing

Ask Dont Assume

Connect Before You Correct

The Three Requirements of a Good Relationship - The Three Requirements of a Good Relationship by The School of Life 2,005,719 views 3 years ago 5 minutes, 1 second - It can be hard to know what we really need from a **relationship**,. But the task becomes much simpler if we keep in mind that every ...

Which Long-term Relationships Will Survive and Which Won't - Which Long-term Relationships Will Survive and Which Won't by The School of Life 1,797,022 views 2 years ago 6 minutes, 48 seconds - From the outside, it seems impossible to predict whether a couple will break up or stay together...unless we fathom the ...

The Secret of Successful Relationships: Rupture and Repair - The Secret of Successful Relationships: Rupture and Repair by The School of Life 1,687,192 views 3 years ago 8 minutes, 33 seconds - No **relationship**, is ever stable; each goes through a regular cycle of 'rupture' and '**repair**',. A healthy **relationship**, is not one in which ...

Introduction

Apology

Forgiveness

Teaching

Learning

Is the relationship worth keeping? (7 reasons it could be) - Is the relationship worth keeping? (7 reasons it could be) by Inzpire 13 views 3 years ago 5 minutes, 43 seconds - Is the **relationship**, worth keeping? (7 reasons it could be) In a **relationship**., your partner should be the first person you trust or feel ...

Who Initiates Sex and why it Matters so Much - Who Initiates Sex and why it Matters so Much by The School of Life 4,918,107 views 5 years ago 5 minutes, 8 seconds - The issue of who **shows**, an interest in having a physical **relationship**, in a couple might be mistaken for rather trivial; after all, what ...

Advice for Strong Relationships from Jordan Peterson - Advice for Strong Relationships from Jordan Peterson by PhilosophyInsights 2,527,129 views 6 years ago 10 minutes, 22 seconds - It takes a lot of effort to provide added **educational**, value by selecting the videos for this channel, philosophyinsights. Usually ...

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