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Feeling hurt close relationships | Health and clinical ...

Feeling Hurt in Close Relationships presents a synthesis of cutting-edge research and theory on hurt. Being hurt is an inevitable part of close relationships. What varies from relationship to relationship is not whether partners hurt each other, but how their relationship is affected by hurtful episodes. Given the potential influence of hurt feelings on people's interpersonal relationships, it is not surprising that scholars have begun to study the antecedents, processes, and outcomes ...

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Feeling Hurt in Close Relationships presents a synthesis of cutting-edge research and theory on hurt. Being hurt is an inevitable part of close relationships. What varies from relationship to relationship is not whether partners hurt each other, but how their relationship is affected by hurtful episodes. Given the potential influence of hurt feelings on people's interpersonal relationships, it is not surprising that scholars have begun to study the antecedents, processes, and outcomes associated with hurt. This collection integrates the various issues addressed by researchers, theorists, and practitioners who study the causes of hurt feelings, the interpersonal events associated with hurt, and the ways people respond to hurting and being hurt by others. To capture the breadth and depth of the literature in this area, the work of scholars from a variety of disciplines — including social psychology, communication, sociology, and family studies — is highlighted.

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Hurt feelings are universal and are present in human beings as well as in animals. These feelings are usually avoided by human beings and overlooked by the scientific and professional mental health communities. Yet, if unresolved and not shared with loved ones and professionals, they tend to fester in our bodies and affect our functioning. If not expressed and shared with caring others, anger, sadness and fear are at the bottom of mental illness. Developmentally, each of these feelings respectively gives rise to antisocial acts, depression and severe mental illness. This book suggests that instead of traditional one-on-one, face-to-face, conversation-based interventions, distance writing will allow mental health professionals to assign interactive practice exercises specifically focused on hurt feelings.

The adaptive effects of hurtful communication have rarely been observed in the hurt literature. This could be due to one or more of three limitations in the literature: an emphasis on major rather than minor hurtful interactions, a focus more on negative behavior than positive, or a recall of personal biases caused by situation-specific beliefs when examining the effects of hurt feelings. Given that research suggests that

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negative emotions can have a positive influence on relational outcomes, this dissertation investigated whether hurt feelings function to maintain and/or repair close relationships by addressing the aforementioned limitations. Building on Bradbury and Fincham ' s (1987, 1988, 1991) contextual model, this dissertation examined the effects of both proximal and distal context factors on prosocial communication and relationship outcomes following major and minor hurtful interactions. A community sample of people involved in romantic relationships (N = 513) completed a set of questionnaires regarding hurtful communication. Overall, the results indicated that as opposed to message intensity and perceived intentionality, hurt intensity and communal strength positively predicted constructive communication and positive relationship outcomes; these associations were also mediated by constructive communication. Communal strength emerged as a stronger predictor of positive outcomes of hurt than did hurt intensity. Further, this study revealed the moderating effects of hurt on the link between the aforementioned factors and positive outcomes for behavior and relationships. In conclusion, the adaptive effects of hurtful communication were more pronounced in minor hurtful events than in major ones.

In a social climate that actually encourages divorce rather than reconciliation, *Courage to Love ... When Your Marriage Hurts* offers help and hope instead. Building on the experience of Retrouvaille, a successful church-sponsored ministry, it focuses on building relationships. It invites couples to reconciliation, to rebuilding trust, to learning the skills necessary for healthy communication, and to growing spiritually through the lived reality of married life. First published in 1992, *Courage to Love ... When Your Marriage Hurts* has been welcomed not only by couples struggling with the difficulties of married life, but also by marriage counselors, family life directors, and various marriage ministries.

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Interpersonal rejection ranks among the most potent and distressing events that people experience. Romantic rejection, ostracism, stigmatization, job termination, and other kinds of rejections have the power to compromise the quality of people's lives. As a result, people are highly motivated to avoid social rejection, and, indeed, much of human behavior appears to be designed to avoid such experiences. Yet, despite the widespread effects of real, anticipated, and even imagined rejections, psychologists have devoted only passing attention to the topic, and the research on rejection has been scattered throughout a number of psychological subspecialties (e.g., social, clinical, developmental, personality). In the past few years, however, we have seen a surge of interest in the effects of interpersonal rejection on behavior and emotion. The goal of this book is to pull together the contributions of several scholars whose work is on the cutting edge of rejection research, providing a scholarly yet readable overview of recent advances in the area. In doing so, it not only provides a look at the current state of the area but also helps to establish the topic of rejection as an identifiable area for future research. Topics covered in the book include: ostracism, unrequited love, betrayal, stigmatization, rejection sensitivity, rejection and self-esteem, peer rejection in childhood, emotional responses to rejection, and personality moderators of reactions to rejection.

Close relationships are an important and desired aspect of the human experience; but as individuals pursue intimacy and connection with others, they will encounter a variety of questions about the nature, status, and future of their relationships. Consequently, uncertainty is an inevitable and unavoidable element of close relationships. It can arise in response to a variety of relational circumstances and can shape the ways that partners think, feel, and act toward one another. This book summarizes the expansive body of theoretical and empirical research regarding the nature of uncertainty, the conditions that promote uncertainty about relational involvement, and the emotional, cognitive, and communicative outcomes of uncertainty for

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individuals and their relationships. Based on the robust accumulation of data about uncertainty in close relationships, the book also offers recommendations for coping with ambiguous relational circumstances and proposes new directions for conceptualizing and studying uncertainty in close relationships.

The Wiley-Blackwell Handbook of Couples and Family Relationships presents original articles from leading experts that link research, policy, and practice together to reflect the most current knowledge of contemporary relationships. Offers interesting new perspectives on a range of relationship issues facing twenty-first century Western society Helps those who work with couples and families facing with relationship issues Includes practical suggestions for dealing with relationship problems Explores diverse issues, including family structure versus functioning; attachment theory; divorce and family breakdown; communication and conflict; self regulation, partner regulation, and behavior change; care-giving and parenting; relationship education; and therapy and policy implications

Effect of a hurtful interaction can linger on a relationship after its initial occurrence. Extant research shows that ruminative thoughts about hurt elicit bitter feelings and intensify unfavorable relational outcomes. Relying itself on Relational Framing Theory (RTF), the current study emphasizes the relational nature of hurt experiences. According to RFT, individuals interpret a message using either dominancesubmissiveness or affiliation-disaffiliation frame, and involvement is seen as a unipolar factor that emphasizes perception of either dominance or affiliation. The current study examines the relationship between hurt feelings, brooding, message ambiguity associated with perceived dominance, affiliation, and involvement. Besides, the current research forwards hypotheses concerning brooding and relational outcomes. Results suggest that intensity of hurt and message ambiguity positively predict brooding, which support H1a and H1b. Moreover,

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perception of offender's affiliation and involvement reduces intensity of hurt. However, the effect of perceived dominance on hurt and brooding is not significant. In relation to message ambiguity and hurt, the study discovers that ambiguous hurtful messages are perceived as less hurtful than direct ones. Findings also suggest dating partners are more vulnerable to hurt and brood more than close friends. In addition, hurtful interactions that occur further in the past are associated with less relationship satisfaction and more relational distancing. Directions for further research on hurt and relational frame are discussed.

Nonverbal Communication in Close Relationships provides a synthesis of research on nonverbal communication as it applies to interpersonal interaction, focusing on the close relationships of friends, family, and romantic partners. Authors Laura K. Guerrero and Kory Floyd support the premise that nonverbal communication is a product of biology, social learning, and relational context. They overview six prominent nonverbal theories and show how each is related to bio-evolutionary or sociocultural perspectives. Their work focuses on various functions of nonverbal communication, emphasizing those that are most relevant to the initiation, maintenance, and dissolution of close relationships. Throughout the book, Guerrero and Floyd highlight areas where research is either contradictory or inconclusive, hoping that in the years to come scholars will have a clearer understanding of these issues. The volume concludes with a discussion of practical implications that emerge from the scholarly literature on nonverbal communication in relationships — an essential component for understanding relationships in the real world. Nonverbal Communication in Close Relationships makes an important contribution to the development of our understanding not only of relationship processes but also of the specific workings of nonverbal communication. It will serve as a springboard for asking new questions and advancing new theories about nonverbal communication. It is intended for scholars and advanced students in personal relationship study,

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social psychology, interpersonal communication, nonverbal communication, family studies, and family communication. It will also be a helpful resource for researchers, clinicians, and couples searching for a better understanding of the complicated roles that nonverbal cues play in relationships.

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