Chapter

6 Love and Sexuality

I know heaven's a thing

I go there when you touch me

Taylor Swift, *False God*

Chapter Outline

6.1 Ways of Viewing Love 136
- 6.1a Love on a Continuum from Romanticism to Realism 136
- **Self-Assessment 6–1:** The Love Attitudes Scale 136
- 6.1b Triangular Theory of Love 137

6.2 Love Styles 139
- **Technology and Sexuality 6–1:** Technology and Romantic Relationships 140
- 6.2a Love and Sex: Similarities and Differences 141

6.3 Contexts for Sex and Love 143
- 6.3a Hooking Up 143
- 6.3b Friends with Benefits 143
- **Social Policy 6–1:** Love in the Workplace 144

6.4 Consensually Nonmonogamous Relationships, and Swinging 145
- 6.4a Consensually Nonmonogamous Relationships 145
- **Self-Assessment 6–2:** Consensual Nonmonogamy Scale 146
- 6.4b Polyamorous Relationships 148
- 6.4c Swinging Relationships 149

6.5 Factors Involved in Selecting a Long-Term Partner 149
- 6.5a Cultural Factors in Selecting a Partner 149
- 6.5b Sociological Forces in Selecting a Partner: Homogamy 150
- 6.5c Psychological Factors in Selecting a Partner 150

6.6 Challenges Related to Intimate Sexual Relationships 151
- 6.6a Jealousy 151
- 6.6b Guilt 153
- 6.6c Obsession 153
- 6.6d Stalking 153
- 6.6e Condomless Sex 154

Chapter Summary 155

Web Links 155

Key Terms 156

Objectives

1. Differentiate between the family of origin and the family of procreation
2. Explain the differences between romantic and realistic love
3. List the three central elements of love
4. Review the various love styles
5. Know the similarities and differences of love and sex
6. Identify the latest research on hooking up and on friends with benefits
7. Discuss the influence of technology on sexuality
8. Explain polyamory, consensual non-monogamy, and swinging
9. Identify the cultural, sociological, and psychological factors involved in finding a partner
10. List the various challenges related to intimate relationships



Adobe Stock

Truth or Fiction?



T / F 1. The majority of people in a committed relationship met through a dating app.

T / F 2. Some hookups transition into committed relationships.

T / F 3. Jealousy is sometimes viewed by a partner to mean that they are valued.

T / F 4. Love for women is more about emotional closeness, for men more about sexual love.

T / F 5. Women in love are more willing to have condomless sex.

Answers: 1. F, 2. T, 3. T, 4. T, 5. T

What's love got to do with sex? The answer is "a great deal." Indeed, Pietras et al. (2022) reported that love was associated with sexual satisfaction. Rutherford et al. (2020) reviewed the motives women report for engaging in sex and found that being in a romantic relationship and perceiving one's partner as interested and responsive were paramount for sexual involvement. Other researchers also found a positive association between being in love and engaging in sex (Van de Bongardt & de Graaf, 2020). Hence, for some, love is an important context for sex.

> *Tread lightly on your partner's heart. It was given to you for safekeeping.*
>
> Alexandra Katehakis

Love is everything. All the rest is standing on the edge and staring into the abyss.

Bertrand Russell

The drive to love and to be loved is fundamental to human existence. The context in which many first experienced love was our **family of origin** (the family in which we were born and reared). Many individuals re-create this love context in their own **family of procreation** (the family we begin, which provides the context for having our own children, if desired). We also create a **family of choice**, which consists of close friends who love and support us. We begin this chapter by reviewing the various ways love is conceptualized.

6.1 Ways of Viewing Love

Ask your friends or peers in your sexuality class to identify the characteristics of love. You will hear such words as *caring, commitment, trust, companionship, affection, happiness*, and *security*. The most notable characteristic of love is diversity—people have different conceptions of love, identify different elements associated with love, and categorize love as representing different styles.

Family of origin
Family into which an individual is born

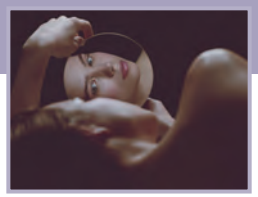
Family of procreation
Family you begin by finding a mate and having and rearing children

Family of choice
Type of family that consists of close friends who love and provide support

6.1a Love on a Continuum from Romanticism to Realism

Romantic love today may be conceptualized as existing on a continuum from romanticism to realism. Romantics believe in love at first sight, in one true love, and in the idea that love conquers all. Realists disagree with all these beliefs. Realists believe that love takes time to develop, that there are numerous people with whom you may fall in love, and that love does not conquer all. *Self-Assessment 6–1: The Love Attitudes Scale* provides a way for you to assess where you fall on the continuum from romanticism to realism.

Self-Assessment 6–1
The Love Attitudes Scale



This scale is designed to assess the degree to which you are romantic or realistic in your attitudes toward love. There are no right or wrong answers.

Directions

After reading each sentence carefully, write the number that best represents the degree to which you agree or disagree with the sentence.

1 – Strongly agree
2 – Mildly agree
3 – Undecided
4 – Mildly disagree
5 – Strongly disagree

_____ 1. Love doesn't make sense. It just is.

_____ 2. When you fall "head over heels" in love, it's sure to be the real thing.

_____ 3. To be in love with someone you would like to marry but can't is a tragedy.

_____ 4. When love hits, you know it.

_____ 5. Common interests are really unimportant. As long as each of you is truly in love, you will adjust.

_____ 6. It doesn't matter if you marry after you have known your partner for only a short time, as long as you know you are in love.

_____ 7. If you are going to love a person, you will know after a short time.

_____ 8. As long as two people love each other, the educational differences they have really do not matter.

_____ 9. You can love someone even though you do not like any of that person's friends.

_____ 10. When you are in love, you are usually in a daze.

_____ 11. "Love at first sight" is often the deepest and most enduring type of love.

_____ 12. When you are in love, it really does not matter what your partner does because you will love him or her anyway.

_____ 13. As long as you really love a person, you will be able to solve the problems you have with the person.

_____ 14. Usually, you can really love and be happy with only one or two people in the world.

_____ 15. Regardless of other factors, truly loving a person is a good enough reason to marry that person.

_____ 16. It is necessary to be in love with the one you marry to be happy.

_____ 17. Love is more of a feeling than a relationship.

_____ 18. People should not get married unless they are in love.

_____ 19. Most people truly love only once during their lives.

_____ 20. Somewhere there is an ideal mate for most people.

_____ 21. In most cases, you will "know it" when you meet the right partner.

_____ 22. Jealousy usually varies directly with love; that is, the more you are in love, the greater your tendency to become jealous will be.

_____ 23. When you are in love, you are motivated by what you feel rather than by what you think.

_____ 24. Love is best described as an exciting rather than a calm thing.

_____ 25. Most divorces probably result from falling out of love rather than failing to adjust.

_____ 26. When you are in love, your judgment is usually not too clear.

_____ 27. Love comes only once in a lifetime.

_____ 28. Love is often a violent and uncontrollable emotion.

_____ 29. When selecting a marriage partner, differences in social class and religion are of small importance compared with love.

_____ 30. No matter what anyone says, love cannot be understood.

Score: _____

Scoring

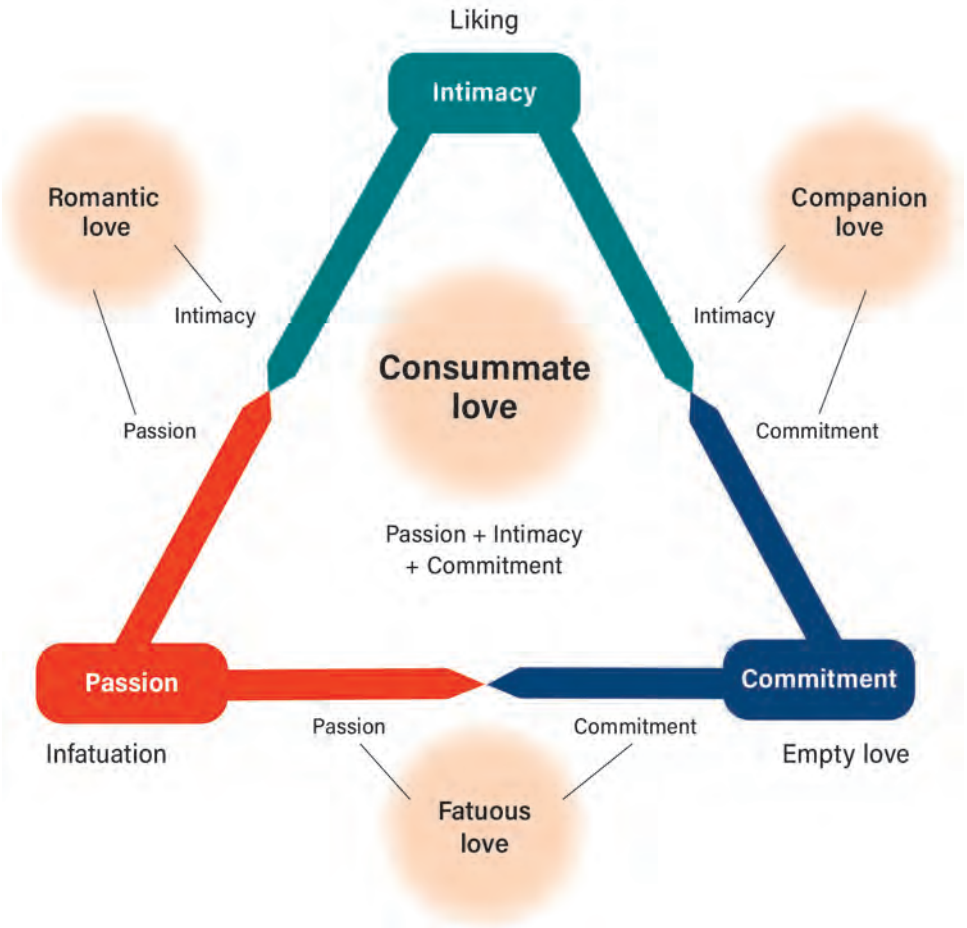
Add the numbers you wrote down: 1 (strongly agree) is the most romantic response, and 5 (strongly disagree) is the most realistic response. The lower your total score (30 is the lowest possible score), the more romantic your attitudes toward love. The higher your total score (150 is the highest possible score), the more realistic your attitudes toward love. A score of 90 places you at the midpoint between being an extreme romantic and an extreme realist. Both men and women undergraduates typically score above 90, with men scoring closer to 90 than women.

Source: Knox, D. (1970). Conceptions of love at three developmental levels. *The Family Coordinator, 19*(2), 151–157. Permission to use the scale for research is granted by the author.

6.1b Triangular Theory of Love

Sternberg (1986) developed the "triangular" view of love (see Figure 6–1), which consists of three basic elements: intimacy, passion, and commitment. Intimacy refers to the emotional bond, and passion is conceptualized as sexual or physical attraction. From Instagram official, to engagement, to marriage, there are different levels of commitment, indicating how invested the partners are in the relationship.

Figure 6–1 Sternberg's Triangular Theory of Love



The presence or absence of these three elements provides a way to describe various types of love experienced between individuals, regardless of their sexual orientation.

1. *Nonlove*—the absence of intimacy, passion, and commitment. Two strangers looking at each other from afar are experiencing nonlove.
2. *Liking*—intimacy without passion or commitment. A new friendship may be described in these terms of the partners liking each other.
3. *Infatuation*—passion without intimacy or commitment. Two people flirting with each other in a bar may be infatuated with each other.
4. *Romantic love*—intimacy and passion without commitment. Two individuals connect at the emotional level and find each other sexually attractive.
5. *Companionate love*—intimacy and commitment without passion. A couple married for 50 years, who no longer feel a spark, are said to illustrate companionate love.
6. *Fatuous love*—passion and commitment without intimacy. Couples who are passionately wild about each other and talk of the future but do not have an intimate connection with each other have a fatuous love.

7. *Empty love*—commitment without passion or intimacy. A couple who stays together for social or legal reasons (e.g., for their children) but who have no spark or emotional sharing between them have an empty love.
8. *Consummate love*—combination of intimacy, passion, and commitment; Sternberg's view of the ultimate, all-consuming love.

Sternberg's love types might also be viewed as stages. As individuals change, their relationship changes. For example, what begins as *liking* may develop into *companionate love* over time.

Cultural Diversity



In a study of 25 countries, Sorokowski et al. (2021) confirmed the cultural universality of the three elements (intimacy, passion, commitment) of love in the Triangular Theory of Love. Patterns were also universal. For example, passion is more often characteristic of relationships of shorter duration and commitment characteristic of relationships of longer duration. The researchers suggested a biological basis for love (need to bond with others for survival).

Love/romance is also a powerful drive and not easily suppressed. Jalil et al. (2022) interviewed 129 undergraduates at a university in Lahore, Pakistan, who reported their rejection of the social disapproval and stigmatization of romance among youth. The students emphasized that they were intent on rejecting/diverging from the norms of the earlier generation to find ways of enjoying emotional and sexual involvement.

6.2 Love Styles

Another way of looking at love is love styles. Hendrick and Hendrick (1992) described various styles based on the work of Canadian sociologist John Alan Lee. Although people may show characteristics of more than one love style, they are often characterized as exhibiting one of six different love styles:

- *Eros:* passionate love; not limited to physical passion
- *Ludus:* game-playing love—for mutual enjoyment without serious intent
- *Storge:* friendship; companionate love
- *Pragma:* pragmatic and practical love
- *Mania:* manic, jealous, obsessive love
- *Agape:* selfless, idealistic love

Women tend to reflect higher levels of eros love styles and men higher levels of ludic love (Neto, 2021; Meskó et al., 2021). The love styles associated with the lowest relationship satisfaction are ludus and mania styles; eros and agape love styles are associated with the highest relationship satisfaction (Montgomery & Sorell, 1997).

"Online dating is a lot like picking out a vacuum cleaner: There is a great selection. They all look like they would be a good fit, they may not be exactly what the manufacturer promises, some may have already been used and returned, there are strings attached, and some come at a high cost."

Germany Kent

Cultural Diversity



Love in the West and love in the East differ. Those in individualistic America tend to be more romantic, expect love to be present before marriage, and believe that love continues as a prerequisite for staying together. Those in familistic Eastern countries (China, India, Indonesia) tend to be more realistic in their view of love, expect love to follow rather than precede marriage, and do not require love to continue for the couple to stay together. Love between partners in Western society is considered a criterion for marital success (Turetsky et al., 2014). The result is that Western societies (including the United States) have a very high divorce rate (40%–50%) compared to Eastern societies, which have very low divorce rates (under 10%).

Technology and Sexuality 6–1
Technology and Romantic Relationships



Technology has changed the way individuals initiate, escalate, and end their relationships. Those who want a date tonight open their Tinder® app, scroll through several photos, swipe right for those that look good, ask if the person wants to hang out, and wait for a response. Other apps to find a partner include OkCupid, Hinge™, Grindr, and Bumble™. The latter is unique in that the woman must make the first move or there is no relationship.

The stigma that was once associated with seeking a partner online has disappeared. Reid et al. (2022) interviewed 22 British adults, one of whom said:

> *So, yeah, obviously five years ago, I did not even know if Tinder was around. So I came out of my relationship in January and I got Tinder and I'm on Hinge now and it's a whole new world. It is, it's mind-boggling because I'd never thought I would go on a dating app. Never ever thought it. Thought it's for saddo people. And it's not, everyone seems to be on it.* (p. 1037)

Indeed, love at first swipe (via technology) is the way love began for 10% of people who are in committed relationships (Pew Research Center, 2023).

Dating apps can be helpful for those who are seeking people outside their social circles. They can also be helpful in allowing people to screen potential partners before meeting them to make sure they have similar values and life goals. Some countries, including Japan and India, have created state-sanctioned dating apps as a way to address declining fertility rates (Beckstein & De Vries, 2025).

Technology impacts romantic relationships in both positive and negative ways. On the positive side, technology allows individuals to have an instant and continuous connection throughout the day so that they are, in effect, together all the time. Texting is particularly valuable for couples in long-distance relationships, providing a way for the partners to maintain their connection via constant communication.

On the negative side, texting discourages talking on the phone and face-to-face communication. The scene of two people sitting at a table, both texting and neither talking to the other, is all too familiar. Apps also emphasize physical appearance so that swiping right is a decision made in two seconds based on someone's appearance. How often is one's "soulmate" lost to a left swipe because of bad lighting or a pimple?

Technology also allows individuals to keep up with each other or know exactly where the other person is located by geosocial networking apps (Filice et al., 2021). This can be a positive or a negative. One couple solved the problem of feeling insecure/distrust by downloading the respective app so that each knew where the other was at all times. Other couples may resent the lack of privacy if their partner insists on being able to track their location.

One application of technology potentially involving romance is Replika, an AI chatbot companion. The app allows users to create their own avatar partner including the gender, whether male, female, or nonbinary. Users choose and can alter hair style, skin, and eyes and the colors of each of these. Users name their "person" and can have conversations. Using video chat, users can talk about anything such as their day, secrets, relationships, whatever. Users can also ask their AI companion questions just to keep the conversation going. The AI develops and "learns" with every interaction, which sometimes can develop into more intimate and deep conversations.

There are also serious downsides of using such applications. Avatars are not real humans and people interacting with them are not learning how to use interpersonal skills in the real world. When an avatar is completely focused on the user, it can be easy to forget that an in-person relationship requires that both people's needs be met.

6.2a Love and Sex: Similarities and Differences

In this section, we review the similarities and differences between love and sex. In general, love and sex are more similar than they are different.

Similarities Between Love and Sex

1. *Both love and sex are characterized by intense, enjoyable feelings.* To be involved in a love relationship is one of the most intense, enjoyable human experiences. Sex is also an intense and enjoyable experience. Being told that you are loved and experiencing an orgasm are both intense and enjoyable.
2. *Both love and sex involve physiological changes.* When a person is in an intense love relationship, their brain produces phenylethylamine (PEA), a chemical correlate of amphetamine, which may result in a giddy feeling similar to an amphetamine high. PEA, as well as serotonin, the feel-good brain chemical (both are present in chocolate), is also released at the time of orgasm. The physiological changes the body experiences during sexual excitement include increased heart rate, blood pressure, and breathing.
3. *Both love and sex have a cognitive component.* To experience the maximum pleasure from both, the person must label or interpret the experience in positive terms. For love to develop, each person in the relationship must define being together, looking at each other, sharing activities, and talking as enjoyable.

   Positive labeling is also important in sex. Each person's touch, kiss, caress, and body type are different; sexual pleasure depends on labeling sexual interaction with that person as enjoyable. "I can't stand the way he kisses me" and "I love the way he kisses me" are two interpretations of kissing the same person, but only one of these interpretations makes the event pleasurable.
4. *Both love and sex may be expressed in various ways.* Expressions of love may include words ("I love you"), gifts (flowers or candy), behaviors (being on time, a surprise text message, washing the partner's car), or touch (holding hands). Similarly, sex and love may both be expressed through a glance, embrace, kiss, massage, or intercourse.

> *"Love is immortal, and it goes beyond satisfying some fleeting physical hunger. In other words, sweetheart," her mother explained, "sex won't make up for the lack of love, no matter how good it is."*
>
> Diana Palmer

5. *The need for love and sex increases with deprivation.* The more we get, the less we feel we need; the less we get, the more we feel we need. The all-consuming passion of Romeo and Juliet, perhaps the most celebrated love story of all time, undoubtedly was fed by their enforced separation.

   Deprivation has the same effect on the need for sex. Statements of people who have been separated from their lovers may be similar to "I'm horny as a mountain goat," "We're going to spend the weekend in bed," and "The second thing we're going to do when we get together is take a drive out in the country."

Differences Between Love and Sex

There are several differences between love and sex.

1. *Love is crucial for human happiness; sex is important, but not crucial.* Although sex is regarded as a life-enhancing experience, no one has suggested that its value supersedes love.
2. *Love is pervasive, whereas sex tends to be localized.* Love is felt all over, but sexual feeling is most often associated with various body parts (lips, breasts, or genitals).
3. *Love tends to be more selective than sex.* The standards that people have for a love partner are generally higher than those they have for a sex partner. Expressions like, "I'll take anything wearing pants," "Just show me a room full of skirts," and "I wouldn't kick him out of bed" reflect the desire to have sex with someone—anyone. Love wants *the* person rather than *a* person.

   The standards for a love partner may also be different from those for a sexual partner. For example, some people develop relationships to meet emotional/intimacy needs that are not met by their sexual partners. A sexual component need not be a part of the relationship they have with those they love.

Sex without love is not unusual. In a sample of 3,988 undergraduate males, 52% reported that they had had sex without love in contrast to 49% of 12,627 undergraduate females (Hall & Knox, 2023). For some people, sex without love may be desired. For example, two strangers can meet, share each other sexually, have a deep mutual admiration for each other's sensuous qualities, and then go their separate ways. This kind of encounter may be an example of two individuals who prefer independence and singlehood rather than deep emotional involvement, commitment, or marriage. They may also not have time for a relationship. "I have a full-time job and go to school full time," reported one of our students. "I don't have time for a relationship, but I'll take a hookup when I can get it."

Both love and sex can be viewed on a continuum. Love feelings can range from nonexistent to intense, and sexual engagement can range from casual/limited to intense and frequent. Each person in a sexual encounter will undoubtedly experience different degrees of love feelings, and the experience of each may differ across time. One woman reported that the first time she had intercourse with her future partner occurred shortly after they had met in a bar. She described their first sexual encounter as "raw, naked sex" with no feelings. But as they continued to see each other over a period of months, an emotional relationship developed, and "sex took on a love meaning for us." Sex with love can also drift into sex without love. One man said he had been deeply in love with his partner, but that they had gradually drifted apart. Sex between them was no longer sex with love.

> *My brain creates a divide between my body and heart, and I can really feel it when it comes to meaningless sex. It almost feels like a chore or something I must do. With a partner that I love, I feel a lot more relaxed and comfortable. Sex is more of a safe space and something that I want to do.*
>
> Annaleigh Hines

6.3 Contexts for Sex and Love

Sexual encounters take place in an emotional context. Such a context may be devoid of emotion (e.g., hooking up) or imbued with it (e.g., friends with benefits). Blumenstock (2022) emphasized that emotional closeness is associated with increases in sexual desire.

6.3a Hooking Up

Hooking up is a sexual encounter that occurs between individuals who have no relationship commitment. The definitions of hooking up vary from a one-night encounter to repetitive sexual experiences with a nonromantic partner periodically over time. Bible and Matera (2022) emphasized the need to be clearer about the definition of hooking up and suggested hookup definitions explicitly reference behaviors, nature of partner relationship, span of hookup interaction, frequency of hookup behavior, and level of romantic commitment expectation.

Regardless of how the partners meet, there is generally no expectation of seeing each other again, and alcohol is often involved. Thorpe and Kuperberg (2021) reported that upwards of three-fourths of college students report having hooked up by their senior year with sexual pleasure the motivation for most (64%) followed by the desire for relationship formation (33%). Other motivations included "not sure," college experience, self-confidence, alcohol, and improve sex skills. Women were least likely to seek hooking up to improve their confidence or sex skills. Hollis et al. (2022) noted that the presence of alcohol sometimes brings out negative emotions such as sadness or depression.

Anders et al. (2020) used social exchange theory to identify the rewards and costs of hooking up among first year undergraduates. Rewards included having fun, fulfilling sexual desires, gaining a sense of status or accomplishment, and the potential to develop a relationship. Costs included regrets/mistake, ambiguity, increased sexual risk, and loss of respect. While it is often assumed that hookups do not result in long-term love relationships, Timmermans and Courtois (2018) confirmed that hookups may transition into committed relationships. They reported on 1,038 Tinder users and found that one-third of the conversations on Tinder led to casual sex and more than a fourth led to a committed relationship. The authors concluded, ". . . sexual encounters will eventually lead to committed relationships in a society where initiation of relationship formation with dating has been replaced by hooking up" (p. 59). Kettrey and Johnson (2021) noted that hookups "may be a new pathway, rather than a roadblock to, romantic relationships."

6.3b Friends with Benefits

A **friends with benefits** relationship (FWB) is one in which the friends do not have a romantic relationship but get together regularly for sex. This sexual activity could range from kissing to sexual intercourse and is a repeated part of a friendship, not just a one-night stand. Forty-six percent of 3,920 undergraduate males reported that they had been in a FWB relationship (43% of 12,518 undergraduate females) (Hall & Knox, 2023). Thomas et al. (2022) noted that FWB relationships are not like casual sex (hookups) since they involve a continued relationship. But they are also not like romantic relationships since they have no future. In general, women become more committed in FWB relationships than men. Stein et al. (2019) also found that women in FWB relationships were more focused on the relationship aspect while men were more focused on the sex.

Advantages of being in an FWB relationship involve having a regular sexual partner, not feeling vulnerable to having to hook up with a stranger just to have sex,

Hooking up
Meeting someone and becoming sexually involved that same evening with no commitment or expectation beyond the encounter

Friends with benefits
Friends who get together regularly for sex but who do not have a romantic relationship

minimizing exposure to STIs, not increasing the number of sexual partners, and feeling free to have other relationships (including sexual ones). Disadvantages include developing a reputation as someone who does not really care about emotional involvement, coping with the discrepancy of becoming more or less involved than the partner, and losing the capacity to give yourself emotionally.

While friends with benefits may begin anywhere, the office or workplace is a frequent context. See *Social Policy 6–1*.

Social Policy 6–1

Love in the Workplace

In late 2022, *Good Morning America* anchors T. J. Holmes and Amy Robach (both married to other people) were revealed to have been having an affair for several months. News of their office romance reached executives at Disney (which owns ABC) and they were removed.

Despite the risks, the office remains a place where people meet and develop relationships. Faith Hill and Tim McGraw as well as Blake Shelton and Gwen Stefani met on the job. In a national survey of workers, 30% of those 18–21 years of age and 72% of those over 50 have been involved in an office romance (Vault Careers, 2019).

Advantages of a Workplace Romance

The energy that both fuels and results from intense love feelings can also fuel productivity on the job. If the coworkers eventually marry or enter a nonmarital but committed, long-term relationship, they may be more satisfied with and committed to their jobs than people whose partners work elsewhere. Working at the same location enables couples to commute together, go to company-sponsored events together, share projects, and talk shop together.

In recognizing the potential benefits of increased job satisfaction, morale, productivity, creativity, and commitment, some companies encourage love relationships among employees. Aware that its single employees are interested in relationships, Hitachi Insurance Service provides a dating service, called Tie the Knot, for its 400,000 employees (many of whom are unmarried) in Tokyo, Japan. Those interested in finding a partner complete an application, and a meeting or lunch is arranged with a suitable candidate through the Wedding Commander. In America, some companies hire married couples. Workplaces, such as academia, often try to hire both partners since they are more likely to become permanent workers who can both work at the same place.

Disadvantages of a Workplace Romance

Workplace romances can be problematic for the individuals involved, as well as for their employers. When a workplace romance involves a supervisor/subordinate relationship, other employees might make claims of favoritism or differential treatment. In a typical differential-treatment allegation, an employee claims that the company denied them a job benefit because their supervisor favored another coworker who happened to be the supervisor's romantic partner.

If a workplace relationship breaks up, it may be difficult to continue to work in the same environment (and others at work may experience the fallout). A breakup that is less than amicable may result in efforts by partners to sabotage each other's work relationships and performance, and incidents of workplace violence, harassment, and/or allegations of sexual harassment are not uncommon. But breakups with bad outcomes may not be the norm; of employees in the 2019 Vault.com Romance Survey, two-thirds (more men than women) who had become involved in an office romance said that they would do so again.

Company Policies on Workplace Romances

Some companies, such as Disney, Universal, and Columbia, have anti-fraternization clauses that impose a cap on workers talking about private issues or sending personal emails. Some British firms even have "love contracts" that require workers to tell their managers if they are involved with anyone from the workplace.

Most companies do not prohibit romantic relationships among employees. However, the company may have a policy prohibiting open displays of affection between employees in the workplace, romantic relationships between supervisor and subordinate, and relationships in which one of the participants is married. These policies may be enforced by transferring or dismissing employees who don't play by the rules. But most companies have no policy regarding love relationships at work and generally regard romances between coworkers as none of the company's business.

6.4 Consensually Nonmonogamous Relationships, and Swinging

6.4a Consensually Nonmonogamous Relationships

Consensually nonmonogamous relationships (CNM) are relationships whereby the partners have an agreement that each may have sex with other people. CNM, which is sometimes referred to as ethical nonmonogamy, is talked about more openly now than in the past. Approximately 4%–22% of adults report involvement in these types of relationships at some point in their lives (Moors et al, 2025).

Andersson (2022) noted that three forms of consensual nonmonogamy are polyamory, open relationships, and swinging and that all of these are the result of discussion and negotiation with the partner about the specifics of sexual behavior with others. All of these allow for sex with others, in contrast to monogamy, which assumes sexual fidelity. In some cases, the concept of honesty can be negotiated by nonmonogamous partners who may agree that not telling the partner everything is acceptable.

Consensually nonmonogamous relationships
An agreement whereby each partner may have sex with other people

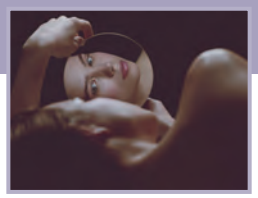
The *Self-Assessment 6–2: Consensual Nonmonogamy Scale* allows you to identify your attitudes toward nonmonogamous relationships.



These individuals are in a polyamorous relationship whereby they have a relationship with each other while also having emotional and sexual relationships with others. The woman on the left is married.

Self-Assessment 6–2

Consensual Nonmonogamy Scale



The purpose of this scale is to assess the degree to which you have a positive, neutral, or negative view of consensual nonmonogamy (CNM) when compared to monogamy (M).

Directions

After reading each sentence carefully, circle the number that best represents the degree to which you strongly disagree to strongly agree with the sentence. There are no right or wrong answers.

1 - Strongly disagree
2 - Mildly disagree
3 - Undecided
4 - Mildly Agree
5 - Strongly agree

1.	Monogamy is out of date.	1 2 3 4 5
2.	Engaging in CNM is more honest than monogamy.	1 2 3 4 5
3.	CNM individuals are happier than monogamists.	1 2 3 4 5
4.	CNM relationships are happier than M relationships.	1 2 3 4 5
5.	CNM is more associated with mental health than M.	1 2 3 4 5
6.	Increasingly, more individuals are choosing CNM.	1 2 3 4 5
7.	Most people secretly prefer CNM over M.	1 2 3 4 5
8.	You can be in love and in a CNM relationship.	1 2 3 4 5
9.	CNM is becoming more acceptable.	1 2 3 4 5
10.	I can imagine being in a CNM relationship.	1 2 3 4 5

Score: _____

Scoring

Add the numbers you circled. The lower your total score (10 is the lowest possible score), the less approving you are of CNM. The higher your total score (50 is the highest possible score) the more approving you are of CNM. A score of 30 places you at the midpoint between being the extremes.

Source: This scale was developed for this text. It is to be used for general assessment and is not designed to be a clinical diagnostic tool or as a research instrument.

What about the quality of nonmonogamous relationships? Seguin et al. (2017) surveyed 3,463 individuals in monogamous, open, and polyamorous relationships and found no significant differences in reported relationship quality. The researchers concluded that "these results strongly suggest that these types of relationship agreements are equally healthy viable options."

What about sexual satisfaction? Conley et al. (2018) compared the sexual satisfaction of individuals in monogamous and consensually nonmonogamous (CNM) relationships—those in open relationships had equal sexual satisfaction rates with those in monogamous relationships.

What about "rules" that partners in nonmonogamous relationships develop to maximize a positive outcome for their relationship? Below are the rules developed by one of our students who was in a nonmonogamous relationship.

1. *Honesty:* "We tell each other everything we do with someone outside the relationship. If we flirt, we even tell that. Openness about our feelings is a must; if we get uncomfortable or jealous, we must talk about it."
2. *Recreational sex:* "Sex with the other person will be purely recreational—it is not love, and the relationship with the other person is going nowhere. The people we choose to have sex with must know that we have a loving, committed relationship with someone else. The "other partners" are not seen multiple times but are hookups and it's over.
3. *Condom use:* "This is a requirement every time."
4. *Approval:* "Every person we have sex with must be approved by the partner in advance. Each partner has the right to veto a selection. The person in question must not be into partner snatching, looking for romance, or jealous. People off the list are coworkers, family, exes/old lovers, and old friends."
5. *Online hunting:* "This is prohibited. Each agrees not to go looking on the internet for sex partners."
6. *Social media:* "No photos on social media of partner with others."
7. *Priority:* "We are each other's priority. We also spend vacations and holidays together."
8. *Feelings end contact with other:* "If either of us catch feelings for someone we are having sex with, we stop seeing that person ASAP."
9. *Friends and sex:* "No sex with friends or people who are included in our network of friendships."
10. *Number:* "Maximum of three other people having sex with at one time."
11. *Pregnancy/STI scare:* "Partner must be made aware of pregnancy or STI scare immediately." Both partners agree to frequent STI testing.
12. Primacy of couple is to be maintained so that each partner is available to the other and makes sure that all needs of the partner are met.

What are the advantages/disadvantages of being in a consensually nonmonogamous relationship? Cohen (2016) asked 122 CNM partners this question. The greatest advantage was "to experience something new," to be "free," and to not be "tied down." Males were attracted by the opportunity to have sex with others; females were attracted by the notion of not being stuck in a relationship. The greatest disadvantage of CNM relationships was the stigma associated with the lifestyle, followed by problems in communication, jealousy, and trust.

Concerned about enduring, intimate relationships that include sex, people in consensual nonmonogamous relationships seek to rid themselves of jealous feelings and to increase their level of **compersion**—feeling happy for a partner who enjoys an emotional and sexual relationship with another. Thouin (2020) conducted interviews with 17 individuals who were in a CNM relationship who reported that compersion was a fluid/dynamic experience fostered by six contexts: (1) ideological commitment to CNM values and mindset, (2) security and comfort within oneself, (3) security and connectedness within relationship(s), (4) integration into the partner's other relationships, (5) perception of outside relationships as additive to individual and relational satisfaction, and (6) coming into community. The participants also shared that compersion

Compersion

The opposite of jealousy, whereby a person feels positive about a lover's emotional and sexual enjoyment with another

could coexist with jealousy and "vary in flavor and intensity depending on six interconnected individual, relational, and social contexts that foster or hinder its occurrence."

6.4b Polyamorous Relationships

Polyamory means multiple loves (in Latin, *poly* means "many" and *amor* means "love"). Polyamory is not polygamy. The former is about emotional and sexual liberty while the latter is more religiously motivated and typically involves a man with multiple wives who are not involved in an erotic relationship with each other. Since polygamy is illegal in all states in the United States, it is difficult to obtain an accurate number of people who are in polygamous relationships. Some estimates say that it is less than 0.5% of all households (Kramer, 2020).

Due to the considerable stigma that surrounds individuals who seek nontraditional relationships of any sort, including polyamory, they are often reluctant to make their interests known. They also feel that counselors or therapists are judgmental of expressing an interest in nonmonogamy (Tracy et al., 2022). Some nonmonogamous people struggle with whether to disclose their values/lifestyle. They may be cut off from family, lose their job, lose their romantic partner, lose friends, and experience feelings of loneliness or loss of connection (Langin, 2022).

Embracing polyamory has both advantages and disadvantages. It can offer greater variety in your emotional and sexual life; the avoidance of hidden affairs and the attendant feelings of deception, mistrust, or betrayal; and the opportunity to have different needs met by different people. The disadvantages of polyamory involve having to manage your feelings of jealousy and limited time with each partner. Of the latter, one polyamorous partner said, "With three relationships and a full-time job, I just don't have much time to spend with each partner, so I'm frustrated about who I'll be with next. And managing the feelings of the other partners who want to spend time with me is a challenge."

Since polyamory is not mainstream, individuals must "rewire" their perceptions. Montali et al. (2023) noted that these strategies include positioning monogamy as problematic and limited, immersing oneself in the polyamorous context (more time with like-minded individuals), and nurturing positives about polyamory. Interviews with polyamorous individuals noted that they identified polyamory as a context for self-improvement.

Many of the 100 members of Twin Oaks Community (www.twinoaks.org) in Louisa, Virginia, are polyamorous—each partner may have several emotional or physical relationships with others at the same time. Although most are not legally married, these adults view themselves as emotionally bonded to each other and may even rear children together.

Sheff (2014) identified the benefits and difficulties of poly families—multipartner relationships that raise children and function as families. Benefits included shared resources, honesty/emotional intimacy among family members, and multiple role models for children: "Many parents say that their children's lives, experiences, and self-concepts are richer for the multiple loving adults in their families" (p. 201). The difficulties of poly families include social stigma and teenage leverage against poly parents in which a disgruntled teen might blackmail parents, threatening to reveal their unconventional lifestyle to authorities, employers, or teachers.

Polyamory

Involvement of more than two individuals in a pair-bonded relationship (some of the individuals may be married to each other) who have an emotional, sexual, and sometimes parenting relationship

Sheff's (2014) research reveals that the nonsexual emotional ties that bind people in poly families are far more important than the sexual connections between the adults:

While the sexual relationships polys establish with each other get the most attention from the media, . . . they are not the . . . most important aspect of poly relationships. . . . Much like heterosexual families, poly families spend far more time hanging out together, doing homework, making dinner, carpooling, folding laundry, and having family meetings or relationship talks than they do having sex. (pp. 206–207)



Think About It

We asked a person who had been involved in polyamory, and who was getting married to live in a monogamous marriage, to share with us the thinking behind her shift. She replied, "I realized that I was using polyamory to hold partners at a bit of a distance, to avoid ultimate intimacy. With enough internal work, I reached a stage where I no longer needed to do that and was ready to be all in. And there I discovered that 'all in' is something you do with one person. I'm incredibly lucky to have found that one person." What do you think might be some other reasons for people to shift to a monogamous relationship? Why might someone in a monogamous relationship shift to a polyamorous one?

6.4c Swinging Relationships

In **swinging** relationships, the focus is sex with others. Each partner may have sex with someone outside the relationship or they may go together as a couple and have sex with others at the same event or house. Some swinging occurs in the context of sex parties, defined as a gathering of six or more people where full nudity is allowed and people openly engage in sexual and/or kinky activities.

6.5 Factors Involved in Selecting a Long-Term Partner

In this section, we review the cultural, sociological, and psychological factors that influence the attraction of two people to each other.

6.5a Cultural Factors in Selecting a Partner

Karandashev et al. (2020) emphasized that societal context impacts sensory preferences in romantic attraction. The authors note that:

. . . the stable biologically and evolutionarily determined characteristics of physical appearance, such as smell, skin, body, etc., are important for one's sensory preferences in romantic attraction in less modernized societies, which are characterized by greater power distance. On the other hand, the characteristics of romantic partner's appearance, which are more flexible and easier to change, such as expressive behavior, dress, dance, etc., are more important in more modernized societies with lower power distance.

I couldn't have dreamed you into existence because I didn't even know I needed you. You must have been sent to me.

Kamand Kojouri

Swinging
Understanding between partners in a relationship that sex with others is acceptable

Kostic and Scofield (2022) assessed mate choice preferences (financial prospects, good looks, chastity, ambition, youth/age, interest in short-term versus long-term

mating) and found traditional differences in heterosexual men and women. For example, financial prospects were more important to women than to men.

Beyond personal preferences, individuals are not free to marry whomever they please—their culture and society influence their decisions. Two forms of cultural pressure operative in mate selection are endogamy and exogamy. **Endogamy** is the cultural expectation to select a marriage partner within your own social group—such as race, religion, and social class. Endogamous pressures involve social approval and disapproval to encourage you to select a partner within your own group. The pressure toward an endogamous mate choice is especially strong when race is concerned.

In contrast to endogamy, **exogamy** is the cultural expectation to marry outside your own family group. Incest taboos are universal. In no society are children permitted to marry the parent of the other sex. In the United States, siblings and, in some states, first cousins are also prohibited from marrying each other. The reason for such restrictions is fear of genetic defects in children whose parents are too closely related.

6.5b Sociological Forces in Selecting a Partner: Homogamy

The **homogamy theory** of mate selection states that we tend to be attracted to and become involved with those who are like ourselves in such characteristics as age, race, religion, social class, grade point average, alcohol and tobacco consumption, IQ, and sexual experience.

6.5c Psychological Factors in Selecting a Partner

Psychologists have focused on complementary needs and exchanges with regard to pair bonding.

Complementary Needs Theory

Complementary needs theory states that we tend to select mates whose needs are opposite and complementary to our own needs. This is where the idea that opposites attract comes from. Partners can also be drawn to each other based on nurturance versus receptivity. These complementary needs suggest that one person likes to give and take care of another, whereas the other likes to be the beneficiary of such care.

Exchange Theory

Exchange theory emphasizes that mate selection is based on assessing who offers the greatest rewards at the lowest cost. Five concepts help explain the exchange process in mate selection:

1. *Rewards* are the behaviors (your partner looking at you with the eyes of love), words (saying "I love you"), and resources (being beautiful or handsome; having a car, condo, and money; helping around the house or running errands for you) that you value and that influence you to continue the relationship. Based on internet data from Korean and American samples of spouses, data analysis revealed that "frequent sex and communication were associated with the perception of being cared for and relied upon by one's spouse that predicted overall satisfaction with the marriage" (Park et al., 2023).

Endogamy
The cultural expectation to select a marriage partner within one's own social group

Exogamy
The cultural expectation to marry outside your own family group

Homogamy theory
Individuals tend to be attracted to and involved with people similar to themselves in age, race, religion, and so on

Complementary needs theory
Individuals tend to select a mate whose needs are opposite or complementary to their own needs

Exchange theory
In mate selection, refers to selecting a partner who offers the greatest rewards at the lowest cost

2. *Costs* are the unpleasant aspects of a relationship. A woman identified the costs associated with being involved with her partner: "He abuses drugs, doesn't have a job, and lives 9 hours away." The costs her partner associated with being involved with this woman included "she nags me," "she doesn't like sex," and "she wants her mother to live with us if we marry."
3. *Profit* occurs when the rewards exceed the costs. Unless the couple referred to in concept number 2 derives a profit from staying together, they are likely to end their relationship.
4. *Loss* occurs when the costs exceed the rewards.
5. It is also necessary that no other person who offers a higher profit is currently available.



Adobe Stock

Rewards are behaviors, words, and resources that you value and that influence you to continue the relationship.

Most people have definite ideas about what they are looking for in a partner. The currency used in the marriage market consists of the socially valued characteristics of the people involved, such as age, physical characteristics, and economic status. In our free-choice system of partner selection, we typically get as much in return for our social attributes as we can.

When you identify a person who offers you a good exchange for what you have to offer, other bargains are made about the conditions of your continued relationship. Waller and Hill (1951) observed that the person who has the least interest in continuing the relationship can control it. This **principle of least interest** is illustrated by the woman who says, "He wants to date me more than I want to date him, so we end up going where I want to go and doing what I want to do." In this case, the woman trades her company for the man's acquiescence to her decisions.

The exchange theory of mate selection may be criticized on the basis that people do not consciously think of what they have and what they can trade. Rather, they have some vague notion of who they are attracted to and rely on experience to know if the person would be interested in them. People also rarely think in terms of profit and loss—that is, they don't think, "I will stay in this relationship as long as there is profit and leave it when there is loss." Rather, they may think more in terms of love, commitment, and working out whatever issues may confront them.

6.6 Challenges Related to Intimate Sexual Relationships

Shakespeare said that the course of true love never did run smooth. But when an intimate relationship is superseded by negative emotions, it can veer into distressing and even physically threatening territory, encompassing jealousy, guilt, obsession, and stalking.

Principle of least interest

The person with the least interest controls the relationship

6.6a Jealousy

Jealousy can be defined as an emotional response to a perceived or real threat to an important or valued relationship. People experiencing jealousy fear being abandoned or replaced. In a study of 505 individuals, those who had an anxious attachment love style (characterized by being overly dependent, fearing abandonment, and needing constant

Jealousy

Emotional reaction to a perceived or real threat to a valued love relationship

reassurance) reported lower mental well-being. Also, fearing singlehood was associated with lower mental well-being (Elkington & Skakoon-Sparling, 2022).

Jealousy is common among undergraduates. Of 3,926 university males, 38% agreed with the statement "I am a jealous person"; of 12,509 undergraduate females, 36% agreed with that statement (Hall & Knox, 2023).

To what degree does jealousy occur when one's partner becomes involved in a platonic/nonsexual relationship? Sucrese et al. (2022) analyzed data on 394 married individuals who read a scenario in which their spouse recently formed a new platonic friendship. The researchers randomly assigned participants to one of four scenarios that varied the sex and attractiveness level of the friend and assessed how jealous the scenario would make participants and whether they attributed any felt jealousy to emotional or sexual concerns. Women indicated more overall jealousy than men and both men and women were more likely to attribute their jealousy to sexual reasons when their spouse's friend was the same sex as they were (representing a potential rival). The researchers suggested that emotional jealousy functions as an adaptive response to a situation that threatens diversion of a mate's resources and investment, not just diversion to a potential mate.

Causes of Jealousy

Jealousy in heterosexual relationships may have an evolutionary basis—women are jealous/upset since their partner's interest in someone else may result in the resources of the man being diverted away from their offspring (Sucrese et al., 2022). Men may be upset if the infidelity of their partner results in a child whom they would be expected to devote resources to. For bisexual females, the level of jealousy is related to the gender of both their partner and their rival (Valentova et al., 2022).

> *When jealousy rears up, it indicates that something inside of you is afraid. It's an alarm, nothing less and nothing more. Treat it as such.*
>
> Anthony D. Ravenscroft

Jealousy can be triggered by external or internal factors. External factors can include behaviors a partner engages in that are interpreted as an emotional and/or sexual interest in someone else or a lack of emotional and/or sexual interest in the primary partner. Internal causes of jealousy refer to characteristics that predispose individuals to jealous feelings independent of their partner's behavior. These include mistrust, which is usually learned in a previous relationship.



Adobe Stock

One source of jealousy is the perception that one's previous partner is interested in someone else.

Positive Consequences of Jealousy

Jealousy may also signal to the partner that they are valued and telegraph parameters for interaction with others, such as a ban on communicating with previous lovers. A woman said of her jealous partner:

> *When I started spending extra time with this person at the office, my partner got jealous and told me I was getting in over my head and asked me to cut back on the relationship because it was "tearing them up." I felt the person really loved me so I stopped having lunch with the person at work and distanced myself from them.* (Source: Authors' files)

Negative Consequences of Jealousy

Jealousy, with its obsessive ruminations about the partner's alleged infidelity, can make people miserable. They may obsessively worry about the partner being with the new person, which they interpret as confirmation of their own inadequacy. Jealousy also conveys "I don't trust you" to the partner, and it is this insidious mistrust that may destroy the relationship. If jealousy results in repeated, unwarranted accusations, a partner can tire of such attacks and seek to end the relationship with the accuser.

In its extreme form, jealousy can have devastating consequences. Possessive jealousy involves an attack on a partner or the person to whom the partner is allegedly showing attention. In some instances, people have stalked or killed their partners and then killed themselves due to jealousy or feelings of rejection.

6.6b Guilt

Guilt is another emotion that may affect the quality of relationships and influence sexual behavior. **Sexual guilt** is the feeling that results from the violation of your own sexual values or those that you have grown up with. Guilt may result when you go against what you think you should not do ("I should not have gotten drunk and had intercourse")—students often refer to returning home the morning after a hookup as the "walk of shame." Emmers-Sommer (2018) found higher levels of sex guilt in women than men as well as guilt being associated with negative attitudes toward sex and lower sex frequencies.

> *You know not, yet, the sort of love that strikes like a lightning bolt; that clutches hold of you by the heart, as irrevocably as death; that becomes the lodestar by which you steer the rest of your life.*
>
> Juliet Marillier

In some cases, sexual guilt may interfere with a person's sexual well-being. For example, some women feel guilty about experiencing sexual pleasure because they have been taught that sex is bad, and that "good" women do not enjoy sex. In this situation, sexual guilt may interfere with a woman's ability to become sexually aroused and experience orgasm, even within a loving and committed relationship. One woman in the authors' classes said, "I never felt sex was okay, not even after I was married. I think my Catholic background and prudish parents did me in."

6.6c Obsession

In the name of love, people have stalked their beloved, shot their beloved, and then killed themselves in reaction to rejected love. Although most instances of unrequited love are resolved adequately, **obsessive relational intrusion** (ORI) has come to be recognized in various forms. A stranger or an acquaintance may employ ORI by repeatedly invading one's physical or symbolic privacy in their attempts to have an intimate relationship. Activities may include sending text messages, calls, gifts, and repeated requests for dates, or they may escalate into stalking and violence.

6.6d Stalking

Stalking is an extreme form of ORI, defined as the repeated, willful, and malicious following or harassment of one person by another. It may involve watching a victim, property damage, home invasion, or threats of physical harm. It usually causes great emotional distress and impairs the recipient's social and work activities. In one study

Sexual guilt
Feeling that results from violating your sexual values

Obsessive relational intrusion
Stranger or acquaintance repeatedly invades the physical or symbolic space of another with the goal of having an intimate relationship

Stalking
An extreme form of obsessive relational intrusion that may involve behaviors like home invasion or threats of physical harm

of undergraduate students, 18% of male students reported having been stalked, while 28% of females reported being stalked (Hall & Knox, 2023).

Various theories—patriarchal, social learning, and social conflict—provide explanations for men stalking women. As an expression of male authority, men learn to be dominant, feel a sense of entitlement to women's bodies, and use physical power to control women. While most are, not all stalkers are male. People who stalk are obsessional and very controlling. They are typically mentally ill and have one or more personality disorders involving paranoid, antisocial, or obsessive-compulsive behaviors.

Here are some coping strategies for dealing with a stalker, abuser, or obsessional partner:

1. Make a direct statement to the person: "I am not interested in dating you." "Stay away from me."
2. Seek protection through formal channels, such as assistance from law enforcement and legal means (legal aid advice, restraining order) and shelter options to avoid the situation accelerating into crisis, and inform the stalker: "I am calling the cops if you bother me again."
3. Avoid the perpetrator. Do not respond to text messages or telephone calls, and avoid in-person encounters.
4. Change phone numbers, address, and so forth, and seek shelter situations as necessary. Disable any tracking or location services on your cell phone.
5. Keep trusted friends or family members apprised of your whereabouts and any concerns you may have about a potential stalker.
6. Train in the use of and carry personal security in the form of pepper spray, stun guns, or other forms of protection, per state law.

6.6e Condomless Sex

Sennott and James-Hawkins (2022) interviewed 57 women at a midwestern university and found that those who were in love/in committed relationships were more willing to have condomless sex with their partners than those in casual relationships. Indeed, there is reliance on withdrawal out of love for the partner. Shamloo et al. (2023) also noted that the closer the emotional relationship the more willing the person was to relax behaviors associated with COVID-19 protection.

> *My boyfriend now, he is my best friend, so I trust him with everything that I totally have . . . so I know that he's not gonna do that (not withdraw).* (p. 1147)

Chapter Summary

Love

Love is a profound emotion that bonds individuals to each other. It is also a context for sexual intimacy.

Love may be conceptualized on a continuum from romanticism to realism. Sternberg's (1986) triangular theory of love identifies types of love based on the presence or absence of three elements: intimacy, passion, and commitment. John Alan Lee described various love styles: eros, ludus, storge, pragma, mania, and agape.

Sex and love have similarities (both involve intense feelings and physiological changes; need increases with deprivation) and differences (love is crucial to human happiness, but sex is not).

Contexts for Sex and Love: Hooking Up, Friends with Benefits, the Workplace

Sexuality occurs in relationship contexts, such as hooking up and friends with benefits. The former involves an understanding that the focus is on sexual fun with no future commitment. The status of friends with benefits is more vague and may involve both romance and a future.

Polyamory, Consensually Nonmonogamous Relationships, and Swinging

Polyamory involves multiple loves on the part of both partners in a relationship. Swinging is different from polyamory relationships in that the focus is more on recreational sex.

Finding a Long-Term Partner

Individuals are attracted to each other in reference to cultural (endogamy, exogamy), sociological (homogamy), and psychological (complementary needs, exchange theory, parental characteristics, and personality types) factors.

Challenges Related to Intimate Sexual Relationships

Jealousy results from feeling that one's love relationship is being threatened. Feelings of jealousy may ignite from both external and internal sources. Sexual guilt is the feeling that results from the violation of your own sexual values. Obsessive relational intrusion and stalking involve unwanted pursuit and invasion of the target person's privacy, sometimes extending to their bodily safety and survival.

Web Links

Polyamory
http://www.polyamorysociety.org/

Twin Oaks Community
http://www.twinoaks.org

Key Terms

Compersion 147
Complementary needs theory 150
Consensually nonmonogamous relationships 145
Endogamy 150
Exchange theory 150
Exogamy 150
Family of choice 136
Family of origin 136
Family of procreation 136
Friends with benefits 143
Homogamy theory 150
Hooking up 143
Jealousy 151
Obsessive relational intrusion 153
Polyamory 148
Principle of least interest 151
Sexual guilt 153
Stalking 153
Swinging 149