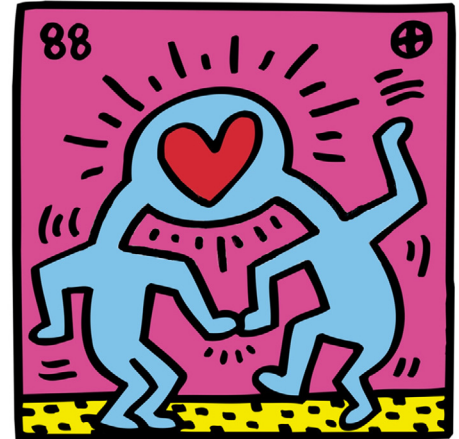


INTIMACY and LOVE



Family & Consumer Studies 3630.01

3 credit hours
Fulfills Social/Behavioral
Science Exploration
Requirement



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Lots of research and personal experiences come to the same conclusion: The vast majority of folks are happiest and find their lives to be the most meaningful when they are part of a successful long-term loving relationship with a partner. Amazing, don't you think? Why do you suppose so many of us are this way? How does this happen? How do we build and preserve strong, resilient, and successful coupled relationships? How do we sustain them through intimate, loving, respectful, appreciative, and supportive interactions, communication, and problem-solving? How can we deepen the intimacy and love in these relationships? What are the obstacles to making them work? Why aren't we more successful? What does research help us understand about these and related matters? That is what we study in this class. Here are some of the primary questions we will explore:

How do attraction and desire work? Who are we attracted to?

Why do almost all couples lose the passion, romance, and sizzle in their sexual relationships after a few months?

What can couples do to keep the passion, romance, and sizzle alive and well in their relationships for the duration?

What is love and what is intimacy? How do they work? How are they related? How do we develop and deepen them?

Are they inevitable in our relationships?

Can we be happy and fulfilled in our lives without a partner?

Why does it hurt so much when our partners leave us? What do we do with the pain and grief? How do we get over it?

How does the divorce of our parents affect our own coupled relationships?

Are long-term relationships enhanced if partners cohabit first or are soul-mates?

What do individuals need to do to prepare for being the best persons they can be as singles or as partners?

How are successful long-term couples different from couples who do not stay together?

Can we tell in advance which are which? How early can we tell? What do we look for?

Grades are based on a combination of discussions, in-class writing activities, reading insights, and multiple-choice, true/false, and essay question exams. They are usually take-home exams. We drop the lowest of the three exams. Come and check us out, become a contributing member of our class, and learn some useful stuff. When learning matters a lot to you, you will learn a lot that matters! Thanks for your interest. Hope to see you in class sometime soon.