

# Enquire Teaching Timetable

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## Course Outcome

### GDRS 3004 - Love and Intimate Relationship

#### Learning Outcome

##### Expected Learning Goals

1. Understand the knowledge base of romantic love and intimate relationship
2. Be equipped with the research methods in romantic love and intimate relationship from multiple disciplines such as psychology, cultural studies, sociology, philosophy and anthropology
3. Relate the knowledge on love and intimate relationships that they learn from the course to their everyday life
4. Develop their own values on love and intimate relationships after considering relevant theoretical views and empirical research
5. Gain insights about romantic love and intimate relationship
6. Critically reflect on gender and other inequalities in society and interpersonal relationships

##### Learning Outcomes

- Understand, relate and apply the key romantic love and intimate relationship concepts to daily life
- Critically engage with gender and other inequalities in society and interpersonal relationships
- Familiarize with the key classical and contemporary research findings in romantic love and intimate relationship
- Conceptualize, structure, articulate and present original ideas, both in written assignments and during tutorial discussions, on romantic love and intimate relationship related topics
- Design, direct and regulate own study plan for problem-based learning, from identifying the problem, setting learning objectives, researching on relevant information, reflecting on what has been learnt, to applying the knowledge to future problems

#### Course Syllabus

##### **Lesson 1 What is Love? What is Intimacy?**

###### Topics:

- What are we talking about?
- Why do we care?
- Arguing against Love
- Fulfilment and virtual partner
- The Myths about Connection and Commitment
- Is being single an option?

##### **Lesson 2 Love Education: Connection, Norms, and Myths**

###### Topics:

- What have we learned?
- Do we need a compulsory “love education”?
- Popular culture and compulsory heterosexuality
- How did we learn how to love? – Understanding yourself

##### **Lesson 3 How do we choose: Ideals and reality**

###### Topics:

- Making connection
- Mating and tinder
- Presenting yourself
- Understanding what you want
- Conscious Dating

##### **Lesson 4 Thinking Relationship: Lust, Romance, Attachment?**

###### Topics:

- What does it mean to be “together”?
- Norms and Myths
- The labour of love
- Friendship and love
- Requirement and Expectations
- The relationship script?

## **Lesson 5 Who we are when we are in love: Intimacy, honesty, and mindfulness**

### **Topics:**

- Worth and Self-worth
- How to communicate: how to deal with difference
- Showing appreciation and feeling love
- Sense of security
- Understanding your needs
- Facing your fear and shame

## **Lesson 6 Thinking Relationship: Commitment, attachment and freedom**

### **Topics:**

- What does commitment look like?
- How to think about Marriage and Family?
- The script
- Doing gender in relationship
- Agency and autonomy
- Giving vs. Sacrifice
- Attachment, Jealousy, and Possessiveness
- How do we think about individuality, independence, and freedom in relationship?

## **Lesson 7 Thinking Relationship: Thinking Sex**

### **Topics:**

- Norms and expectations
- Sex and relationship
- Sex and intimacy and communication
- Why, what, how, who
- Virginity and chastity
- The sexual script
- The Charmed circle
- Sex recession? – are we having less sex? Why do people care?

## **Lesson 8 Different ways of being together: Polyamory and Swinging**

### **Topics:**

- Thinking about affairs: Why? How? How to deal with it?
- Polyamory and Swinging
- Finding the mode of relationship that suits you
  
- Possessiveness, jealousy, insecurity, and other feelings

## **Lesson 9 What BDSM can teach us: Communication, trust, risk, expectation, and “rights”**

### **Topics:**

- Thinking about power through BDSM
- Consent
- Communication
- Rethinking “bad behaviour”
- Knowing and voice out your desire
- Thinking about pleasure
- Knowing your boundary
- Keeping distance
- Trust
- Expectations and Negotiation
- Equality
- Power and Control
- Condom use, internal ejaculation, and other assumptions
- Abortion

## **Lesson 10 Love hurts: The Inevitability of Failure, Conflict, and Frustration**

### **Topics:**

- Communication and Conflict
- How to deal with differences
- Facing your fear, guilt, and shame
- What can we learn from confrontation?
- Apologizing and forgiving

## **Lesson 11 Love hurts: Power and Violence**

### **Topics:**

- Listen to your heart
- Violence and abuse

## Lesson 12 Love hurts: To break up or not to break up, and how?

### Topics:

- Mistakes and forgiveness
- When to leave? And how to (deal with) breakup?

## Lesson 13 Love hurts: Pain, trauma, and the way forward

### Topics:

- Recognizing your wounds
- Acknowledging your trauma
- Reconciling with yourself
- Going beyond pain and abuse
- Breaking the cycle
- How to mend / move forward with a broken heart

## Lesson 14: Growing up in relationship: How do we deal with change?

### Topics:

- Thinking about togetherness in long-term
- Democratizing love
- Love, intimacy and ageing
- Is being \_\_\_\_ an option?

### Assessment Type

	Assessment Type	Current Percent
1	Essays	50
2	Homework or assignment	50

### Feedback for Evaluation

1. Course and Teaching Evaluation Survey
2. Internal Course Review
1. Course and Teaching Evaluation Survey
2. Internal Course Review
3. Consultation with instructor can be arranged

### Required Readings

#### Lesson 1 What is Love? What is Intimacy?

- Miller, Rowland S. 2018. Intimate relationships. Chapter 8.
- Kipnis, Laura. 2003. Against Love: a Polemic. New York: Pantheon Imprint. Prologue. [反對愛情：那些外遇者教我的事 (Chinese version)]
- Helen Fisher, Why We Love: The Nature and Chemistry of Romantic Love; 2004. Chapter 1.
- Barthes, Roland. 2001. A lover's discourse: fragments. London: Vintage.

#### Lesson 2 Love Education: Connection, Norms, and Myths

- Helen Fisher, Why We Love: The Nature and Chemistry of Romantic Love; 2004. Chapter 6.
- Giddens, Anthony. 2013. The Transformation of Intimacy Sexuality, Love and Eroticism in Modern Societies. New York, NY: John Wiley & Sons. Chapter 6.
- Johnson, Matthew D. 2016. Great myths of intimate relationships: dating, sex, and marriage.

#### Lesson 3 How do we choose: Ideals and reality

- Miller, Rowland S. 2018. Intimate relationships. Chapter 3.
- Helen Fisher, Why We Love: The Nature and Chemistry of Romantic Love; 2004. Chapter 5.
- Fisher, Helen E. 2010. *Why him? Why her?: how to find and keep lasting love*. Chapter 1 & 8.
- McKenzie, Lara. 2015. Age-dissimilar couples and romantic relationships ageless love? Basingstoke: Palgrave Macmillan.

#### Lesson 4 Thinking Relationship: Lust, Romance, Attachment?

- Miller, Rowland S. 2018. Intimate relationships. Chapter 1.
- Kipnis, Laura. 2003. Against Love: a Polemic. New York: Pantheon Imprint. Chapter 1.
- Helen Fisher, Why We Love: The Nature and Chemistry of Romantic Love; 2004. Chapter 4.
- Giddens, Anthony. 2013. The Transformation of Intimacy Sexuality, Love and Eroticism in Modern Societies. New York, NY: John Wiley & Sons. Chapter 3.

#### Lesson 5 Who we are when we are in love: Intimacy, honesty, and mindfulness

- <https://www.bbc.co.uk/programmes/b01212yz>
- Kipnis, Laura. 2014. Bound and Gagged: Pornography and the Politics of Fantasy in America. Duke University Press Books. Chapter 3.

## **Lesson 6 Thinking Relationship: Commitment, attachment and freedom**

- Kipnis, Laura. 2003. *Against Love: a Polemic*. New York: Pantheon Imprint. Chapter 2.
- Giddens, Anthony. 2013. *The Transformation of Intimacy Sexuality, Love and Eroticism in Modern Societies*. New York, NY: John Wiley & Sons. Chapter 4.
- Bradbury, T. N., & Karney, B. R. (2014). *Intimate relationships* (2nd edition). New York: Norton & Company Inc. Ch 3.
- Stein, D., et al (2009). Love and attachment: The psychobiology of social bonding. *Pearls in Neuroscience*, 239-242.

## **Lesson 7 Thinking Relationship: Thinking Sex**

- Kipnis, Laura. 2014. *Bound and Gagged: Pornography and the Politics of Fantasy in America*. Duke University Press Books. Chapter 5: How to look at pornography.
- Giddens, Anthony. 2013. *The Transformation of Intimacy Sexuality, Love and Eroticism in Modern Societies*. New York, NY: John Wiley & Sons. Chapter 2.
- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 9.

## **Lesson 8 Different ways of being together: Polyamory and Swinging**

- Alex Williams "Hopelessly Devoted to You, You and You" <http://www.nytimes.com/2008/10/05/fashion/05polyamory.html>
- Geri Weitzman <http://www.polyamory.org/~joe/polypaper.htm> <http://www.npr.org/templates/story/story.php?storyId=94199631#share>

## **Lesson 9 What BDSM can teach us: Communication, trust, risk, expectation, and “rights”**

- Morpheus. 2013. *How to be kinky: a beginner's guide to BDSM*. San Francisco, Calif: Green Candy Press. Chapter 1-2.
- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 5.
- Knudson-Martin, Carmen, and Anne Rankin Mahoney. 2009. *Couples, gender, and power: creating change in intimate relationships*. New York: Springer. Chapter 6, 17, 18

## **Lesson 10 Love hurts: The Inevitability of Failure, Conflict, and Frustration**

- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 10-11.
- Fincham, F. D., Hall, J. & Beach, S. R. H. (2006). Forgiveness in marriage: Current status and future directions. *Family Relations*, 55, 415- 427.
- Siassi, Shahrzad. 2018. *Forgiveness in Intimate Relationships A Psychoanalytic Perspective*. Routledge. Introduction and Part 1 (Chapter 1-3).

## **Lesson 11 Love hurts: Power and Violence**

- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 12.
- Archer, J. (2000). Sex differences in aggression between heterosexual partners: a meta-analytic review. *Psychological bulletin*, 126(5), 651.
- Mulford, C., & Giordano, P. C. (2008). Teen dating violence: A closer look at adolescent romantic relationships. *National Institute of Justice Journal*, 261, 34-40.
- Klein, Renate. 2015. Responding to intimate violence against women: the role of informal networks. Chapter 2
- Knudson-Martin, Carmen, and Anne Rankin Mahoney. 2009. *Couples, gender, and power: creating change in intimate relationships*. New York: Springer. Chapter 1, 2, 4, 5

## **Lesson 12 Love hurts: To break up or not to break up, and how?**

- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 13.
- Hazan, C., & Shaver, P. R. (1992). Broken attachments: Relationship loss from the perspective of attachment theory. In T. L. Orbuch (Ed.), *Close relationship loss: Theoretical approaches* (pp.90- 107). New York: Springer-Verlag.

## **Lesson 13 Love hurts: Pain, trauma, and the way forward**

- Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love*; 2004. Chapter 7.
- Walker, Alice. 2012. *The way forward is with a broken heart*. New York: Ballantine Books. Epilogue: The way forward is with a broken heart.
- Roland Barthes. 2013. *Mourning diary*. New York: Farrar, Straus and Giroux.

## **Lesson 14: Growing up in relationship: How do we deal with change?**

- Bradbury, T. N., & Karney, B. R. (2014). *Intimate relationships* (2nd edition). New York: Norton & Company Inc. Ch 10 & 13.
- Miller, Rowland S. 2018. *Intimate relationships*. Chapter 14.
- Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love*; 2004. Chapter 8.
- Giddens, Anthony. 2013. *The Transformation of Intimacy Sexuality, Love and Eroticism in Modern Societies*. New York, NY: John Wiley & Sons. Chapter 10.
- Denmark, F., Rabinowitz, V., Sechzer, J. (2005). Ch.11. *Engendering psychology: Bringing women into focus*. Boston, MA: Allyn & Bacon.

## Other Recommended Readings

### Concepts of Love and Romantic Relationship

- David Levy, Love and Sex with Robots: The Evolution of Human-Robot Relationships, 2007. pp. 25-45.
- Robert J. Sternberg, Cupid's Arrow: The Course of Love Through Time; 1998. pp. 3-15.
- Bartels, A., & Zeki, S. (2000). The neural basis of romantic love. Neuroreport, 11(17), 3829-3834.

### Formulation of Romantic Relationship

- Jeffrey Kluger, "Why We Love," Time Magazine; 2008.
- Todd K. Shackelford; Nicholas Pound; and Aaron T. Goetz, "Psychological and Physiological Adaptations to Sperm Competition in Humans" Review of General Psychology, 2005. pp. 228- 244.

### Jealousy, Infidelity Divorce, and Dissolution

- Steven Pinker "Crazy Love" Time Magazine; 2008.
- Alice Andrews "soft kill" in Trine Erotic, 2002. pp5-47.

### Love in a modern world

- David Buss, The Evolution of Desire: Strategies of Human Mating, 1994. pp. 125-141. pp. 73- 96.
- Justin R. Garcia and Chris Reiber, "Hook-Up Behavior: A Biopsychosocial Perspective." Journal of Social, Evolutionary, and Cultural Psychology. 2009. pp. 49-62.
- Gabb, Jacqui, and Janet Fink. 2018. Couple relationships in the 21st century: research, policy, practice.
- Chambers, Deborah. 2018. Social media and personal relationships online intimacies and networked friendship. Basingstoke: Palgrave Macmillan. (Lesson 3)

### Violence and Help

- Klein, Renate. 2015. Responding to intimate violence against women: the role of informal networks. Chapter 3, 4, 5, 6 (Lesson 12)
- Lien, Marianne Inez. 2019. Men's Experiences of Violence in Intimate Relationships. Cham: Springer Nature Switzerland AG. (Lesson 12)

### Others

- 梁文道 ( 2009 ) 《我執》
- Morpheus. 2012. How to be kinkier: more adventures in adult playtime. San Francisco, Calif: Green Candy Press. (Lesson 9)