Breakdown of relationships: Rolie & Duck

**Lack of skills:**
Relationships can be difficult, lack interpersonal skills to make them satisfying. May be poor at conversation, indicating an interest in other people, likely to be unrewarding in their interactions with other people. Lack of social skills = others perceiving as not interested in relating. Relationship tends to break down before it even starts.

**Lack of Stimulation:**
According to SET, people look for rewards in relationships, one of which is stimulation. Lack of stimulation, a reason why relationships breakdown. Evidence that lack of stimulation is quoted as reason to break up. People expect relationships to change and develop, when they don't see as justification to end the relationship.

**Maintenance Difficulties:**
Circumstances where relationships become strained - partners not seeing each other enough. Often a high factor for relationship breakups. Enduring romantic relationships can be strong enough to survive these pressures.

**Ducks Model Of Breakdown:**
- **Social withdrawal, Brooding on partners faults and relational costs-justified.**
- Re-evaluation of alternatives.
- Uncertainty, anxiety, hostility, complaints
discussion of discontents, talk about our relationship; equity, roles, measurement of goals, possibilities, commitments- possible changes-resolve issues.
- Going public; support seeking from third parties Denigration of partner, alliance building Social commitment, outside forces create cohesion. Breakup now inevitable.
- Tidying up memory; making relational histories Stories prepared for different audiences, their own stories for their side of the story. Usually face saving- not a bad person who is bad at relationships.
- Recreating sense of own social value
  Defining what to get out of future relationship, Preparation for a different sort of relational future Reframing of past relational life: What was learnt and what will be different.

Two categories of Causes: Predisposing factors – internal factors such as emotional instability of one partner, irritating or distasteful personal habits, changing interests.

Precipitating factors – external factors such as reduced proximity, other people (real or imagined), money