

Interpersonal Communication Theories

Uncertainty Reduction Theory: People are motivated to reduce uncertainty about others, especially in new relationships. This can be done through passive (observing), active (asking others), or interactive (direct communication) strategies.

Social Penetration Theory: Relationships develop through a gradual process of self-disclosure, where individuals reveal more personal information as the relationship deepens.

Social Exchange Theory: Individuals evaluate relationships based on a cost-benefit analysis, aiming to maximize rewards and minimize costs.

Relational Dialectics Theory: Relationships are characterized by ongoing tensions between opposing needs, such as the desire for autonomy versus connection, or openness versus closedness.

Attachment Theory: How individuals' early experiences with caregivers shape their patterns of relating to others in adult relationships.

Communication Accommodation Theory: How and why people adjust their communication style during interactions with others.

Symbolic Interactionism: How people create meaning through social interaction and the use of symbols, such as language and gestures.

Coordinated Management of Meaning (CMM) Theory: This theory looks at how people create and manage their social realities through communication, especially in conflict situations.

Expectancy Violations Theory: Examines what happens when people's expectations about communication or behavior are violated, and the impact on the interaction.

Cognitive Dissonance Theory: Explains how people's beliefs, attitudes, and behaviors are influenced by the desire to avoid inconsistency. In communication, this can explain how people cope with conflicting messages or actions.

Communication Privacy Management Theory: How individuals and families set rules for managing information and the consequences of boundary "turbulence" when rules are broken.