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THE RELATIONSHIP BETWEEN THE DISOWNED ASPECTS OF SELF
AND RELATIONSHIP SATISFACTION: A DISCUSSION FROM THE
PERSPECTIVE OF SHADOW ARCHETYPE

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SATISFACTION: A DISCUSSION FROM THE PERSPECTIVE OF SHADOW ARCHETYPE

BENLİĞİN REDDEDİLEN TARAFLARI İLE İLİŞKİ DOYUMU ARASINDAKİ İLİŞKİ: GÖLGE
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*"Compassion and empathy are not hard work.
It takes courage.
It is knowing our darkness well enough
that we can sit in the dark with others."*

Pema Chodron

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS	iii
ABSTRACT	viii
ÖZET	ix
1. INTRODUCTION	1
1.1. RELATIONSHIP SATISFACTION.....	3
1.1.1. Empirical Studies on Relationship Satisfaction.....	4
1.1.2. Intimacy and Relationship Satisfaction.....	8
1.2. JUNGIAN CONCEPT OF SHADOW.....	10
1.2.1. Unconscious Communication in Couple Relationship.....	13
1.2.2. Shadow and Relationship Satisfaction	16
1.3. REFLECTIVE FUNCTIONING.....	17
1.3.1. Reflective Functioning and Relationship Satisfaction.....	18
1.4. CURRENT STUDY.....	19
1.4.1. Hypotheses.....	21
2. METHODS.....	22
2.1. SAMPLE.....	22
2.2 INSTRUMENTS.....	23
2.2.1. Demographic Information.....	23
2.2.2. Inclusion-of-Other-in-the-Self (IOS) Scale.....	23
2.2.3. Relationship Assessment Scale (RAS)	24
2.2.4. Reflective Functioning Questionnaire (RFQ-8)	25
2.2.5. Shadow Archetype Awareness Questionnaire (SAQ)	25
2.3. PROCEDURE.....	26
2.3.1. Data Collection.....	26
2.3.2. Data Analysis.....	27
3. RESULTS.....	28
3.1. DESCRIPTIVE STATISTICS OF THE SAMPLE	28
3.2. PSYCHOMETRIC PROPERTIES OF THE SHADOW ARCHETYPE AWARENESS QUESTIONNAIRE (SAQ)	32
3.3. PRELIMINARY ANALYSES.....	36

3.3.1 Descriptive Statistics of Study Variables.....	37
3.3.2. Background Characteristics and Relationship Satisfaction.....	38
3.4. FACTORS THAT PREDICT RELATIONSHIP SATISFACTION.....	40
4.DISCUSSION.....	43
4.1. BACKGROUND CHARACTERISTICS AND RELATIONSHIP SATISFACTION.....	43
4.2. INTIMACY PERCEPTION AND RELATIONSHIP SATISFACTION.....	46
4.3. REFLECTIVE FUNCTIONING AND RELATIONSHIP SATISFACTION.....	48
4.4. SHADOW ARCHETYPE AWARENESS AND RELATIONSHIP SATISFACTION.....	49
4.5. CLINICAL IMPLICATIONS.....	53
4.6. LIMITATIONS AND FURTHER DIRECTIONS.....	54
5. CONCLUSION.....	56
REFERENCES.....	57
APPENDICES.....	67
Appendix A: Informed Consent Form	67
Appendix B: Demographic Information Form.....	68
Appendix C: Inclusion-of-Other-in-the-Self (IOS)	72
Appendix D: Relationship Assessment Scale (RAS)	74
Appendix E: Reflective Functioning Questionnaire (RFQ-8)	75
Appendix F: Shadow Archetype Awareness Questionnaire (SAQ)	76

LIST OF TABLES

Table 3.1. Background Characteristics of the Sample.....	28
Table 3.2. Relationship Characteristics of the Sample.....	29
Table 3.3. Psychological, Psychiatric and Physical Health Characteristics of the Sample.....	30
Table 3.4. Traumatic Experiences of Participants.....	31
Table 3.5. Perceived Intimacy of the Actual, Ideal, and Unideal Relationship.....	32
Table 3.6. Factor Loadings of Shadow Awareness Questionnaire (SAQ) Items...	34
Table 3.7. Items Numbers and Internal Consistency Coefficients for Shadow Awareness Components	36
Table 3.8. Descriptive Statistics of Relationship Assessment Scale (RAS), Reflective Functioning Questionnaire (RFQ), and Shadow Awareness Questionnaire (SAQ).....	37
Table 3.9. Correlation of Relationship Satisfaction and Intimacy.....	38
Table 3.10. Associations of Relationship Satisfaction and Components of the Shadow Archetype Awareness Questionnaire.....	39
Table 3.11. The Model Summary of Stepwise Regression Analysis for Relationship Satisfaction.....	41
Table 3.12. Coefficients for Variables Predicting Relationship Satisfaction.....	42

LIST OF FIGURES

Figure 2.2.1 Revised response options of Inclusion-of-Other-in-the-Self (IOS; Aron et al., 1992)	24
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ABSTRACT

This study aims to explore the association between awareness of shadow archetype and relationship satisfaction. Within this framework, the relationship between individuals' shadow archetype awareness levels, reflective functioning capacities, certain demographic characteristics (e.g. age, gender), relational characteristics (e.g. intimacy perception, separation in the relationship), and relationship satisfaction levels were explored. The research was carried out via a survey package online. The study included 449 individuals aged between 23-50 who were in a romantic relationship for a minimum of 1 year. A Shadow Archetype Awareness Questionnaire (SAQ) was designed and used by the researcher to assess participants' shadow awareness levels. It is important to mention that there are no studies that examined shadow archetype in a romantic relationship context. Reflective functioning capacities and relationship satisfaction levels of individuals were assessed using the Reflective Functioning Questionnaire (RFQ-8) developed by Fonagy et al. (2016) and Relationship Assessment Scale (RAS) developed by Hendrick et al. (1988) respectively. The participants' intimacy perception was measured via visual aid provided in the survey. The results of the study showed that SAQ was a reliable tool for assessment shadow awareness with a coherent component structure, being both intrapsychically and interpersonally: Awareness of the Shadow, Other's Shadow as Conflictual, Dismissal of Relational Negativity, Negative Magical Thinking and Intolerance of Other's Shadow. Demographic and relational correlates of relationship satisfaction were also investigated. The results indicated that Seeing others' Shadow as Conflictual, Discrepancy in Intimacy, Dismissal of Relational Negativity, age, and separation in the relationship were predictors of relationship satisfaction.

Keywords:

shadow archetype, reflective functioning, intimacy, relationship satisfaction, romantic relationships

ÖZET

Bu çalışma, gölge arketipinin farkındalığı ile ilişki doyumu arasındaki ilişkiyi araştırmayı amaçlamaktadır. Bu çerçevede, bireylerin gölge arketip farkındalık düzeyleri, zihinselleştirme kapasiteleri, belirli demografik özellikler (örn. yaş, cinsiyet), ilişki özellikleri (örn. yakınlık algısı, ilişkide ayrılık) ve ilişki memnuniyeti düzeyleri arasındaki ilişki araştırılmıştır. Araştırma, anket paketinin çevrimiçi olarak iletilmesiyle gerçekleştirilmiştir. Çalışma 23-50 yaşları arasında en az 1 yıldır romantik bir ilişki içinde olan 449 kişiyle yapılmıştır. Gölge Arketipi Farkındalık Anketi (GAFA) araştırmacı tarafından katılımcıların gölge farkındalık düzeylerini değerlendirmek için tasarlanmış ve kullanılmıştır. Gölge arketipini romantik bir ilişki bağlamında inceleyen hiçbir çalışma olmadığını belirtmek önemlidir. Bireylerin zihinselleştirme kapasiteleri Fonagy ve ark. (2016) tarafından geliştirilmiş Yansıtıcı İşleyiş Ölçeği (YİÖ) aracılığıyla, ilişki doyumu düzeyleri Hendrick ve ark. (1988) tarafından geliştirilen İlişki Doyumu Ölçeği (İDÖ) aracılığıyla ölçülmüştür. Katılımcıların yakınlık algısı ankette sağlanan görsel yardımı ile ölçülmüştür. Çalışmanın sonuçları, GAFA'nın hem intrapsişik hem de kişilerarası bir bileşen yapısı göstermesi yönünden tutumlu olarak gölge farkındalığını değerlendirmek için güvenilir bir araç olduğunu göstermiştir: Gölgenin Farkındalığı, Ötekinin Gölgesini Çatışmanın Kaynağı Olarak Görme, İlişkisel Olumsuzluğu İnkâr Etme, Olumsuz Büyülü Düşünme ve Ötekinin Gölgesine Tahammülsüzlük. Ayrıca ilişki doyumu demografik ve ilişki korelasyonları araştırıldı. Sonuçlar, Ötekinin Gölgesini Çatışmanın Kaynağı Olarak Görme, Yakınlıktaki Fark, İlişkisel Olumsuzluğu İnkâr Etme, yaş ve ilişkide ayrılık yaşamış olmanın ilişki doyumu yordayıcıları olduğunu göstermiştir.

Anahtar Kelimeler:

gölge arketip, yansıtıcı işleyiş, yakınlık, ilişki doyumu, romantik ilişkiler

CHAPTER 1

INTRODUCTION

In psychoanalytic theory for decades, individuals were studied on their own in terms of urges and drives and their connection to their intrapsychic life including dreams and fantasies, hopes, disappointments, fears, and wishes about their family (Balint, 1993). On the other hand, some theorists emphasized the importance of understanding individuals as in continual interaction with their immediate familial context as well as the larger cultural context (Wachtel, 1997). Following this focus on the interpersonal as inseparable from the intrapsychic, some basic concepts have been redefined and studied from the perspective of meaning as mutually constructed rather than intrapsychically-derived (Hoffmann, 1991). From this perspective, even the core of aspects of selfhood are influenced by and in turn influence the interpersonal context. Thus, individuals' internal worlds are affected by their partner's internal world also, in terms of hopes, disappointments, wishes, and fears.

This conceptualization is relatively recent in psychoanalytic theory, yet the field of couples and family therapy has been re-considering some originally intrapsychic concepts derived from psychoanalysis such as the transpersonal defense concept of Lansky (1980, 1985, 1987) and couple projective identification (Scharff & Scharff, 1991). However, the less observable aspects such as drives were almost solely discarded by both the contemporary psychoanalytic theories and both systemic and psychodynamic couples and family therapy approaches.

As the early psychoanalytic theories have neglected the interpersonal aspect of the experience, the couples and family field mostly focused on the therapeutic alliance, client perceptions, processes, problems, problem solving, spiritual resources and outcomes of couple and family therapy (Asen, 2002; Bischoff & McBride, 1996; Friedlander & Tuason, 2000; Miller et al., 2003; Rait, 2000; Sherman et al., 1991; Walsh, 1999).

The main idea behind this study is derived from this interpersonalized conceptualization in theory. This study aims at exploring the perception of the disowned aspects of individuals and their effect on couple dynamics. As

summarized above, conscious materials of the partners and their impact on the relationship have been widely investigated, but the impact of how unconscious parts of self has been perceived and its effect on relationship have not been a common focus of study. Besides, the studies that tapped on psychoanalytically-inspired concepts with an unconscious connotation did not include the core concept of primitive animalistic unconscious in general. Following Jung's (1960) statement basically suggesting everything that individuals cannot overcome or not aware of in their internal world, remains in their *shadow* self, this concept of *shadow* self was chosen to denote the unconscious dynamics in this study. Jung (1948) introduced a new perspective to unconsciousness by adding the collective cultural perspective, which contains material of an entire species rather than of an individual and is the deepest level of the psyche. Also not portraying unconscious content on the sexuality context Jung's concept of unconscious which can be also mentioned as *shadow*, was chosen for this study to investigate the unconscious processes of individuals.

In addition to the inclusive concept of shadow as the indicator of the unconscious primitive aspect of self, the individuals' ability to be aware of and make meaning of their own and others' unseen and possible unconscious mental states was studied within the scope of the main aim of this study. Mentalization, as commonly operationalized as reflective functioning, refers to a skill that develops within the early relational context of the individuals and allows the individual to attribute needs, thoughts, urges and/or intentions to the behavior of the self and others. In other words, mentalization requires the awareness of the shadow aspects of self and others as well as a further awareness of its link to the behavior. Thus, similar to the concept of shadow, reflective function is also portrayed in this study as a potential unconscious dynamic that might be influential on the immediate interpersonal context that is the couple relationship.

As this study will be the first one investigating the concept of shadow self as regards the couple relationship, the attribute of interest was widely defined as the relationship satisfaction. The components of relationships and its quality has been examining by the researchers for decades. Satisfaction in a relationship is an

important component examined throughout these years and is one of the most significant outcomes of the experiences in a relationship (Lenthall, 1977). For this reason, individual's relationship satisfaction levels were studied in order to understand the effects of disowned aspects of self and mentalization on relationships.

Given this study's focus on relational satisfaction and the personal aspects of shadow and reflective functioning, an interpersonal aspect appeared as a potential contributor to the relationship satisfaction that is intimacy. However, as this study adopted an approach towards including the unconscious conceptualizations of observable behavior, the intimacy was operationalized as the dynamic of inclusion of other in self indicating. "Inclusion of self refers to experiencing (consciously or unconsciously) the world to some extent from the other's point of view." (Aron et al., 2004 p.28).

Further, in order to capture the unconscious and sometimes conflicting interpersonal wishes and fear, it was contemplated in this study that the actual and ideal intimacy levels, and especially the discrepancy between them, might reflect the wished-for interpersonal portrayal.

In the following sections, first relationship satisfaction as the indicator of relationship quality will be defined and the empirical literature on relationship satisfaction will be summarized. Intimacy, as a potential correlate, will also be further explained in this section. Then, the concepts of shadow and reflective functioning will be defined and their possible associations with relational satisfaction will be introduced. Last, the current study will be outlined, and the hypotheses will be listed.

1.1. RELATIONSHIP SATISFACTION

Researchers have been examining the components of relationships and marital quality since the 1940s. For analyzing marital quality, researchers focus on the definition of marital satisfaction and the factors associated with it. Bradbury et al. (2000) simply explain marital satisfaction as one's attitude towards the partner

or the relationship. Rusbult et al., (1986) define satisfaction as positivity of affect or attraction to one's relationship. According to Buunk (2001) in a satisfied relationship the interaction with the partner in an intimate relationship is experienced as rewarding. Further, an individual's relationship satisfaction is influenced by the perception of the partner's love attitudes, perceived empathy, perceived self-disclosure and perceived relational competence (Meeks et al., 1998). To put in a nutshell relationship satisfaction is an all-encompassing concept that is compatible with all aspects of relationships.

The earliest studies focused on the personality traits impacting the continuation and quality of a marital relationship, but starting with the 1950s, the focus has shifted to interactional styles of partners (McCabe, 2006). The 1980s and 1990s have been periods when both interpersonal and intrapersonal dynamics of partners and the interaction of those dynamics grabbed great attention (Gaines, et al., 1999; McCabe, 2006). A summary of the empirical studies on the correlates of relationship satisfaction will be presented.

1.1.1. Empirical Studies on Relationship Satisfaction

There have been many studies studying the association between individual attributes such traumatic experience, emotional intelligence and the relationship satisfaction.

The effects of traumatic experiences on relationship satisfaction is another common area of study. In the study of Goff et al. (2007) conducted with military couples, levels of trauma symptoms were associated with lower relationship quality for both partners. Studies also suggest that childhood trauma experiences have an effect on relationship satisfaction. Nelson and Wampler (2019) found that couples in which one or both partners reported childhood abuse reported significantly lower marital satisfaction, in their research made with 96 couples. Similarly, in Wishman's study (2006) it was found that separation in the relationship was higher among people who had experienced physical abuse, rape, or serious physical attack or assault during childhood. The results of the same study also showed that marital satisfaction was lower among people who during childhood had experienced rape

or sexual molestation. In consideration of mentioned studies, individuals traumatic experience was also thought to be in relation with relationship satisfaction for this study.

Emotional intelligence (EI) is another common topic that studies on relationship satisfaction focus on. EI is the ability to monitor one's own and others' emotions, to discriminate among them, and to use the information to guide one's thinking and actions (Salovey & Mayer, 1990). Bricker (2005) found that self-reported overall EI is significantly correlated with marital satisfaction. The study also reported that interpersonal skills are needed to resolve conflict and foster intimacy between partners have shown to be important in determining the successful marital outcome. In another study, married couples with higher self-reported emotional intelligence reported higher marital satisfaction (Schutte, et al., 2001). Noller et al. (1997), for example, reviewed research showing that accuracy in expressing and recognizing emotions correlates with couples' reports of marital happiness. One skill that is assessed by emotional intelligence is the perception of emotion; thus, it is reasonable to predict that higher emotional intelligence might predict greater relationship satisfaction in couples. Higher Emotional Intelligence may lead to better management of disagreements, which in turn might predict less conflict and higher relationship satisfaction. General predictions about emotional intelligence were supported in the study of Bracket et al. (2005), couples in which both partners reported low on emotional intelligence tended to report significantly poorer relationship outcomes than couples in which one or both partners had high emotional intelligence score.

One of the most important predictors of dyadic adjustment is the trait of negative emotionality/neuroticism, which is basically how negative and threatening one sees the world (Brock et al., 2016). Individuals high in neuroticism tend to engage in more negative interactions with their partners (Woszidlo & Segrin, 2013). Not just one's personality but also how one sees his/her partner is also related to dyadic adjustment, partner ratings are even more important according to Brock et al. (2016).

In empirically studying relationship satisfaction, focusing on its correlates in terms of specific aspects of couple relationship such as intimacy, spousal support, conflict as well as individual attributes and perception is beneficial.

One is satisfied with an intimate relationship when their needs met by their partner, they are pleased in the relationship, think their relationship as better by comparison to other relationships, love their partner, have fewer problems in their relationship (Hendrick, 1988). Having an understanding of each other's needs and emotions brings the attunement to the relationship. While relationship satisfaction is perceived individually, it is relational and cannot be examined without the other.

Researchers have found that there is a high correlation between effective communication and dyadic adjustment which can be defined as the perception of relationship (Yelsma & Athappilly, 1988). Billingsley et al. (2005), after a historical overview of the literature on the success of long-term marriages between 1953 and 2004, found nine common themes: the permanence of relationship, love, sex, compatibility in personality, common interests, communication, decision-making, intimacy, and religion.

Research shows that verbal aggressiveness, which is attacking one's self-concept meaning to hurt the person during an argument, is inversely related to relationship satisfaction (Martin et al., 1998). Tolerance for disagreement is also an important notion impacting interpersonal relations, people who are low in tolerance for disagreement, more easily pass to negative affect during a conflict when compared to people who are high in this characteristic (Martin et al., 1998).

Gottman (1994) suggests that the key to improving marriage is learning how to argue. The satisfied couples in this study indicated that after a disagreement and argument they end the argument quickly and reached an agreement on that subject. In a longitudinal study by McNulty (2008), it was identified that the couples, who have less aggressive behavior towards each other, would experience a longstanding marital life and a high marital satisfaction and they are more generous towards others (Asoodeh et al., 2010).

In contrast to dissatisfied couples, satisfied couples are less reactive at an emotional level to their partner's negativity during a conflict. Satisfied couples

report less anger, and are less likely to reciprocate with hostile, negative behavior in discussions than dissatisfied couples (e.g., Gottman 1994). Relationship distress is associated with high levels of physiological arousal (e.g., elevated heart rate, high-stress hormone levels) during interaction (Gottman 1994). This arousal is assumed to be aversive, which may explain the higher rates of withdrawal during problem-focused discussions by distressed partners (Gottman 1994). Problem-solving skills are one of the most important characteristics of romantic relationships related to marital happiness. Maladaptive couples rely less on affect and more often engage in negative reciprocity (Caceres, 1989).

In terms of life goal discrepancies, only the difference scores concerning the importance of being in a couple relationship and having children were indirectly associated with an increased risk of separation, mediated by a lower level of relationship satisfaction (Becker, 2013). The difference between relationship satisfaction levels of the participants who have or do not have children was investigated in this manner. According to the findings of meta-analysis conducted by Twenge et al. (2004) parents report lower marital satisfaction compared with nonparents.

Most of the measures that assess relationship satisfaction in terms of feelings, thoughts, and behaviors are focused on marital relationships (Hendrick, 1981; Locke & Wallace, 1959; Manson & Lerner, 1962; Snyder, 1979). Relationship Assessment Scale (RAS) was designed by Hendrick (1988) for the need to widen the focus of the Marital Assessment Questionnaire (Hendrick, 1981) to romantic relationships in general. The difference between scales was using the word relationship instead of marriage and the word "partner" instead of the word "mate." The psychometric properties of RAS were tested with a sample of 235 undergraduate psychology students. According to the results, the Relationship Assessment Scale was reported to be effective to measure relationship satisfaction based on its high internal consistency and high correlation with the Dyadic Adjustment Scale (Hendrick, 1981; Spanier, 1976). Further, Relationship Assessment Scale is a brief and short questionnaire with only 7 items and focuses on a wider application potential than marital satisfaction measures by having items

that are appropriate for both homosexual and heterosexual married couples, couples who live together, and dating couples. In order to prevent the limitation of being married and heterosexual, the Relationship Assessment Scale was used in this study which used the term 'relationship' rather than 'marriage'. This scale focused on needs, expectations, love, and also problems in the relationship and found to be effective for assessing relationship satisfaction for this study.

Additionally, the studies mentioned above suggest that intimacy between partners is one of the main predictors of relationship satisfaction (Billingsley et al. 2005; Bricker, 2005; Hiew et al., 2015). Therefore, intimacy perceptions of the individuals were included in this study, to have a broader understanding of relationship satisfaction. Next section will focus on intimacy and its connection with relationship satisfaction.

1.1.2. Intimacy and Relationship Satisfaction

Intimacy is the experience of a felt sense of connectedness, shared understandings, mutual responsiveness, self-disclosure, and intersubjectivity (Mashek & Arthur, 2004). Intimacy cannot be examined in one's life without considering relationships. Being intimate becomes possible when one feels welcomed and can welcome others in self in a positive way, and there is a simultaneous offer of self-revelation in both sides and mutual understanding of involvement. Intimacy is not feeling unwelcomed, overpowered, or misguided or vice versa (Mashek & Arthur, 2004). Relational intimacy is felt to the greatest degree "when the innermost core is known and understood by the partner." (Prager & Roberts, 2004, p. 57). When there are misunderstandings, unmet needs, and loss of connection on an emotional level, it is hard to achieve relational intimacy.

Perceptions and experiences of the intimacy of partners in a relationship are found to be predictors of relationship satisfaction. A recent study conducted by Yoo et al. (2014) with 335 married couples found that emotional and sexual intimacy in relationships are positive predictors of relationship satisfaction. A similar finding has been reported in a study conducted with 320 homosexual men

who were in a relationship that emotional intimacy was found to be the strongest predictor of relationship satisfaction (Deneen et al., 1994).

Another study, by Montesi et al. (2013) included another common dimension of intimacy, namely the fear of intimacy. The study was conducted with 115 undergraduate students and their partners in monogamous, heterosexual, committed relationships for at least 3 months. Fear-of-Intimacy Scale (FIS), Index of Sexual Satisfaction (ISS) and the Dyadic Adjustment Scale (DAS) were some of the self-report tools used in the study of Montesi et al. (2013). They documented that high fear of intimacy was found to be a predictor of lower relationship satisfaction (Montesi et al., 2013).

Regarding the definition of intimacy, it can be said that; loss of intimacy in the relationship or discrepancy in intimacy which is defined as the difference in intimacy between the ideal relationship and current relationship may happen when there is a loss of connection, misunderstandings, unresponsiveness, loss of self-disclosure and intersubjectivity. When one cannot find intimacy in their relationship one cannot fulfill expectations, needs, and wishes in the relationship in other words become dissatisfied with his/her relationship.

Studies mentioned above, assessed intimacy with different questionnaires such as Experiences in Close Relationships Questionnaire (ECR; Fraley et al., 2000) and the Fear-of-Intimacy Scale (FIS; Dcutner & Thelen, 1991). These measures focus on the currently experienced intimacy levels of the individuals using self-reports on verbally presented items. However, as clarified above, the focus of this study is determined as the unconscious aspects of personal and interpersonal functioning, thus intimacy was conceptualized as a wished-for and feared-of experience as well as an actual one.

In line with this conceptualization, intimacy in this study was operationalized as inclusion of self in other by Aron et al. (1992). Inclusion-of-Other-in-the-Self (IOS) is a self-report measure developed by Aron et al. (1992). In this measure 7 Venn-like diagrams that represent different degrees of self and other intersection from barely touching to overlapping are used. In the original instrument participants were asked to choose the option that best describes their relationship.

IOS was reported to be an effective way to assess interpersonal interconnectedness (Aron et al. 1992).

Venn-like diagrams were used also by various theorists to assess closeness (Altman & Taylor, 1973; Aron & Aron, 1986; Berscheid & Walster 1978; Levinger & Snoek, 1972). Such a pictorial measure was preferred in this study because it was thought that Venn-like diagrams were more likely to indicate unconscious rather than verbal self-reports by being non-verbal and representing as self-other configurations. Another reason for selecting this instrument is that same diagrams could provide assessment of intimacy in different contexts. Besides what the original instrument IOS and other intimacy measures refer as current or actual intimacy, wished-for / ideal and feared-of / worst levels of intimacy could also be assessed on the same instrument. Thus, it was deemed suitable to further examine the association between relationship satisfaction and the discrepancy between actual and ideal intimacy as suggested by the literature.

To sum up, relationship satisfaction is a unitary construct that represents several interrelated dimensions of the couple relationship, thus will be used as the indicator of relationship quality to verify the impact of several attributes of the individual and the relationship reflecting the unconscious aspects. Based on the existing literature, one of these aspects at the interpersonal level was identified as the intimacy, operationalized as the actual and ideal levels of inclusion of self in other. The unconscious aspects at the personal level, namely shadow and reflective functioning will be described and elaborated in the following sections.

1.2. JUNGIAN CONCEPT OF SHADOW

Unconscious of individuals is an important concept that philosophers, poets, psychotherapists, psychoanalysts and psychiatrists examine since 18th century. In Freud's view (1915) the unconscious is a repository for socially unacceptable thoughts, wishes or desires, traumatic memories, and painful emotions which had been put out of mind by the defense mechanism of repression. Carl Jung developed the unconscious concept of Freud further and proposed that there are two layers of

unconscious which are the personal and the collective unconscious. What Jung (1948) added to the Freud's concept of unconscious was the collective unconscious which is the deepest level of the psyche, containing the accumulation of inherited psychic structures and archetypal experiences. The collective unconscious contains material of an entire species rather than of an individual. Further, Jung (1948) differed from Freud in that he did not portray sexuality as the basis of all unconscious content. By bringing a new point of view to unconscious and also adding the collective cultural point of view, Jung's concept of unconscious which can be also mentioned as shadow, was chosen for this study to investigate the unconscious processes of individuals.

In Jung's model of the psyche, there are various personified structures that interact with one another in one's inner world. According to Jung's model of typology, there are four structures: the persona, the anima/animus, the ego, and the shadow (Jung, 1971). The persona and the anima/animus are relational; the persona relates to the external world and the anima/animus to the internal world. The ego, which is primarily body-based and may be understood as the executive part of the personality, stands alongside the shadow, and these two are to do with our identity (Perry, 1997).

Jung (1960) states the shadow archetype as the unknown side of the personality, which one cannot identify itself as conscious and remains in the unconscious and adds that it's not only the dark side but it's the entire unconscious. The shadow contains primitive animal instincts that all have and have to overcome and inhibit to live in harmony. Inhibiting and overcoming these instincts starts in early childhood and never ends.

Shadow does not remain the same throughout one's whole life, actually, it continually changes unless it's repressed (Jung, 1960). Failure to recognize, acknowledge, and deal with shadow elements is often the root of problems between individuals and within groups and organizations (Perry, 1997). When individuals fail to recognize shadow elements, they might repress them to the unconscious in order to gain control. However, shadow elements do not disappear, repressing and isolating from consciousness makes them blacker and denser. Consequently, it gets

harder to change and shape one's shadow. Thus, becoming familiar with the shadow is an essential part of the therapeutic relationship, of individuation, and of becoming more rounded, more whole, and more colorful (Perry, 1997).

Jung states, "Everyone carries a shadow" and adds "the less it is embodied in the individual's conscious life, the blacker and denser it is" (Jung, 1960, p.131). Usually, the shadow is indicated as the dark side of the personality due to the tendency of human nature of not owning the non-desirable parts of their personality which remain in the unconscious. Yet, Carl Jung (1969) describes how shadow also contains positive qualities:

The shadow is that hidden, repressed, for the most part, an inferior and guilt-laden personality whose ultimate ramifications reach back into the realm of our animal ancestors...If it has been believed hitherto that the human shadow was the source of evil, it can now be ascertained on a closer investigation that the unconscious man, that is his shadow does not consist only of morally reprehensible tendencies, but also displays a number of good qualities, such as normal instincts, appropriate reactions, realistic insights, creative impulses, etc. (paras 422 & 423)

As mentioned above, regardless of the tendency to repress the dark aspects, shadow does not only contain commonly unwanted sides of the personality but also contains the source of creativity, emotion, and spontaneity. Repressing and isolating these from consciousness cause the psyche to become lifeless. The animal instincts then wait for a crisis or weakness in order to gain control of the lifeless psyche and this leads to the domination of the unconscious (Schultz & Shultz, 2016). It is important to emphasize that the shadow contains all sorts of qualities, capacities, and potential, and being unable to recognize and own causes deprivation of energy and connectedness with others.

Perry (1997) explained the importance and effect of shadow and its awareness' with an example:

For example, a person might believe that to be assertive is to be selfish; so he goes through life being pushed around by others and

deep down seething with resentment, which in turn makes him feel guilty. In this case, his potential for assertiveness and his resentment both form part of his shadow. Analysis might challenge his value system, track it back to its origins, help him to become more embodied and thereby more in touch with his needs, and open up areas of choice, which would probably lead to his resentment diminishing. (p. 1)

In addition to that, Carl Jung describes the shadow archetype as a moral problem and indicates that one cannot be aware of his/her own shadow without a moral effort. Becoming conscious of shadow is becoming aware of the dark aspects of the personality as present and real. As it's also essential for any kind of self-knowledge becoming aware of shadow meets with considerable resistance (Jung, 1959).

The main reason that shadow archetype was chosen to understand the effects of the disowned parts of self on relationship satisfaction was Jung's statement: "The shadow can be realized only through a relation to a partner, and anima and animus only through a relation to the opposite sex, because only in such relation do their projections become operative." (Jung, 1951, para 42). Because becoming aware of the shadow of self and other usually happens through unconscious communication in couple relationships, it's important to understand the mechanisms of this type of communication: projection, introjection, and projective identification. Accordingly, before moving on to the potential impact of shadow on relationship satisfaction, these mechanisms and how they become operative in couple relationships will be explained.

1.2.1. Unconscious Communication in Couple Relationship

Major part of human communication is non-verbal. However, what individuals feel and how they experience self and other, how they experience each other in unconscious non-verbal context is beyond popular body language conceptualization (Bass, 2001). Although it is portrayed as a defense, projective

identification is commonly thought as a mechanism of unconscious communication and is a primary means of communication in contemporary theory.

In order to have an understanding of the role of projective identification in relationships it's important to understand how projection and introjection works. Projection is the process where what is inside is misunderstood as coming from outside (McWilliams, 2011). Projection is essential to understand someone else's subjective world and people in love are well known for reading one another's minds in ways that they themselves cannot account for logically (McWilliams, 2011). The difficulty arises when only disowned and negative parts are projected on the other. Conflicts may arise when partners use projection as a defense and project their negative feelings and attitudes onto each other.

Introjection is the process through which what is outside is misunderstood as coming from inside (McWilliams, 2011). Introjection is the primitive form of identification with important others for infants. It is a process of copying emotions, attitudes, and behaviors as if they are one's own; a process that can be explained with mirror neurons (Wolf et al., 2000). Introjection at some point develops into the more mature form of identification with a significant other that is a more selective process as compared to introjection.

Introjected emotions and attributions establish representations that become a part of the self. It becomes difficult then to separate self from another. Couples that introject each other cannot overcome the conflicts either by bringing a solution to it or separating because separation also means losing a part of the self.

Projective identification is a mechanism that one projects disowned characteristics of the self to others and that person owns those characteristics and internalize by believing these projections fit itself. According to Melanie Klein who first introduced the term in her object relations theory in 1946 projective identification is a defense mechanism in which the other is seen as the source of the projected feelings, not self. A young infant in the paranoid schizoid position splits off the parts of the self that are seen as bad, hateful, attacking and projects them into the object to protect the self. As a result, these parts are no longer felt to be existing within oneself, but are experienced as belonging to the other, leading to an

experience of the other as bad or as the cause of one's anxiety (Nathans, 2017). According to Stan Ruzczynski (1995) it is not possible to understand psychoanalytic couples therapy approach to the couple relationship without the centrality of projective identification.

Projective identification occurs in primary and intimate relationships such as the relationship between the mother and baby, patient and therapist, and couples. A denial of separateness in their interactions occurs when a couple functions in projective identification. While a sense of own separateness is essential for a healthy relationship in which both partners can be satisfied; projective identification in the relationship, a mutual projection, and introjection might create a suffocating form of dependency. Couples who share this unconscious phantasy of the dependency to protect themselves from their disowned parts of self and continue this shared phantasy without being aware of it stuck in a position where they're not satisfied in the relationship but cannot also get out of it. This situation in which both members of the couple rely on projective identification to such an extent that there is an extreme lack of separation and an intense dependency between them is described as "projective gridlock" by Morgan (1995).

What is projected and identified with in couple relationships are the non-desirable unconscious parts of the self that remain in shadow self. As mentioned earlier, Jung (1951) states that the shadow can be realized only through a relation to a partner, because only in such relation do their projections become operative. When individuals project their disowned parts to their spouse it's highly possible to conflicts arising from it. If the projected partner does not introject what's projected there is a chance to become aware of these projections. The awareness of the shadow can be possible only when projections are operative in close relationships such as couple relationships, therapeutic relationships. In this study, it's chosen to understand shadow with the help of couple relationships.

It is a known fact that not the conflicts itself, but unsolved and repetitive conflicts cause dissatisfaction in the relationships (Gottman, 1994). Conflicts create the space for solutions to the problems in a relationship by making them visible. The success is in the ability to solve the problems in a relationship, not in sustaining

a no-conflict relational context. When projection in a relationship causes conflicts and the couple can overcome it by being aware of it and being able to differentiate themselves from the projective gridlock, it will probably make their relationship stronger. Thus, becoming aware of the shadow is expected to have a positive effect on relationship satisfaction.

1.2.2. Shadow and Relationship Satisfaction

The relationship between shadow and relationship satisfaction was not studied directly because shadow was not measured before. However, the importance of shadow in the context of intimate relationships is documented in this section.

The collective framework of the shadow archetype is a topic that theorists frequently examine. Different fields such as psychology, literature, film industry, and white-collar sector have frequently studied the shadow archetype theoretically within the collective unconscious framework (Adams, 1988; Bailey, 1980; Iaccino, 1998; Keyes, 1976; Walters, 1994).

As to the individual framework of shadow, Jung states that it can be assimilated into conscious personality and that there are some resistances of moral control which are linked to projections that might cause difficulty in becoming aware of them. The difficulty is that it is hard to recognize projections, which is known that they are made unconsciously, by the subject without the other person (Jung, 1951).

Having an understanding of the self is not only understanding the conscious parts of the self but also being able to face the non-desirable parts of the self. If one can face the unwanted parts of the self, try to regulate primitive animal instincts, and be aware of the inability to regulate those instincts, one can explore his/her own shadow (Perry, 2016). Although exploring shadow can lead to “fulfillment of catastrophic expectations, it can also lead to increased awareness and appreciation for the rich complexity of the person, his partner, and relationship.” (Rosenblatt & Wright, 1984, p.50). When shadow becomes an accepted conscious material, it can

be more clearly defined and might lose some of its false qualities. It may disappear or turn into something different. This awareness which can also be mentioned as self-realization is then helpful in intimate relationships in having a high intimacy without being overwhelmed. A higher degree of self-realization can contain relationship conflicts better. Self-realization especially realization of shadow self or even shadow itself without realizing consciously meets with considerable resistance since what remains in shadow self isn't, functional for individuals.

Therefore, the next section focuses on a model that attempts to explain how two people become aware of each other in both the unconscious and conscious realms.

1.3. REFLECTIVE FUNCTIONING

Reflective functioning or mentalization is one's capacity to understand self and others in terms of intentional mental states. It contains the projections of the inner and relational world such as desires, feelings, wishes, and attitudes. It is also the capacity to understand the connections between mental states and behaviors. Reflective functioning is a human capacity that is essential for the navigation of one's relational world. In other words, reflective functioning is the ability to understand the mental state of self and/or other; how one carries others mentally. Having an understanding of mental states –feelings, thoughts, wishes, beliefs, and intentions– contributes to the ability to anticipate other's actions (Fonagy & Target, 1998).

Fonagy (1991) developed the Reflective Functioning Questionnaire after noticing participants' attempts to understand the behavior of themselves and others in terms of mental states while reading transcripts from the Adult Attachment Interviews (Katznelson, 2013). Having a high capacity of reflective functioning can be explained by being comfortable with exploring the mental world, being curious about oneself and others, being able to reflect upon oneself, being able to tolerate uncertainty, the capacity to understand the emotional states of others and being able to be playful and flexible (Luyten et al., 2012). On the other hand, having a low

capacity of reflective functioning can be explained by having automatic and distorted interpretations of oneself and others, being defensive, not being able to regulate emotional distress in relationships and being closed to the external world by not being curious in mental states (Luyten et al., 2012). In a study by MacIntosh et al. (2019), it was observed that individuals with high reflective functioning capacities are interested in dealing with the mental states of self and others', comfortable with exploring difficult memories and experiences, open to perspectives other than their own, tolerant of uncertainty and conflict. On the contrary, having a tendency to make assumptions, struggling in emotion regulation, having a rigid perspective, focusing on external factors rather than self and other's mental states, and being intolerant when challenged to expand mental view were the common characteristics of individuals with low reflective functioning capacity (MacIntosh, 2019).

Reflective functioning levels of individuals was thought to have an effect on the contributors of relationship quality and for this reason it was examined in this study.

1.3.1. Reflective Functioning and Relationship Satisfaction

Bowlby states that intrapsychic structures conceptualized as internal working models, activated by a stimulus from the current relationship determines relational satisfaction (Bowlby, 1973). The reflective functioning process is seen as relevant to internal working models conceptualized by Bowlby (1973) which concentrates on recognizing and processing mental states of self and others, concur in romantic relationships in terms of enabling processing of relational and emotional experience. While intrapsychic refers to the activation of personal structures and the processing of personal experience, the interpersonal perspective is concerned with the activation of the intersubjective representations of the two partners, and through their interactions, it affects and mutually alters another's intersubjective world (Gorska, 2015). The contents in partners' ongoing interactive mental structures determine relational satisfaction. Results of the study of

MacIntosh et al. (2019), regarding mentalizing in emotionally focused couple's therapy with trauma survivors show that reflective functioning abilities create a possibility to acknowledge and take responsibility for self, to be empathetic and compassionate towards other, to be vulnerable and open, and to establish both safe and clear boundaries in the relationship.

Although not directly operationalized as mentalization, the related concept of emotional skillfulness might also provide further support on the relationship between relational satisfaction and mentalization. As reported in the section on Intimacy, emotional skillfulness was found as mediator of the relationship between intimacy and satisfaction (Yoo et al. 2014). Another study further verifying such a relationship was conducted by Cordova et al. (2005). They studied 92 married couples and reported that being able to identify emotions and communicate about emotions had a positive effect on relationship adjustment and satisfaction. Being able to identify emotions helps individuals to communicate better even when they feel vulnerable and/or their partner is in a vulnerable stance (Alcorn & Torney, 1982). The ability to communicate emotions brings along the ability to behave vulnerably towards partners thus, experience intimate events. The studies mentioned emotional skillfulness as being able to identify emotions and feelings in self and other which are also characteristics of mentalization (Alcorn & Torney, 1982; Cordova et al., 2005). Therefore, mentalization, in other words, reflective functioning was also another focus of this study and will be explained later in details.

In sum, the studies reported above point to the importance of emotion recognition and communication in general and mentalization in particular in understanding the intrapsychic structures as possible predictors of relationship satisfaction.

1.4. CURRENT STUDY

In the literature, there are studies focusing on couple relationships and relationship satisfaction. There are also theories on unconscious communications

between couples and how disowned aspects of self affect individuals alone. However, there are no reported studies on the relationship between shadow archetype and relationship satisfaction. This could be related to the lack of measures of shadow archetype.

Within the framework of Jung's (1951) statement "The shadow can be realized only through a relation to a partner" investigating shadow with its association with relationship satisfaction was considered to be productive. Since shadow mostly consists of negative parts of self and is projected to a partner, it is assumed that it will have an effect on satisfaction. Therefore, a questionnaire that aims to measure Jungian shadow archetype awareness both intrapsychically and interpersonally will be designed for this study. The study aims to identify the components of the shadow archetype awareness that might affect relationship satisfaction.

Regarding the studies made on intimacy and relationship satisfaction it is assumed that there is a relationship between them. Current, ideal in other words wished-for and unideal in other words feared-of relationship intimacy perceptions of individuals will be investigated. Additionally, the discrepancy between ideal and current relationship intimacy of individuals will be examined to understand its effect on relationship satisfaction.

Following the literature, the reflective function is included in this study as a potential unconscious dynamic that may have an effect on the interpersonal context, which is the couple relationship. The association between reflective functioning skills measured through Reflective Functioning Scale relationship satisfaction levels measured through the Relationship Assessment Scale will be also investigated.

Lastly, as suggested by the literature, relationship satisfaction might be influenced by the background characteristics of individuals such as their age or trauma experience. As these also might be related to the aforementioned personal and interpersonal attributes, background information of individuals will be examined to have an understanding of the sample profile and will be included in analyses to document and control their association with relationship satisfaction.

1.4.1. Hypotheses

Relationship satisfaction is the attitude towards the partner or the relationship and its positivity of affect or attraction to one's relationship. Relationship satisfaction will be measured with Relationship Assessment Scale developed by Hendrick et al. (1998).

Shadow archetype awareness is the consciousness about the disowned parts of self and will be measured with Shadow Archetype Awareness Questionnaire (SAQ) designed by the researcher and thesis advisor. SAQ aims to measure Jungian negative aspects of shadow archetype awareness on intrapsychic and interpersonal dimensions. The theoretical literature suggests that any kind of awareness on the disowned parts of self might be correlated with relationship satisfaction.

Intimacy is the experience of a felt sense of connectedness, shared understandings, mutual responsiveness, self-disclosure, and intersubjectivity. Different aspects of intimacy will be measured via Venn-like diagrams. It is expected that levels of intimacy will play a role in relationship satisfaction.

Reflective functioning or mentalization is one's capacity to understand self and others in terms of intentional mental states and will be measured with Reflective Functioning Questionnaire (RFQ-8) developed by Fonagy et al. (2016).

In light of theoretical and empirical literature mentioned earlier following hypotheses were specified:

1. There will be a positive correlation between shadow archetype awareness and relationship satisfaction
2. There will be a negative correlation between reflective functioning and relationship satisfaction
3. There will be a negative correlation between the discrepancy of intimacy and relationship satisfaction

The concept of shadow will be examined quantitatively for the first time, for this reason the scale construction process and unhypothesized exploratory analyses will be conducted and reported.

CHAPTER 2

METHOD

This research aimed to have an understanding of the relationship between the negative shadow in self, partner and relationship, and relationship satisfaction. Quantitative method was found to be suitable both for the instrument development and hypothesis testing purposes. Additionally, it was thought that quantitative research would eliminate the procedural bias factor and allow for generalizability.

Participants consisted of individuals in a romantic relationship for a minimum of one year. Since there was no other questionnaire to evaluate shadow archetype, a Shadow Awareness Questionnaire was designed by the researcher and used to assess an individual's shadow awareness both intrapsychically and interpersonally. The satisfaction level of their relationship was assessed using the Relationship Assessment Scale developed by Hendrick (1988) and intimacy levels were assessed by Inclusion-of-Other-in-the-Self instrument (IOS; Aron et al.; 1992). Individuals' mentalization skills were assessed using the Reflective Functioning Questionnaire developed by Fonagy et al. (2016). The sample, instruments, and procedure are described below in detail.

2.1. SAMPLE

The target sample of this study consisted of individuals aged between 23-50 who were either married or in a romantic relationship for a minimum of one year with no other participation restrictions. Four hundred was the minimum number of participants for this study to have a significant statistical sample. The minimum age of the participants was decided to be twenty-three and the maximum age of the participants was decided to be fifty to eliminate the maturity factor that varies with the age. Out of 749 people reached, 449 participants completed the whole survey.

Detailed descriptive statistics of the background characteristics are presented in the Results Section.

2.2 INSTRUMENTS

2.2.1. Demographic Information Form

Demographic Information Form (See Appendix B) form includes questions regarding the background characteristics, such as; gender, sexual orientation, age, level of education, profession, area of residence; questions regarding their relationship such as; marital and child status, length, whether they live together or not, how often they see each other. In addition to these, individual information such as physical and psychological health conditions, history of trauma and perceived relational intimacy was asked to the participants.

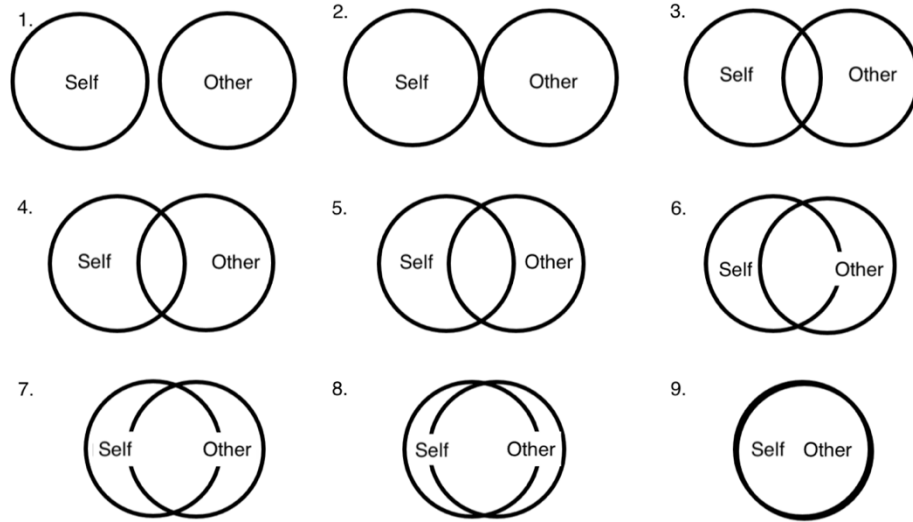
2.2.2. Inclusion-of-Other-in-the-Self (IOS) Scale

Inclusion-of-Other-in-the-Self (IOS) Scale is created by Aron et al. (1992) to measure closeness as conceptualized in the frame works of self-expansion and cognitive interdependence. The measurement of closeness in IOS has been approached from multiple angles, including affective (“feeling close”) and behavioral (“acting close”) perspectives. In IOS respondents were instructed to circle the picture below which best describes their relationship with their romantic partner. A respondent’s choice was thought to represent the degree of closeness he or she perceives in his or her relationship with his or her partner.

Following the suggestion of the advisor of the thesis depending on her current unpublished research project, two revisions were done to the IOS. In order to include more extreme intimacy versions two Venn-like diagrams were added, one to the beginning and other to the end (*See Figure 2.2.1.*). Secondly, participants were asked to define intimacy not only of their current relationship, but also their ideal and unideal relationship intimacy (See Appendix C). Visual aid instead of verbal questions was used to have an understanding the intimacy perception for the sake of eliminating the biases.

Figure 2.2.1.

Revised response options of Inclusion-of-Other-in-the-Self (IOS)



2.2.3. Relationship Assessment Scale (RAS)

In order to look at relationship satisfaction level of the participants, it was decided to use the Relationship Assessment Scale (RAS) in this study. RAS (See Appendix D) is a self-report measure developed by Hendrick et al. (1988) and is a tool for measuring individual's relationship satisfaction. Hendrick et al. (1998) developed RAS to offer an option for assessment both marital and other types of relationship satisfaction. RAS was selected for this study for the reason of not having a restriction of being married. The scale consists of 7 items answered on a 7-point Likert scale. 4th and 7th items are reverse coded. Higher scores indicate greater relationship satisfaction, where lower scores indicate lower relationship satisfaction. The item-total correlation varies from .57 to .76. Cronbach alpha of the scale was .86. The scale was adapted to Turkish (İDÖ) by Curun (2001). Cronbach's Alpha scores of the Turkish version of RAS (İDÖ) had also high internal consistency ($\alpha = .86$). RAS (İDÖ) was used in this study due to its high test-retest

reliability in the English version, high internal consistency in the Turkish version and because it was a relatively short questionnaire with only seven items.

2.2.4. Reflective Functioning Questionnaire (RFQ-8)

In order to look at reflective functioning skills of individuals, it was decided to use the Reflective Functioning Questionnaire (RFQ-8) (See Appendix E). The reason behind this choice is that RFQ-8 was developed by Peter Fonagy and his colleagues who is also one of the founders of mentalization theory. Reflective Functioning Questionnaire (RFQ-8) is a self-report measure developed by Fonagy et al. (2016) and is a tool for measuring individual's mentalization skills. The scale consists of 8 items answered on a 7-point Likert scale in which "1" stands for "Strongly Disagree" and "7" stands for "Strongly Agree". Validity and reliability of RFQ was not available yet. RFQ was also translated into Turkish and it is officially published on the website of UCL.

2.2.5. Shadow Archetype Awareness Questionnaire (SAQ)

Shadow Archetype Awareness Questionnaire (SAQ) (See Appendix F) is a self-report measure designed by the researcher and thesis advisor to measure Jungian negative aspects of shadow archetype awareness on intrapsychic and interpersonal dimensions. The questionnaire contains 42 questions evaluated on a 7-point Likert Scale. The first half of the questionnaire contains items that aims to assess shadow awareness of the individual, whereas the second half of the questionnaire involves items that aims to assess perceived shadow on a relational level. The items were designed mostly based on Jung's conceptualizations. Afterwards, these items were evaluated by the thesis advisor and two other experienced clinicians and necessary adjustments were made. After the ethics board approval, a pilot study was conducted to understand its psychometric properties. The questionnaire was sent to 30 volunteers, and the responses were analyzed to

see the reliability and face validity of the instrument. After the analysis, no item required change or removal.

2.3. PROCEDURE

2.3.1. Data Collection

In order to start the data collection process for the study an ethics board approval was received from the Ethics Committee Board of Istanbul Bilgi University. The data for the research was gathered via an online survey software. There was no audio or video recording. The data from the online surveys are stored in encoded files and will be kept for 5 years following the submission of the thesis. Only the researcher and the advisors have access to the data.

The survey was sent to 30 volunteers for the pilot study and the data collection was paused after that. An analysis was conducted to check the items of the Shadow Archetype Awareness Questionnaire and it was decided to keep the questionnaire in its original format. Following the pilot study, the data gathering continued until four hundred participants completed the whole survey. A link for the survey was shared via social media and e-mail groups. Snowball sampling method was used for this study. Participants were asked to share the survey. An Informed Consent Form (Appendix A) was presented to the participants which had an explanation about the study and the aim of the study. The participants were informed about the confidentiality of the collected data, their right to quit at any time they want, and that they could reach the researcher via e-mail if they had any questions or concerns about the research. The other instruments mentioned before, were given to the participants when they approved to take part at the study. In order to avoid any missing items, participants were not allowed to move to the next question without answering the prior one. The survey took approximately 15 minutes to complete. After two reminder e-mails and four social media posts, the data was collected within two months. Lastly, the data was downloaded from the survey software.

2.3.2. Data Analysis

In order to analyze the pilot data, the output was transferred to SPSS Version 21. For the pilot data, Reliability Analyses and Inter-Item Correlation Matrix was conducted.

After the data collection ended, total data was also transferred to SPSS Version 21. The invalid data were removed, and the remaining data were prepared for the analysis. Pearson Correlation and t-test were conducted to understand the correlations between the background demographics and relationship satisfaction. Multicollinearity analysis was conducted to see whether correlations and independent variables are in association. Component Analyses and Reliability Analyses were conducted for the Shadow Archetype Awareness Questionnaire which was developed by the researcher and thesis advisor. Lastly, multiple linear regression analysis was conducted to have an understanding of the predictors of relationship satisfaction.

CHAPTER 3
RESULTS

3.1. DESCRIPTIVE STATISTICS OF THE SAMPLE

In terms of background characteristics (See Table 3.1.), 325 (72.4%) of the participants were women and 124 (27.6%) were men. Out of 449 participants 412 (91.8%) described their sexual orientation as heterosexual, 8 (1.8%) as homosexual, 17 (3.8%) as bisexual, 3 (.7%) as other and 9 (2.2%) preferred not to disclose.

Table 3.1.
Background Characteristics of the Sample

		Frequency	Percent
Gender	Woman	325	72.4
	Man	124	27.6
Sexual Orientation	Heterosexual	412	91.8
	Homosexual	8	1.8
	Bisexual	17	3.8
	Other	3	.7
	Preferred not to Disclose	9	2.0
Education level	High School Graduate	15	3.3
	University Student	20	4.5
	University Graduate	201	44.8
	Masters Student	64	14.3
	Masters Graduate	118	26.3
	PhD Student	19	4.2
	PhD Graduate	12	2.7
Area of residence	Turkey	391	87.1
	Abroad	58	12.9

The age of the participants ranged from 23 to 50 ($M = 33.01$, $SD = 6.576$). In terms of education level, 15 (3.3%) of the participants were high school graduates, 20 (4.5%) were university students, 201 (44.8%) were university graduates, 64 (14.3%) were masters students, 118 (26.3%) were masters graduates, 19 (4.2%) were PhD students, and 12 (2.7%) were PhD graduates. In terms of profession; 138 (28.3%) of the participants were white collar employees, 88 (19.2%) were mental health professionals, 44 (9.2%) were architects and engineers, 36 (7.7%) were academicians in different departments, 61 (13.2%) were not working and 82 (22.4%) were others. In terms of area of residence, 391 (87.1%) of the participants lived in Turkey and 58 (12.9%) abroad.

In terms of relationship characteristics (See Table 3.2.), 230 (51.2%) were married, 22 (4.9%) were engaged, 197 (43.9%) were in a romantic relationship.

Table 3.2.
Relationship Characteristics of the Sample

		Frequency	Percent
Relationship Status	Married	230	51.2
	Engaged	22	4.9
	In relationship	197	43.9
Separation	Yes	118	26.3
	No	331	73.7
Living Together	Yes	283	63.0
	No	166	37.0
Frequency of Contact	Less than one time a week	32	7.1
	1 to 3 times a week	62	13.8
	3 to 5 times a week	48	10.7
	Almost everyday	307	68.4
Children	No children	319	71.0
	Has Children	130	29.0

Length of their relationship ranged between 12 and 336 months ($M = 77.58$, $SD = 63.522$). 283 (63.0%) of the participants were living together, which ranged from 1 to 336 months ($M = 69.75$, $SD = 66.673$). 307 (68.4%) of the participants reported that they see their partner almost every day, 48 (10.7%) see their partner 3 to 5 times a week, 62 (13.8%) see their partner 1 to 3 times a week and 32 (7.1%) less than 1 time a week. Further, 118 (26.3%) of the participants experienced separation in their current relationship and 331 (73.7%) had not. In addition, 130 (29.0%) had children ranged from 1 to 4 ($M = 1.43$, $SD = .572$) and 319 (71.0%) had no children. Among 130 participants who had children; 76 (59.8%) had 1 child, 48 (37.8%) had 2 children, 2 (1.6%) had 3 children and only 1 participant (.8%) had 4 children.

In terms of physical health (See Table 3.3.), 49 (10.9 %) participants reported having a chronic health issue affecting their daily lives and 400 (89.1%) reported that they have no such issue. In terms of mental health, 51 (11.3%) of the participants reported currently having a psychological problem that affects their daily life; 73 (16.2%) of the participants reported having a psychological diagnosis such as depression, anxiety, OCD, PTSD, ADHD and similar.

Table 3.3.

Psychological, Psychiatric and Physical Health Characteristics of the Sample

		Frequency	Percent
Psychological Problem Daily Life	Yes	51	11.3
	No	398	88.6
Psychiatric Diagnosis	Yes	73	16.2
	No	376	83.7
Chronic Physical Health Issue	Yes	49	10.9
	No	400	89.1

When inquired about trauma, 179 (39.9%) of the participants reported a traumatic experience that they think has an impact on their life today (See Table

3.4.). 106 (23.6%) of the participants reported to have experienced multiple traumas. As to look at the age when they had the traumatic experience, it was during the early childhood (ages 0 to 3) for 19 (4.2%) of the participants , childhood (ages 3 to 12) for 85 (18.9%) , adolescence (ages 12 to 18) for 80 (17.8%) and adulthood for 112 (24.9%).

Table 3.4.

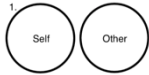




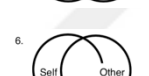



Traumatic Experiences of Participants

		Frequency	Percent
Traumatic Experience	Yes	179	39.9
	No	270	60.1
Multiple Traumatic Experience	Yes	106	23.6
	No	343	76.4
Period of Traumatic Experience	Early Childhood (0-3)	19	4.2
	Childhood (3-12)	85	18.9
	Adolescence (12-18)	80	17.8
	Adulthood	112	24.9

In addition, 199 (44.4%) of the participants reported that they went to individual psychotherapy and only 30 (6.7%) of the participants reported that they went to couple's therapy.

Lastly, perceived intimacy was asked to the participants in three questions with the images presented at the Instruments section. Initially, the actual perceived intimacy in their actual romantic relationship was asked to the participants. Secondly, the participants were asked to define their ideal intimacy in a romantic relationship by choosing one of the images. Lastly, the participants were asked to choose images describing the intimacy in their unideal relationship. Frequencies and percentages for each response option are presented in Table 3.5.

Table 3.5.*Perceived Intimacy of the Actual, Ideal, and Unideal Relationship*

	Current		Ideal		Unideal	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
1. 	12	2.7	1	0.2	214	47.7
2. 	26	5.8	26	5.8	8	1.8
3. 	59	13.1	41	9.1	3	0.7
4. 	38	8.5	35	7.8	3	0.7
5. 	77	17.1	106	23.6	2	0.4
6. 	77	17.1	85	18.9	2	0.4
7. 	55	12.2	49	10.9	0	0
8. 	66	14.7	68	15.1	7	1.6
9. 	39	8.7	38	8.5	210	46.8

3.2. PSYCHOMETRIC PROPERTIES OF THE SHADOW ARCHETYPE AWARENESS QUESTIONNAIRE (SAQ)

As the Shadow Archetype Awareness Questionnaire (SAQ) has been developed for this study, the psychometric properties of the scale were inspected

prior to analyses. In this section, the item analyses, dimension reduction and reliability analyses of SAQ will be reported.

SAQ is a scale with 42 items which the first half of the items address shadow awareness for participants on an individualistic level and second half on a relational level. These two parts were evaluated together, and the reliability coefficients were meaningful and significant. Initially, all of the SAQ items were evaluated via descriptive statistics. Three items (Items 25, 27, 42) were eliminated due to floor-ceiling effect.

Next, in order to identify whether the scale refers to a unidimensional or multidimensional construct, a Principal Component Analysis (PCA) was conducted using the 39 remaining SAQ items. The sample and the data were adequate for analysis based on the Kaiser-Meyer Olkin measure of the sampling adequacy which was found to be .835. Bartlett's test of sphericity was significant ($\chi^2(741) = 5304.269$; $p = 0.00$) suggesting the correlation matrix was not orthogonal, further supporting the factorability of the data.

At first, 11 components were extracted with eigenvalues greater than 1. Varimax with Kaiser Normalization used to simplify the component structure as the method of rotation. Rotation converged in 5 iterations. As the first 5 components explained, %41.2 of the common variance and the additional components did not further add to this, the PCA was repeated with 5 components. The items with factor loadings below .4 and the items with cross loadings (Items 6, 11, 12, 13, 14, 17, 19, 22, 33, 34, 36) were eliminated.

The pattern matrix of the item-factor loadings of the SAQ is presented in Table 3.6. The first component included 10 items that described acceptance of primitive instincts, (e.g. I can feel that there is a primitive side in me) and/or darkness (e.g. here is a dark side in my inner world that I am not even aware of) and/or desire functions. The first component was labeled as "Awareness of the Shadow."

Table 3.6.*Factor Loadings of Shadow Awareness Questionnaire (SAQ) Items*

SAQ Component and Items	Loading
<i>SAQ Component 1</i>	
5. I can feel that it's a primitive side in me.	0.765
4. We all have a bad side in us.	0.724
1. There is a dark side in my inner world that I am not even aware of.	0.662
8. The deepest desires and aggression of one remain hidden.	0.606
3. I can act differently if I don't live in the community.	0.592
2. In my dreams, I do what I say I would never do in normal life.	0.511
26. No matter how well I know my spouse/partner, there is actually a dark side that I cannot see.	0.486
7. When something I'm watching annoys me, I can't stop myself from watching.	0.425
18. I believe everyone has the potential to be both very bad and very good.	0.407
20. When we sit down and talk, I think we can meet a common, universal, humane essence even with someone who has committed wild crimes.	0.404
<i>SAQ Component 2</i>	
24. As I try so hard to be compatible, I find myself in conflict because of my spouse/partner.	0.694
30. It makes me uncomfortable to see that my spouse/partner desires something so much.	0.651
23. I find myself in situations that I avoid in my relationship.	0.638
35. I become completely alienated to my spouse/partner when I see certain behavior.	0.608
31. When my spouse/partner cannot control his/her impulses, I cannot tolerate him/her.	0.586
29. Sometimes a monster comes out of my spouse/partner.	0.559
40. I believe that our discussions will overshadow the purity of our relationship.	0.554
28. I believe that we have a bond far beyond sexual sharing with my spouse/partner.	-0.440

Table 3.6. (cont'd.)*Factor Loadings of Shadow Awareness Questionnaire (SAQ) Items*

SAQ Component and Items	Loading
39. I believe that very intense desires will overshadow the purity of our relationship.	0.432
<i>SAQ Component 3</i>	
38. My spouse/partner had not had a slightest bad thought about me.	0.815
37. I have not had a slightest bad thought about my spouse/partner.	0.812
41. I am proud to never fight my spouse/partner.	0.596
32. I think that there is no dark side in the inner world of my spouse/partner.	0.53
<i>SAQ Component 4</i>	
16. What I am afraid of happens to me every time.	0.781
21. Often I tell myself that what comes to my mind comes true.	0.753
15. I think there is a lot of evil eye on me.	0.655
<i>SAQ Component 5</i>	
10. Seeing shameless people is unbearable to me.	0.725
9. I do not tolerate people who cannot control their impulses.	0.719

The second component included 9 items that indicated attribution of others' lack of control as source for relational conflict (e.g. When my spouse/partner cannot control his/her impulses, I cannot tolerate him/her). Therefore, this component was labeled as "Other's Shadow as Conflictual." The third component had 4 items that represented denying the negativity in relationship (e.g. I think that there is no dark side in the inner world of my spouse/partner) thus it was labeled as "Dismissal of Relational Negativity." The fourth component included 3 items that delineate negative magical thinking (e.g. What I am afraid of happens to me every time) for this reason it was labeled as "Negative Magical Thinking." The last component had 2 items that represented intolerance towards drives (e.g. Seeing shameless people is unbearable to me) therefore was labeled as "Intolerance of Other's Shadow." The summary of the components and the items they include is presented in Table 3.7.

Table 3.7.

Items Numbers and Internal Consistency Coefficients for Shadow Awareness Components

Component	No. of Items	Items	Cronbach's alpha
Awareness of the Shadow	10	5, 4, 1, 8, 3, 2, 26, 7, 18, 20	0.789
Other's Shadow as Conflictual	9	24, 30, 23, 35, 31, 29, 40, 28, 39	0.798
Dismissal of Relational Negativity	4	38, 37, 41, 32	0.750
Negative Magical Thinking	3	16, 21, 15	0.745
Intolerance of Other's Shadow	2	10, 9	0.688

Internal consistency for each of the five components was analyzed using Cronbach's alpha (See Table 3.7.). First four components; Awareness of the Shadow, Other's Shadow as Conflictual, Dismissal of Relational Negativity and Negative Magical Thinking had high internal consistency as reported by Cronbach's alpha .789, .798, .750 and .745. The fifth component which has only 2 items; Intolerance of Other's Shadow had lower Cronbach's alpha .688 was considered acceptable.

3.3. PRELIMINARY ANALYSES

Prior to analyses, descriptive statistics for the study variables, Shadow Archetype components, reflective functioning, and relationship satisfaction were examined to check their central tendency and dispersion. In preliminary analyses, correlations and mean comparisons were conducted to understand whether there are

demographic variables that are significantly associated with the dependent variable of the study, relationship satisfaction. Correlations among study variables were also initially inspected to identify any multicollinearity issues.

3.3.1 Descriptive Statistics of Study Variables

Descriptive statistics for relationship satisfaction, reflective functioning and the dimensions of Shadow Archetype Questionnaire are presented in Table 3.8. Relationship satisfaction mean is 39.25 over 49 in this study, overall satisfaction score is high. Reflective functioning certainty level is low ($M = 8.07$, $SD = 4.84$), where reflective functioning uncertainty level is lower ($M = 2.43$, $SD = 2.94$). For the descriptive statistics of Shadow Archetype Awareness Questionnaire, Negative Magical Thinking subscale has a relatively low mean ($M = 9.55$, $SD = 4.46$) compared to other subscales' means which are more on average as for possible score. Variables are approximately normally distributed.

Table 3.8

Descriptive Statistics of Relationship Assessment Scale (RAS), Reflective Functioning Questionnaire (RFQ), and Shadow Awareness Questionnaire (SAQ)

Scale	Subscale	Min	Max	M	SD
RAS	-	12	49	39.25	7.495
RFQ	Certainty	0	18	8.07	4.844
	Uncertainty	0	16	2.43	2.939
SAQ	Awareness of the Shadow	10	70	37.54	11.029
	Other's Shadow as Conflictual	9	57	25.88	10.055
	Dismissal of Relational Negativity	4	28	13.14	6.163
	Negative Magical Thinking	3	21	9.55	4.462
	Intolerance of Other's Shadow	4	14	10.75	2.615

3.3.2. Background Characteristics and Relationship Satisfaction

Preliminary correlation analyses were conducted to assess the correlation of relationship satisfaction scores with; age, current intimacy, discrepancy in intimacy, awareness of the shadow, seeing others' shadow as conflictual, dismissal of relational negativity, negative magical thinking, traumatic experience, ideal intimacy, unideal intimacy, reflective functioning certainty and reflective functioning uncertainty respectively.

There was a negative correlation between relationship satisfaction and age $r(449) = .104, p < .05$. Participants reported lower relationship satisfaction as their age increased.

The three questions referring to actual, ideal, and unideal intimacy assessments of the participants were analyzed to see their correlations with relationship satisfaction (See Table 3.9.). A moderate positive correlation was observed among actual relationship intimacy and relationships satisfaction. There was also a positive but weak correlation between ideal intimacy and relationship satisfaction. There was a weak negative correlation between unideal intimacy and relationship satisfaction. The discrepancy in intimacy was calculated by taking the difference between the actual and ideal intimacy of their relationship. It was observed that this discrepancy between the ideal and actual intimacy had a moderate negative correlation with relationship satisfaction.

Table 3.9.

Correlation of Relationship Satisfaction and Intimacy

	Relationship Satisfaction
Actual Intimacy	.473**
Ideal Intimacy	.136**
Unideal Intimacy	-.138**
Discrepancy in Intimacy	-.393**

** $p < 0.01$

The associations of relationship satisfaction with each components of the Shadow Archetype were also checked. The coefficients are reported in Table 3.10. Negative correlations were observed between Awareness of the Shadow, Seeing Others' Shadow as Conflictual, Negative Magical Thinking, and Intolerance of Other's Shadow and relationship satisfaction. The strongest association was observed for seeing Other's Shadow as Conflictual. On the other hand, Dismissal of Relational Negativity showed a positive correlation with relationship satisfaction.

Table 3.10.

Associations of Relationship Satisfaction and Components of the Shadow Archetype Awareness Questionnaire

	Relationship Satisfaction
Awareness of the Shadow	-.211**
Other's Shadow as Conflictual	-.606**
Dismissal of Relational Negativity	.341**
Negative Magical Thinking	-.133**
Intolerance of Other's Shadow	-.011*

* $p < 0.05$, ** $p < 0.01$

With regard to reflective functioning, relationship satisfaction had a very weak positive correlation with Certainty, $r(449) = .098$, $p < .05$; and a weak negative correlation with Uncertainty $r(449) = -.156$, $p < .01$.

A univariate ANOVA was computed to assess the relationship between relationship satisfaction scores and gender, sexual orientation, relationship status, living together, separation in the relationship, having children, physical health issue, psychological problem in daily life and traumatic experience respectively. As this analysis is conducted to identify potential unhypothesized contributors to the variance in relationship satisfaction, only the main effects of the variables were inspected. There was a significant main effect of separation in the relationship on

relationship satisfaction score, $F(1,438) = 28.594$, $p = .000$. Participants who experienced a break-up in their current relationship reported lower satisfaction ($M = 4.66$, $SD = .89$) than those who did not ($M = 5.17$, $SD = .80$). There was also a significant main effect of having children on relationship satisfaction score, $F(1,438) = 8.465$, $p < .05$. Individuals with children ($M = 4.91$, $SD = .94$) were found to have a slightly lower relationship satisfaction than those without children ($M = 5.09$, $SD = .81$). Other background characteristics were not found to be significantly associated with relationship satisfaction for this sample.

3.4. FACTORS THAT PREDICT RELATIONSHIP SATISFACTION

This study aims at exploring the association between the awareness of shadow archetype and relationship satisfaction. The preliminary analyses demonstrated that shadow archetype is a multidimensional construct and components of it has different associations with relationship satisfaction. Further, it was observed that age, intimacy-related background characteristics, having a separation experience, and having children were potential contributors to the variance relationship satisfaction. Thus, in order to identify the comparative effects of shadow archetype components on relationship satisfaction, while controlling for the variance accounted for the background characteristics a Linear Stepwise Regression Analysis was conducted. As the actual intimacy and the discrepancy between the ideal and actual intimacy caused an issue of multicollinearity, only the discrepancy score was included as a predictor, since the discrepancy score could offer more clinically significant information as compared to the expected linear association of higher intimacy and higher satisfaction.

As mentioned above, a Stepwise Linear Regression analysis was conducted with the relationship satisfaction as the dependent variable and the five shadow archetype components (Awareness of the Shadow, Other's Shadow as Conflictual, Dismissal of Relational Negativity, Negative Magical Thinking, and Intolerance of Other's Shadow), reflective functioning (Uncertainty and Certainty), age, past separation experience in the current relationship, and having children as the

predictors. The summary of the models is presented in Table 3.11. It is observed that the final model including seeing Other’s Shadow as Conflictual, Discrepancy in Intimacy, Dismissal of Relational Negativity, age and separation in the relationship explained 46% of the variance in relationship satisfaction, $F(5, 443 = 90.716, p < .000$

Table 3.11.

The Model Summary of Stepwise Regression Analysis for Relationship Satisfaction

Model	R	R ²	Adj. R ²	SE	Change Statistics				
					R ² Change	F Change	df1	df2	Sig. F Change
1	.606 ^a	.367	.366	.85249	.367	259.085	1	447	.000
2	.667 ^b	.444	.442	.79951	.077	62.211	1	446	.000
3	.695 ^c	.483	.480	.77194	.039	33.424	1	445	.000
4	.706 ^d	.499	.495	.76088	.016	14.033	1	444	.000
5	.711 ^e	.506	.500	.75653	.007	6.120	1	443	.014

^a (Constant), Seeing Other’s Shadow as Conflictual

^b (Constant), Seeing Other’s Shadow as Conflictual, Discrepancy in Intimacy

^c (Constant), Seeing Other’s Shadow as Conflictual, Discrepancy in Intimacy, Dismissal of Relational Negativity

^d (Constant), Seeing Other’s Shadow as Conflictual, Discrepancy in Intimacy, Dismissal of Relational Negativity, Age

^e (Constant), Seeing Other’s Shadow as Conflictual, Discrepancy in Intimacy, Dismissal of Relational Negativity, Age, Separation in the Relationship

The coefficients for each predictor are presented in Table 3.12. Seeing Other’s Shadow as Conflictual, a component of SAQ, entered the model as the strongest predictor of relationship satisfaction ($\beta = -.479$). Increase in seeing other’s shadow as conflictual decreases the relationship satisfaction score. Discrepancy in intimacy is the difference between ideal relationship intimacy and actual relationship intimacy and it is the second strongest predictor ($\beta = -.268$). As the discrepancy between the actual and ideal increases, the relationship satisfaction score decreases. More specifically, when the ideal relationship is much closer than

the actual relationship, the relationship satisfaction is predicted to be lower. The third significant predictor of relationship satisfaction is another component of SAQ, Dismissal of Relational Negativity ($\beta = .216$). It was observed that the relationship satisfaction score increases when item scores for dismissal of relational negativity scores increases.

The last two predictors were the background characteristics of age and separation experience in the current relationship. Age was measured in years in this study and relationship satisfaction score decreased by 0.022 for each year of age ($\beta = -.133$). Separation in the relationship was included as a dummy variable as having experienced a separation in the current relationship or not. Having experienced a separation in the relationship decreased relationship satisfaction scores by 0.209 ($\beta = -.086$).

Table 3.12.

Coefficients for Variables Predicting Relationship Satisfaction

	B	B SE	Beta	t	Sig.
(Constant)	7.228	.218		33.173	.000
Seeing Other's Shadow as Conflictual	-.459	.034	-.479	-13.404	.000
Discrepancy in Intimacy	-.150	.019	-.268	-7.803	.000
Dismissal of Relational Negativity	.150	.024	.216	6.198	.000
Age	-.022	.006	-.133	-3.922	.000
Separation in the Relationship	-.209	.085	-.086	-2.474	.014

CHAPTER 4

DISCUSSION

The major aim of this study was to identify the association between the shadow archetype awareness and relationship satisfaction of individuals. Since there is no questionnaire to identify shadow awareness a questionnaire was designed for this study. Within the framework of this aim, the relationship between shadow awareness, certain demographic characteristics, intimacy perception, reflective functioning, and relationship satisfaction were investigated.

4.1. BACKGROUND CHARACTERISTICS AND RELATIONSHIP SATISFACTION

In terms of background characteristics approximately three quarters of the sample of this study was women and one quarter was men. The majority of the sample consisted of individuals who were heterosexuals, at least university graduates and living mainly in Istanbul, Turkey with an age mean of 33. Nearly half of the participants were married, and average length of the relationship was six and a half year. Most of the participants see their partner almost every day. Approximately one quarter of the sample had experienced separation in their current relationship. Nearly one third of the participants had children. The majority of the participants did not report having a psychological problem that affected their daily lives, a psychiatric diagnosis and/or a chronic physical health issue. Almost half of the sample reported having experienced a traumatic experience. Periods of traumatic experience ranged between early childhood and adulthood which was mainly in adulthood for this study. While almost half of the participants reported going to individual therapy, few of the participants reported going to couple's therapy. Individual therapy experience of the participants was expected to be relatively high compared to general population, since a sample reached through psychology-oriented email groups was assumed to have a greater tendency for

experiencing individual psychotherapy. The characteristics of the sample was as it expected to be since convenience sampling was used for data collection.

Relationship satisfaction scores of the participants in this study was above average also compared to other studies that used relationship assessment scale. Average relationship satisfaction of the sample of this study was higher than expected ($M = 39.25$). Total mean was 29.15 in Hendricks (1988) original paper.

Individual therapy experience and trauma experience are expected to have an impact on relationship satisfaction. The demographics gender, relationship status, frequency of contact, and psychological problem that effects daily functioning, psychiatric diagnosis and/or chronic physical health issue of this sample was not suitable generalize the sample to a population. Therefore; only the relationship between individual therapy experience, trauma experience, age, having children, separation in the relationship and relationship satisfaction was analyzed.

Individual therapy experience aims to help individuals on self-awareness, and it was thought that people with higher insight would have also higher relationship satisfaction scores, however there wasn't a significant relationship between them. Studies made on mindfulness, which is defined to be aware of the present moment, and relationship satisfaction show that higher mindfulness levels are correlated with higher relationship satisfaction (Kozlowski, 2012). Individual therapy processes considered as a promoter for awareness and thus, it is expected to have an effect on relationship satisfaction. Lack of information on the details of therapy experience such as orientation, reason of seeking therapy and the issues worked on, could be the reason of it. There are participants reported going to individual therapy also for only one or two sessions which is not enough to gain insight.

Traumatic experience was also investigated to eliminate any effects on relationship satisfaction. According to findings in this study, traumatic experience has no effect on relationship satisfaction which was surprising. Studies focusing on the effects of different kinds of traumatic experiences in different life spans on relationship satisfaction show that traumatic experiences significantly decrease relationship satisfaction and partners well-being (Blais, 2019; Goff et al., 2007;

Nelson & Wampler 2019; Wishman, 2006). Also lack of information of the details on traumatic experience such as type of it and whether it was worked on it in therapy or not could be the reason of the findings of this study. The type of the traumatic experience was asked to the participants but most of them preferred not to disclose. The definition of the word traumatic was not specified in the question; the question was 'Have you ever had an experience that could be called traumatic and you think has an impact on your life today?'. It is unknown what the sample of this study defined as traumatic and it is also unknown whether they went to therapy in order to work on the effects of their traumatic experience.

At a study on mindfulness and marital satisfaction by Burpee and Langer (2005), participants with children showed lower relationship satisfaction. For this reason, it was also expected that having children would have an effect on relationship satisfaction. There was a main effect of having children on relationship satisfaction, participants who have children reported lower relationship satisfaction means, however it was not a predictor. Having a child brings a new member in the family system and makes changes by adding the roles of parenthood. Transition into parenthood has effects on mothers' and fathers' relationship satisfaction in different ways. The reason of becoming less satisfied with the relationship after the birth of a child might be associated with whether the pregnancy is planned or not (Lawrence et al., 2008).

According to the findings as individuals got older their relationship satisfaction decreased. A similar result was seen at the same study of Burpee and Langer (2005); relationship satisfaction scores were higher of younger individuals especially if they were married for a shorter time period. There can be several explanations of this correlation; the length of relationships increases as couples get older, financial worries could rise and sexual life can become dull as they grow older. The results showed similarity, but it should be considered that there was an age limit in this study, which was from 23 to 50, whereas Burpee and Langer's (2005) study had a sample of 95 aged between 25 to 74.

Looking at the low percentage of couples therapy experience, it was assumed that couples who separated in their relationship couldn't work on the

effects of it while getting back together. For this reason, it was expected that individuals who experienced break-up in their relationship would be less satisfied with their relationship. The results supported the expectation and having experienced a separation in the relationship was the fifth predictor of relationship satisfaction by decreasing it. There could be several reasons for separating; for example, infidelity, violence, addictions can cause attachment injuries and also if separating is not a mutual decision partners can be affected in different ways. Partners may be still angry for the reason of separation, couples might be together for the reason of a child or an unwanted pregnancy, idealization about the relationship could be destroyed after separating or there could be an anxiety about separating again. As far as it was searched, there was no studies made on the effects of break-ups on relationship satisfaction. The effects of the different types of separations on relationship satisfaction could be investigated.

4.2. INTIMACY PERCEPTION AND RELATIONSHIP SATISFACTION

Individuals' current, ideal, and unideal intimacy perception and discrepancy in intimacy were investigated to understand the effect of intimacy on relationship satisfaction. At the chapter of Aron et al. (2004) in the *Handbook of Closeness and Intimacy* in which Reis and Shaver (1988) was cited; intimacy was mentioned as "mainly a process of an escalating reciprocity of self-disclosure in which each individual feels his or her inner- most self-validated, understood, and cared for by the other."(pp.36). Intimacy perception of individuals explored in the manner of this explanation and it was aimed to investigate the self and other representations of individuals. As intimacy is also mentioned as including of self in others, the cultural differences in intimacy levels is seen relevant in this study. Considered that relationship satisfaction as fulfillment of wishes, expectations and needs and the pleasure derived from it, being intimate with the significant others has an important effect on it.

Compatible with expectations, the sample reported more concentric self and other representations for the intimacy in their ideal relationship. In more collectivist

cultures, individuals are emotionally more attached than individualistic cultures (Kim et al., 1994). A Study was conducted on individualist-collectivist tendencies of a Turkish sample made by Göregenli (1997). According to the study, Turkish culture couldn't be placed on individualistic or collectivistic dichotomy but showed collectivist tendencies. Considering this tendency, it was expected that participants report more intimate relationships as ideal. In comparison with ideal relationship, participants reported more off-centered for the self and other for their current relationship. In other words, they reported that they were more distant with their spouse than they wished. This difference of ideal and current relationship brought the idea of investigating the discrepancy levels in intimacy perception of individuals and its relationship with relationship satisfaction. For unideal relationship almost half of the participants chose where the self and the other are off-centered and the other half chose the self and other are concentric. Based on the characteristics of Turkish culture being both individualistic and collectivistic, it was expected that the sample of the study to report the unideal relationship intimacy as both off-centered and concentric. Although Turkey is a more collectivist country, it is known that people with higher socio-cultural levels have the tendency to be more individualistic, in other words more detached than others emotionally (Kim et al., 1994).

Individuals' level of intimacy gives insights regarding the population's style of relating. As mentioned above, it was expected to have a relationship between discrepancy in intimacy and relationship satisfaction. The correlations between intimacy levels and relationship satisfaction was also investigated. Compatible to expectations a positive correlation between current intimacy and relationship satisfaction, and a negative correlation between discrepancy in intimacy and relationship satisfaction was found. Participants who felt closer in their relationship also were more satisfied with their relationship, vice versa participants who were more satisfied with their relationship reported closer intimacy in their relationship. Only the discrepancy in intimacy was a predictor of relationship satisfaction and it's the second strongest predictor in this study. A decrease in relationship satisfaction was observed as the discrepancy in intimacy increased. In other words;

individuals are less satisfied with their relationship when their perception of ideal intimacy is much closer than it is in reality. The results were in line with the expectations, being more satisfied with the relationship when being more intimate in the relationship and being less satisfied with the relationship when being less intimate in current relationship than expected. It can be said that the sample of the study have the tendency to include self into others. Other studies also suggested that emotional and sexual intimacy and couple's intimacy goals were strong predictors of relationship satisfaction (Greeff & Malherbe, 2001; Sanderson & Cantor, 2001; Schaefer & Olson, 1981).

4.3. REFLECTIVE FUNCTIONING AND RELATIONSHIP SATISFACTION

Mentalization, operationalized as certainty and uncertainty in reflective functioning was examined in this study, since it contains projections of inner and relational world. The levels of reflective functioning both for certainty and uncertainty were low in this study compared to development and validation study of reflective functioning questionnaire (Fonagy et. al., 2016).

It was hypothesized that there would be an association between reflective functioning levels of individuals and relationship satisfaction. However, looking at the difference of reflective functioning certainty and uncertainty scores between other studies and the sample of this study it was not possible to have a significant relationship. There was a weak correlation between reflective functioning and relationship satisfaction levels. Although it was expected that reflective functioning would be a predictor of relationship satisfaction, results didn't corroborate. This could be due to the low mean values at the sample of this study or the measurement capacity of Reflective Functioning Questionnaire. Further researches with different samples can be conducted to explain this outcome.

Mothering and parenting behaviors were the main focuses of reflective functioning in other researches (Jessee et al., 2018; Slade, 2005). At the study of Jessee et al. (2018) reflective functioning levels of husbands and wives was coded

from the Adult Attachment Interview which is a semi-structured clinical interview and it was found that wives who had high reflective functioning levels had more positive and less conflicted marital interactions; however; husbands' reflective functioning levels were not the predictor of marital satisfaction. Even though it is surprising that reflective functioning, in other words the ability to take others' perspective and understanding their attributions, doesn't predict relationship satisfaction in this study, the effect of measuring reflective functioning quantitatively could be considered as a reason.

4.4. SHADOW ARCHETYPE AWARENESS AND RELATIONSHIP SATISFACTION

Shadow Archetype Awareness Questionnaire (SAQ) was designed and used to assess individuals Jungian shadow archetype awareness both intrapsychically and interpersonally. An exploratory factor analysis was conducted and there were five components of SAQ although it was expected to have intrapsychic and interpersonal subcategories. Five components were identified as; Awareness of the Shadow, Other's Shadow as Conflictual, Dismissal of Relational Negativity, Negative Magical Thinking, Intolerance of Other's Shadow.

The first component, Awareness of the Shadow, indicated the acceptance of primitive instincts, darkness, evil, aggression and desire functions. Items covered the negative parts of the unconscious self as Jung (1937) described as the shadow archetype. All the items except the item "I believe everyone has the potential to be both very bad and very good." concentrated on the dark sides of the unconscious. Jung (1951) stated that shadow is not only the negative side of the unconscious but also the positive parts since it's the entire unconscious. This study mainly concentrated on the negative parts of the shadow. As Shadow Awareness increased relationship satisfaction surprisingly decreased. It was also hypothesized that Awareness of the Shadow would have a positive correlation with relationship satisfaction the results didn't support it.

The second component, Other's Shadow as Conflictual, reflected individuals' attribution of others' lack of control as source for relational conflict which is the strongest predictor for relationship satisfaction. According to the content of the items in this component, individuals who reported high scores for this component indicated that they see their spouses' lack of controlling their drives as the source of conflict in their relationship. As seeing other's shadow as conflictual increased, decrease in relationship satisfaction was observed. In other words, those who see their spouse's shadow and perceive it as the source of relational conflict are more dissatisfied with their relationship. This could be also explained as projecting own shadow to others. Since projection levels of individuals wasn't measured at this study it can only be assumed that individuals project their own shadow to their partner. As mentioned in the introduction section, Klein (1946) mentioned projective identification as a defense mechanism in which the other is seen as the source of the projected feelings not self. One can be in conflict with own shadow and experience it as raw and uncontrollable. Projecting own shadow and identifying with it can be the cause of seeing others' shadow as conflictual and being dissatisfied with the relationship. Another reason of it could be for the couple to be stuck in a projective gridlock as Morgan (1995) suggested. Projective gridlock is a situation where the couple cannot separate self from significant other and become extremely dependent to each other and need projective identification in order to relationship to function. Levite and Cohen (2012) examined the dynamics of the couples with high-conflict divorces in their article and suggested that couples in high-conflict relationships tend use projection processes and conflicts serve as defenses. When being locked in a pattern of interaction which is also defined as projective gridlock, conflicts in the relationship define the dynamics between couple. If seeing others' shadow as conflictual considered as a defense and it causes conflicts in the relationship, it makes sense that people in this study reported becoming more dissatisfied with their relationship as they see their partners' shadow as the source of relational conflicts.

Furthermore, Dismissal of Relational Negativity which referred to the denial of negativity in the relationship was the third predictor of relationship satisfaction

in this study. Dismissing negativity in the relationship increased satisfaction. It was expected that any kind of awareness of the shadow would have a relationship with relationship satisfaction. As dismissing is the opposite of being aware, this predictor was not expected as hypothesized. Nancy McWilliams (2011) explains denial as “Refusing to accept that they are happening in order to handle unpleasant experience,” (p. 309) and continues claiming that denial lives on automatically in self as first reaction to any catastrophe “If I don’t acknowledge it, it isn’t happening”. Conflicts can have negative implications for the relationships when they’re not resolved (Fincham & Beach 1999). Dissatisfaction in the relationship may arise when couples get stuck in unresolved conflicts. Since dismissing negativity in the relationship increases relationship satisfaction according to this study, dismissal can be a way to avoid conflicts. Dismissal, in other words denial, is not accepting unwanted experiences by refusing them (McWilliams, 2011). Participants in this study who tend to dismiss relational negativity might also have the tendency to dismiss any dissatisfaction in the relationship. If they deny that they’re dissatisfied with their relationship they might also not report any dissatisfaction in the relationship. The satisfaction they report might not be genuine satisfaction but rather a tendency to idealize the relationship. On the other hand, according to the outcomes of Gottman and Krokoff’s (1989) longitudinal study, husbands’ “conflict engagement” predicted positive change in husbands’ and wives’ relationship satisfaction. It may seem like “ignorance is bliss,” dismissing the negativity in the relationship might also not be the best solution in the long term. Couples who were able to collaborate to solve conflicts had the highest relationship satisfaction score in the study made with 57 couples (Greeff & Bruyne, 2011).

According to these three components it can be said that recognizing own and others’ shadow cause decrease in relationship satisfaction. The term shadow in this study was perceived as negative both for self and other and this negativity caused dissatisfaction in the relationship. This could be looked as awareness does not come up as positive rather it is a source of negativity for relationship satisfaction. Awareness was thought as not only being aware but also internalizing the dark sides. According to this, SAQ might not be measuring what was intended

but might be measuring only recognizing without internalizing. What dark side, bad thought, overshadow and monster mean for the participants is unknown. The answers to questions like how they would describe evil/darkness, what they think about their and others' potential of being evil and what do they do to control it can give insight to the level of awareness and/or internalization. The sample of the study might have a tendency to dismiss negativity in order to be satisfied with their relationship. This could be understood as the term awareness does not mean that it is processed, digested, and/or internalized.

The fourth and fifth component of SAQ Negative Magical Thinking and Intolerance of Other's Shadow had a negative correlation with relationship satisfaction but weren't predictors of relationship satisfaction. Negative Magical Thinking included items in which the negativity was attributed to magical thinking such as "Often I tell myself what comes to my mind comes true." and Intolerance of Other's Shadow represented impatience of individuals about others' drives. Similar to seeing others shadow as conflictual, individuals who have higher scores for the items that indicate recognizing others' shadow and not being able to tolerate it reported lower scores for relationship satisfaction. As discussed above, dismissing negativity seems to be increasing relational satisfaction. Although intolerance of other's shadow does not predict relationship satisfaction, it is negatively correlated with it. Any kind of perceived negativity in the relationship seems to decrease relationship satisfaction.

According to the outcomes more relational components; seeing others shadow as conflictual, dismissing relational negativity, negative magical thinking, and intolerance of others' shadow, decrease relationship satisfaction. Seeing negativity in others, in relationship, and in function of world seem to be related with dissatisfaction in relationship. Individuals might have the tendency to attribute the negativity to others, spouse, world rather than self. Seeing shadow in others seems like lessening satisfaction. Similar to it also seeing shadow in self appears to be in relation with dissatisfaction in the relationship. It looks as if there is no tolerance for shadow both in self, other and world. This could be understood as not being able to internalize shadow consciously. Seeing shadow and being aware of it does not

increase relationship satisfaction as assumed. The items of SAQ may not be measuring awareness directly.

4.5. CLINICAL IMPLICATIONS

There are some clinical implications derived from this study despite the limitations of the study. Research brings a Jungian point of view to psychodynamic couple's therapy. Although there are lots of contents related to psychodynamic couple's therapy, there is limited research made about shadow archetype and relationship satisfaction. The first contribution of this research is bringing a tool to measure Jungian shadow archetype awareness. Further, outcomes of the study may help couples therapists while formulating their cases with dissatisfied couples. Looking at the predictors in this study it can be said that it is important to consider unconscious motivations and/or processes of individuals to examine relationship satisfaction. This study seems to show that recognizing shadow and perceiving it as negative is decreasing relationship satisfaction. From a therapeutic point of view, it is assumed that being more aware of internal processes, especially conflictual and dark internal processes, enable more satisfied relationships. It is seen that this process is complicated and cannot be understood with only a questionnaire. The results of the research brought the idea that couples therapists can contribute to their formulation of their couples by considering the main predictor at this study seeing others' shadow as conflictual. The outcome might serve as a pathway to follow the source of the couples' conflict. Moreover, dismissal of relational negativity can be considered as the explanation of the satisfaction difference between partners. It may be thought that as one partner is blaming the other as the source of conflict, other partner may seem more satisfied with the relationship by dismissing the negativity. The difference between not experiencing negativity and dismissing can be important while formulating.

Intimacy levels of individuals also play a big role in relationship satisfaction. Therapists can assess couples current and ideal intimacy levels, the difference between them and how this difference effect relationship satisfaction.

Lastly, it should be noted that being separated once may be the reason of dissatisfaction. Therapists should assess the former relational wounds if their clients mention about a separation.

4.6. LIMITATIONS AND FURTHER DIRECTIONS

There are some limitations for this study, first of all the term awareness does not indicate an awareness which is internalized. Secondly, a questionnaire gives a more general information about unconscious processes. In order gain a deeper and broader information, a semi-structured qualitative research can be done in the future with the help of open-ended questions that may also allow a space for free associations.

It was thought that negativity in the relationship could be related to projection. Levels of projection and projective identification usage of the participants were not examined in this study. Including Defense Style Questionnaire to the instruments of this study was considered. However, it was chosen not to due to the excess number of questions. The instruments were carefully selected to be brief but concise in a way that could gain the most data for the focus of this study. For further studies and analyses the use of SAQ could be examined with the help of DSQ or just the items regarding projection and projective identification in DSQ. SAQ can also be used in different dimensions to have an understanding of individual experiences rather than relationship experiences, such as; trauma, defenses, psychological well-being.

Age was a predictor of relationship satisfaction in this study however there was an age limit between 23-50 that can be distorting for other sample groups. It was questioned whether the results would be the same if there were no age limitations. This correlation can be examined within this framework in order to understand the accuracy of this prediction.

Contrary to other studies; trauma was not a predictor of relationship satisfaction for this study, as mentioned earlier trauma experiences of the

participants could be asked more detailed. A questionnaire such as Harvard Trauma Questionnaire could be given to the participants.

The orientation of the individual therapies and the reasons for therapies could have been asked to the participants. A large sample of individuals who are in their psychodynamic approached therapy process and/or completed a long-term individual therapy such as psychoanalyses could be effective to examine the effect of psychoanalytical/psychodynamic individual therapy on shadow awareness and/or internalization.



CHAPTER 5

CONCLUSION

This study is one of the first studies in looking at the relationship between shadow archetype and relationship satisfaction. To investigate this relationship, a Shadow Archetype Awareness Questionnaire (SAQ) was developed. The results showed that SAQ was a valid and reliable measure of awareness of shadow archetype, however, the level of awareness is open to discussion. Two components of SAQ were predictors of relationship satisfaction. Another aspect of the study was to investigate the effect of perceived intimacy on relationship satisfaction. The difference between current and ideal relationship intimacy, age, and experiencing a separation in the relationship, were also predictors of relationship satisfaction. The results showed that negative experiences and perceptions in the relationships had predictive power on relationship satisfaction.

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APPENDICES

Appendix A: Informed Consent Form in Turkish

Değerli Katılımcı,

Bu araştırma, Bilgi Üniversitesi Klinik Psikoloji Bölümü Çift ve Aile Alt dalı öğrencisi Darina Çüçülayef tarafından yürütülmektedir.

Bu araştırma ilişki doyumu ile kendinde ve ötekende iç dünyanın karanlık olarak tanımlanabilecek daha dürtüsel ve ilkel tarafı ile temas, duygu regülasyonu ve duygu / niyet atfı arasındaki ilişkileri incelemeyi amaçlamaktadır.

Araştırmaya katılmak için 23 yaşın üzerinde ve 50 yaşın altında olmanız, en az 1 yıldır romantik/ciddi bir ilişki içinde olmanız gerekmektedir. Bu araştırma sırasında sizden kimliğinizi belli edebilecek isim, soy isim, doğum tarihi gibi hiçbir bilgi istenmeyecektir. Cevaplarınız tümüyle gizli tutulacak ve sadece çalışmayı yürüten araştırmacılar tarafından değerlendirilecektir; elde edilecek bilgiler bilimsel yayımlarda kullanılacaktır.

Çalışma, yaklaşık olarak 20 dakikanızı alacaktır. Çalışmaya katılım tamamıyla gönüllüdür. Bunun yanında, katılım sırasında herhangi bir nedenden ötürü kendinizi rahatsız hissederseniz çalışmayı yarıda bırakmakta serbestsiniz.

Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz.

Çalışma hakkında daha fazla bilgi almak için Darina Çüçülayef (E-posta: darinacuculayef@gmail.com) ile iletişim kurabilirsiniz.

Yukarıdaki bilgileri okudum ve anladım. Araştırmaya katılmayı kabul ediyorum.

- Onay veriyorum.
- Onay vermiyorum.

Appendix B: Demographic Information Form and Relational Questions in Turkish

1. Cinsiyetiniz

- Kadın
- Erkek
- Diğer
- Belirtmek istemiyorum

2. Cinsel yöneliminiz

- Heteroseksüel
- Homoseksüel
- Biseksüel
- Diğer
- Belirtmek istemiyorum

3. Doğum yılınız _____

4. Eğitim durumunuz

- İlköğretim mezunu
- Lise mezunu
- Üniversite öğrencisi(_____ sınıf; _____ bölümü)
- Üniversite mezunu (_____ bölümü)
- Yüksek Lisans öğrencisi (_____ sınıf; _____ bölümü)
- Yüksek Lisans mezunu (_____ bölümü)
- Doktora öğrencisi (_____ sınıf; _____ bölümü)
- Doktora mezunu (_____ bölümü)
- Diğer: _____

5. Şu andaki mesleğiniz;

6. Yaşadığınız bölge

- Marmara Bölgesi
- Ege Bölgesi

- Karadeniz Bölgesi
- İç Anadolu Bölgesi
- Akdeniz Bölgesi
- Doğu Anadolu Bölgesi
- Güneydoğu Anadolu Bölgesi
- Yurtdışı (Lütfen ülke belirtin): _____

7. İlişki durumunuz

- Evli
- Nişanlı
- İlişkide

8. İlişkiniz ne kadar zamandır sürüyor? (ay/yıl olarak belirtiniz)

9. Eşiniz/sevgilinizle birlikte mi yaşıyorsunuz?

- Evet
- Hayır

10. Ne kadar zamandır birlikte yaşıyorsunuz? (ay/yıl olarak belirtiniz)_____

11. Eşiniz/sevgilinizle ne sıklıkla görüşüyorsunuz?

- Haftada birden az
- Haftada 1-3
- Haftada 3-5
- Neredeyse her gün
- Diğer (lütfen belirtiniz)_____

12. Daha önce bu ilişkinizde ayrılık yaşadınız mı?

- Evet
- Hayır

13. En uzun ilişkiniz ne kadar sürdü?

- Şimdiki ilişkim:_____ (ay/yıl olarak belirtiniz)
- Eski ilişkim:_____ (ay/yıl olarak belirtiniz)

14. Çocuğunuz var mı?

- Evet
- Hayır

15. Kaç çocuğunuz var?

- Cinsiyetleri ve yaşlarını belirtiniz:
- 1. Çocuk: ___ yaşında, kız/erkek
- 2. Çocuk: ___ yaşında, kız/erkek
- 3. Çocuk: ___ yaşında, kız/erkek
- 4. Çocuk: ___ yaşında, kız/erkek

16. Daha önce bireysel terapiye gittiniz mi?

- Evet
- Hayır

Evet ise lütfen kısaca cevaplayın;

- Gidiş nedeniniz: _____
- Ne kadar sürdü/Sürüyor: _____
- Ne zaman(yıl olarak belirtebilirsiniz): _____
- Şu anda aktif olarak terapi sürecindeyseniz lütfen işaretleyin.

17. Daha önce çift terapisine gittiniz mi?

- Evet
- Hayır

Evet ise lütfen kısaca cevaplayın;

- Gidiş nedeniniz: _____
- Ne kadar sürdü/Sürüyor: _____
- Ne zaman(yıl olarak belirtebilirsiniz): _____
- Şu anda aktif olarak terapi sürecindeyseniz lütfen işaretleyin.

18. Yaşam kalitenizi etkileyen kronik sağlık sorununuz var mı?

- Evet
- Hayır
- Evet ise lütfen kısaca açıklayın: _____

19. Günlük yaşantınızı etkileyen psikolojik sorununuz var mı?

- Evet
- Hayır
- Evet ise lütfen kısaca açıklayın: _____

20. Daha önce tanı aldığımız psikolojik bir sorununuz var mı?

- Evet
- Hayır
- Evet ise lütfen kısaca açıklayın: _____

21. Tanı almadığımız ama psikolojik olarak rahatsız hissettiğiniz/zorlandığınız bir alan var mı?

- Evet
- Hayır
- Evet ise lütfen kısaca açıklayın: _____

22. Daha önce travmatik denilebilecek, bugünkü hayatınızda etkisi olduğunu düşündüğünüz bir deneyim yaşadınız mı?

- Evet
- Hayır

Evet ise lütfen kısaca bahsedin: _____

23. Birden fazla travmatik deneyiminiz var mı?

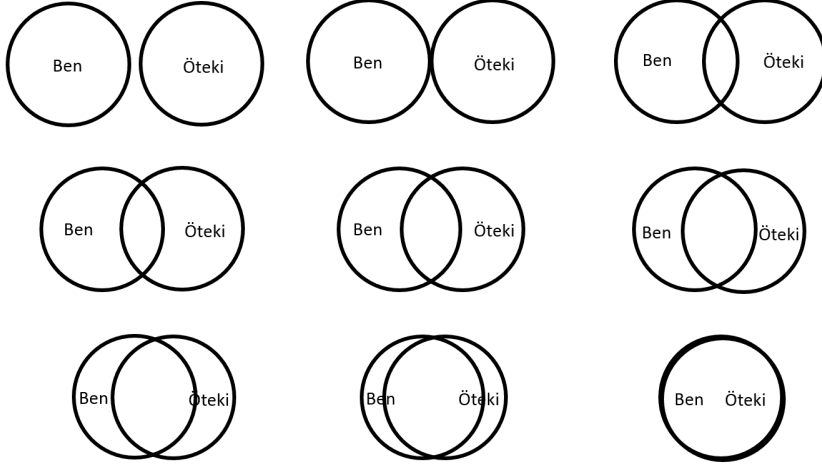
- Evet
- Hayır

Yaşadığınız travmatik deneyim/lerin dönemi:

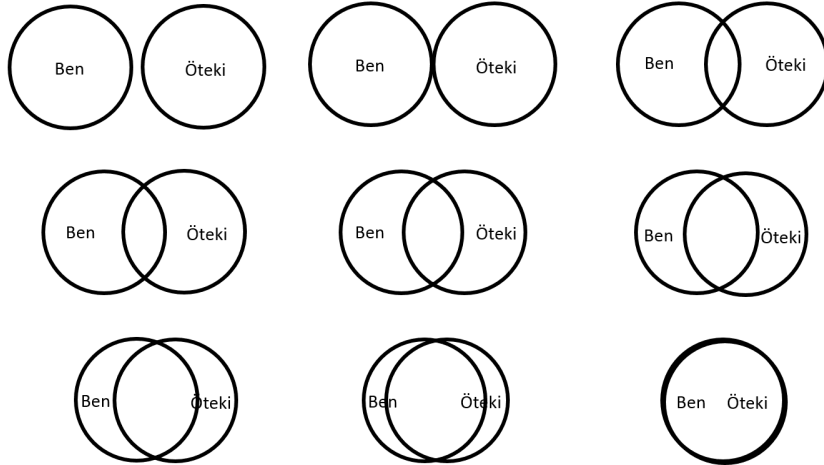
- Erken Çocukluk (0-3 yaş) : _____
- Çocukluk (4-12 yaş): _____
- Ergenlik (12-18 yaş) : _____
- Yetişkinlik (18 yaş ve üstü) : _____

Appendix C: Revised response options of Inclusion-of-Other-in-the-Self (IOS)
in Turkish

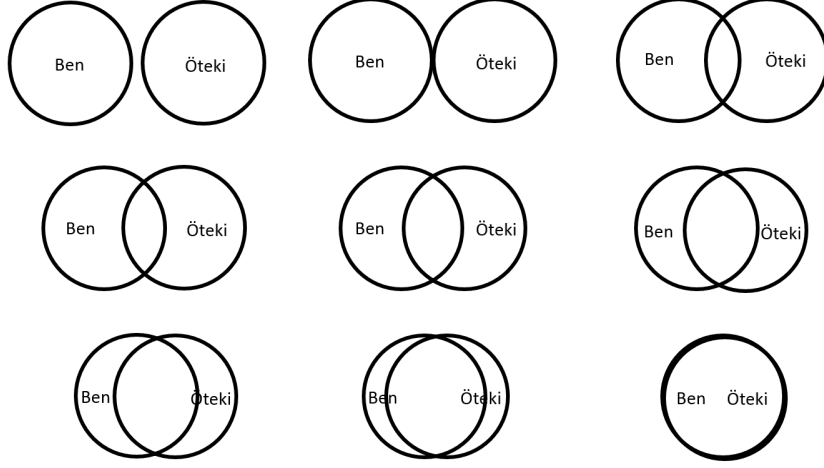
Sizce şimdiki ilişkinizdeki yakınlığı aşağıdaki görsellerden hangisi tanımlar?



1. Sizin için en ideal ilişkideki yakınlığı aşağıdaki görsellerden hangisi tanımlar?



2. Sizce en istemediğiniz ilişki yakınlığını aşağıdaki görsellerden hangisi tanımlar?



Appendix D: Relationship Assessment Scale (RAS) in Turkish

İlişki Doyum Ölçeği (İDÖ)

Aşağıdaki ifadeleri, size uygun olan dereceye göre işaretleyiniz.

1. Sevgiliniz ihtiyaçlarınızı ne kadar karşılıyor?

Hiç Karşılmıyor 1 2 3 4 5 6 7 Tamamen Karşılıyor

2. Genel olarak ilişkinizden ne kadar memnunsunuz?

Hiç Memnun değilim 1 2 3 4 5 6 7 Tamamen memnunum

3. Diğerleri ile karşılaştığımızda ilişkiniz ne kadar iyi?

Çok Daha Kötü 1 2 3 4 5 6 7 Çok Daha İyi

4. Ne sıklıkla ilişkinize hiç başlamamış olmayı istiyorsunuz?

Hiçbir zaman 1 2 3 4 5 6 7 Her Zaman

5. İlişkiniz ne dereceye kadar sizin başlangıçtaki beklentilerinizi karşılıyor?

Hiç Karşılmıyor 1 2 3 4 5 6 7 Tamamen Karşılıyor

6. Sevgilinizi ne kadar seviyorsunuz?

Çok seviyorum 1 2 3 4 5 6 7 Hiç Sevmiyorum

7. İlişkinizde ne kadar problem var?

Hiç Yok 1 2 3 4 5 6 7 Çok Var

Appendix E: Reflective Functioning Questionnaire (RFQ-8) in Turkish

YANSITICI İŞLEYİŞ ÖLÇEĞİ (YİÖ)

Lütfen aşağıdaki cümleleri dikkatlice okuyunuz. Her bir cümle için, cümleye ne kadar katıldığınızı ifade etmek üzere 1 ile 7 arasında bir numara seçip cümlenin yanına yazınız. Cümleler üzerinde çok fazla düşünmeyin- ilk tepkiniz genellikle en iyisidir. Teşekkür ederiz.

1'den 7'ye kadar olan aşağıdaki ölçeği kullanın:

Kesinlikle Katılmıyorum	1	2	3	4	5	6	7	Kesinlikle Katılıyorum
----------------------------	---	---	---	---	---	---	---	---------------------------

1. İnsanların düşünceleri benim için bir bilinmezdir.
2. Neyi neden yaptığımı her zaman bilmem.
3. Sinirlendiğimde, neden söylediğimi gerçekten bilmediğim şeyler söylerim.
4. Sinirlendiğimde, sonradan pişman olacağım şeyler söylerim.
5. Eğer güvensiz hissedersen, diğerlerini sinirlendirecek şekilde davranırım.
6. Bazen neden yaptığımı gerçekten bilmediğim şeyler yaparım.
7. Ne hissettiğimi her zaman bilirim.
8. Güçlü duygular genellikle düşüncelerimi bulanıklaştırır.

Appendix F: Shadow Archetype Awareness Questionnaire (SAQ) in Turkish

Lütfen aşağıdaki cümleleri dikkatlice okuyup her bir cümle için, cümleye ne kadar katıldığınızı ifade etmek üzere 1 ile 7 arasında bir numara seçip cümlenin yanına yazınız.

1'den 7'ye kadar olan aşağıdaki ölçeği kullanın:

Kesinlikle	1	2	3	4	5	6	7	Kesinlikle
Katılmıyorum								Katılıyorum

1. İç dünyamda benim bile farkında olmadığım karanlık bir taraf vardır.
2. Rüyalarımda normal hayatta asla yapmam diyeceğim şeyleri yaptığım olur.
3. Toplum içinde yaşamam çok daha farklı davranabilirim.
4. Hepimizin içinde kötücül bir taraf vardır.
5. İçimde ilkel bir taraf olduğunu hissedebiliyorum.
6. İnsan sosyal bir varlık olmasa diğer hayvanlardan bir farkı olmazdı.
7. İzlediğim bir şey çok sinirime dokunduğunda izlemeye devam etmekten kendimi alamam.
8. İnsanın en derindeki arzuları ve saldırganlığı gizli kalır.
9. Dürtülerini kontrol edemeyen insanlara tahammülüm yok.
10. ARSIZ insan görmek bana dayanılmaz geliyor.
11. Bir şeyi çok arzulamak beni korkutur.
12. Bazı insanların nasıl bu kadar kötü olabildiğini aklım almıyor.
13. Çok uyumlu ve sevecen insanlar beni rahatsız ediyor.
14. Çevremdeki insanlarda eksik gördüğüm özelliklerin üzerine giderim.
15. Üzerimde çok nazar olduğunu düşünüyorum.
16. Korktuğum her seferinde başıma geliyor.
17. Sevmediğim insanların benimle hiçbir ortak noktası bulunmadığına inanıyorum.
18. Herkesin hem çok kötü hem çok iyi olma potansiyeli olduğuna inanırım.
19. Kimin grup içi kimin grup dışı olduğuna dair keskin yargıları vardır.

20. Oturup konuşulunca vahşi suçları işlemiş biriyle bile ortak, evrensel, insani bir özde buluşabileceğimizi düşünürüm.
21. Sıkça aklıma gelen başıma geldi derim.
22. Eşim/sevgilimin beğenmediğim özelliklerini değiştirmek için uğraşırım.
23. Kendimi ilişkimde kaçındığım durumların içinde bulurum.
24. Ben uyumlu olmak için o kadar çabalarken eşim/sevgilim yüzünden kendimi çatışmanın içinde bulurum.
25. Eşim/sevgilim içimdekileri gerçekten bilse benimle birlikte olmazdı.
26. Eşimi/sevgilimi ne kadar iyi tanırsam tanıyayım, aslında göremediğim bir karanlık tarafı vardır.
27. Eşim/sevgilim bazen sadece çıkarı için benimleymiş gibi hissederim.
28. Eşim/sevgilimle cinsel paylaşımın çok ötesinde bir bağımız olduğuna inanırım.
29. Bazen eşimin/sevgilimin içinden bir canavar çıkar.
30. Eşim/sevgilimin bir şeyi çok arzuladığını görmek beni rahatsız eder.
31. Eşim/sevgilim dürtülerini kontrol edemediğinde ona tahammül edemem.
32. Eşim/sevgilimin iç dünyasında hiç karanlık bir taraf olmadığını düşünürüm.
33. Eşim/sevgilimin sosyal olarak kabul görmeyecek bir şey yapması beni ayrılık noktasına getirir.
34. Bilinçdışımızdaki arzu ve korkular ilişkimizde de bizi bir gölge gibi takip eder.
35. Bazı davranışlarını gördüğümde eşime/sevgilime tamamen yabancılaşırım.
36. Başkalarının eşim/sevgilimle benim ilişkimizi çok kıskandıklarına inanırım.
37. Eşim/sevgilimle ilgili aklımdan en ufak bir kötü düşünce geçmemiştir.
38. Eşim/sevgilimin aklından benimle ilgili en ufak bir kötü düşünce geçmemiştir.
39. Çok yoğun arzuların ilişkimizin saflığına gölge düşüreceğine inanırım.
40. Tartışmalarımızın ilişkimizin saflığına gölge düşüreceğine inanırım.
41. Eşim/sevgilimle asla kavga etmiyor olmaktan gurur duyarım.
42. Eşim/sevgilimin bedenine dair doğal şeyler beni tiksindirir

**ETİK KURUL DEĞERLENDİRME SONUCU/RESULT OF EVALUATION BY
THE ETHICS COMMITTEE**

(Bu bölüm İstanbul Bilgi Üniversitesi İnsan Araştırmaları Etik Kurul tarafından doldurulacaktır /This section to be completed by the Committee on Ethics in research on Humans)

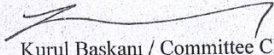
Başvuru Sahibi / Applicant: Darina Çiçülayef

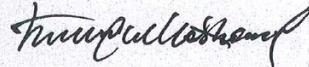
Proje Başlığı / Project Title: The Relationship Between the Disowned Aspects of Self and Relationship Satisfaction: An Investigation from the Perspective of Shadow Archetype

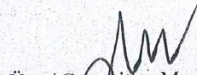
Proje No. / Project Number: 2019-20024-177

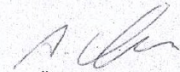
1.	Herhangi bir değişikliğe gerek yoktur / There is no need for revision	XX
2.	Ret/ Application Rejected Reddin gerekçesi / Reason for Rejection	

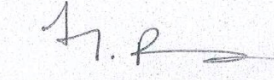
Değerlendirme Tarihi / Date of Evaluation: 9 Aralık 2019


Kurul Başkanı / Committee Chair
Doç. Dr. İtir Erhart


Üye / Committee Member
Prof. Dr. Turgut Tarhanlı


Üye / Committee Member
Prof. Dr. Koray Akay


Üye / Committee Member
Prof. Dr. Aslı Tunç


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