

10.1 Social Exchange Theory

- Let's unpack what this can mean?
- There are costs and rewards in a given relationship and we are weighing those.
- Ultimately we decide whether or not the work we put in is balancing with what we are receiving.
- Rewards?
- Outcomes we get from a relationship that benefit us.
- Costs?
- What we give... Favors etc.
- While it is ok to give and give we all want to get sometimes.
- We have all been in or seen relationships that are one-way... It is not fun.