

FAVORS SURVEY INSTRUMENTS

Favors 5-Item Rebound Relationship High/Low Value Scale

The Favors 5-Item Rebound Relationship High/Low Value Scale gauges the perception of the rebound as having high or low value and the individual who chooses and forms rebound relationships.

1. Do you believe rebounds are high value mates or low value mates?
 - a. High value mates
 - b. Low value mates
2. Do you believe a high value mate provides one or more of the following?
 - a. Sex
 - b. Companionship
 - c. Money
 - d. Time filler
3. Do you believe a low value mate provides one or more of the following?
 - a. Sex
 - b. Companionship
 - c. Money
 - d. Time filler
4. How long do you expect to stay in a rebound relationship where the mate is high value?
 - a. 1 day to a month
 - b. 1 month to 3 months
 - c. More than 3 months
 - d. More than 6 months
5. How long do you expect to stay in a rebound relationship where the mate is low value?
 - a. 1 day to a month
 - b. 1 month to 3 months
 - c. More than 3 months
 - d. More than 6 months
6. What is your sex?
 - a. Male
 - b. Female
7. Age Range
 - a. Under 18
 - b. 18 to 24
 - c. 25-34
 - d. 35-44
 - e. 45-54
 - f. 55-64
 - g. 65+
8. Race
 - a. White or Caucasian
 - b. Black or African American
 - c. Hispanic or Latino
 - d. American Indian or Alaska Native

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- e. Native Hawaiian or other Pacific Islander
- f. Another race

Questions in this survey are useful for helping counseling clients understand the importance of high mate value and low mate value in choosing rebound relationships.

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Survey Design & Development

The development of Favors Survey Instruments is based on psychology research. The survey instruments are housed within the main title *Toxic Encounters: Why People Pursue Rebound Relationships, Part I*. The Selected Resources represent an abbreviated bibliography for the development of the survey instruments. The full bibliography is available on www.reginayfavors.com website and within the main casebook referenced.

Selected Resources

The following selected resources are connected to multiple YouTube series and research projects conducted on the topic of rebounding and rebound relationships. The following themes represent a select view of the topic. A comprehensive bibliography is available on www.reginayfavors.com.

Self-Perceived Mate Value

Arnocky, S. (2018). Self-perceived mate value, facial attractiveness, and mate preferences: Do desirable men want it all? *Evolutionary Psychology*, 1-8. Retrieved from <https://journals.sagepub.com/doi/full/10.1177/1474704918763271>

Mate-Switching Hypothesis

Buss, D. M., Goetz, C., Duntley, J. D., Asao, K., & Conroy-Beam, D. (2017). The mate switching hypothesis. *Psychology and Individual Differences*, 104, 143-149. Retrieved from http://carigoetz.com/docs/PAID_MateSwitchingHypothesis.pdf

Mate Retention Inventory

Buss, D. M., Shackelford, T. K., & McKibbin, W. F. (2008). The mate retention inventory-short form (MRI-SF). *Personality and Individual Differences*, 44, 322-334. Retrieved from <https://labs.la.utexas.edu/buss/files/2013/02/BussShack-MRI-SF-2008.pdf>

Perceived Partner Uniqueness

Dillow, M. R., Afifi, W. A., & Matsunaga, M. (2011). Perceived partner uniqueness and communicative and behavioral transgression outcomes in romantic relationships. *Journal of Social and Personal Relationships*, 29, 28-51. Retrieved from <https://journals.sagepub.com/doi/full/10.1177/0265407511420191>

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Living with Sexual Boredom

Tunariu, A. D., & Reavey, P. (2003). Men in love: living with sexual boredom. *Sexual and Relationship therapy*, 18 (1), 63-94. Retrieved from <https://www.tandfonline.com/doi/abs/10.1080/1468199031000061272?journalCode=csmt20>

The Mate Value Scale

Edlund, J. E., & Sagarin, B. J. (2014). The mate value scale. *Personality and Individual Differences*, 64, 72-77. Retrieved from https://www.researchgate.net/publication/260801167_The_Mate_Value_Scale

Men's Mate Value & Mate Retention

Miner, E. J., Starratt, V. G., Shackelford, T. K. (2009). It's not all about her: Men's mate value and mate retention. *Psychology and Individual Differences*, 47, 214-218. Retrieved from https://www.researchgate.net/publication/237423458_It's_not_all_about_her_Men's_mate_value_and_mate_retention

Becoming Irreplaceable

Murray, S. L., Leder, S., MacGregor, J. C. D., Holmes, J. G., Pinkus, R. T., & Harris, B. (2009). Becoming irreplaceable: How comparisons to the partner's alternatives differentially affect low and high self-esteem people. *Journal of Experimental Social Psychology*, 45, 1180-1191. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2783625/>

Rebound Relationship Investigation

Brumbaugh, C. C., & Fraley, C. (2015). Too fast, too soon? An empirical investigation into rebound relationships. *Journal of Social and Personal Relationships*, 32 (1), 99-118. Retrieved from <https://journals.sagepub.com/doi/pdf/10.1177/0265407514525086>

Coping with Breakups

Shimek, C. & Bello, R. (2014). Coping with breakups: Rebound relationships and gender socialization. Switzerland: Multidisciplinary Digital Publishing Institute. Retrieved from <http://www.mdpi.com/2076-0760/3/1/24>

On the Rebound & Focusing on Someone New

Spielmann, S. S., MacDonald, G., & Wilson, A. E. (2009). On the rebound: focusing on someone new helps anxiously attached individuals let go of ex-partners. *Society for Personality and Social Psychology, Inc.*, 35 (10), 1382-1394. Retrieved from <https://pdfs.semanticscholar.org/a7e5/6e2a9edcd28960620fd070e9f81354ab6581.pdf>

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What Predicts Romantic Satisfaction?

Conroy-Beam, D., Goetz, C. D., & Buss, D. M. (2016). What predicts romantic satisfaction and mate retention intensity: Mate preference fulfillment or mate value discrepancies. *Evolution and Human Behavior*, 37, 440-448. Retrieved from https://www.researchgate.net/publication/301855883_What_Predicts_Romantic_Relationship_Satisfaction_and_Mate_Retention_Intensity_Mate_Preference_Fulfillment_or_Mate_Value_Discrepancies

Is She Really Going Out with Him?

Hoplock, L. B., Stinson, D. A., & Joordens, C. T. (2019). Is she really going out with him? Attractiveness exchange and commitment scripts for romantic relationships. *Personality and Individual Differences*, 139, 181-190. Retrieved from <https://www.sciencedirect.com/science/article/pii/S019188691830610X>

Partner Similarity for the Insecure

Hudson, N. W., & Fraley, R. C. (2014). Partner similarity matters for the insecure: Attachment orientations moderate the association between similarity in partners' personality traits and relationship satisfaction. *Journal of Research in Personality*, 53, 112-123. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S0092656614001019?via%3Dihub>

Mate Value Predicts Partner-Directed Insults

Miner, E. J. & Shackelford, T. K. (2008). Mate value of romantic partners predicts men's partner-directed verbal insults. *Personality and Individual Differences*, 46 (2), 135-139. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0191886908003449>

Take It or Leave for Something Better

Nelissen, R. M. A., van Someren, D. S. I., & Zeelenberg, M. (2009). Take it or leave it for something better? Responses to fair offers in ultimatum bargaining. *Journal of Experimental Social Psychology*. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0022103109001358>

Mating Market Dynamics

Regnerus, M. (2012). Mating market dynamics, sex-ratio imbalances, and their consequences. *Springer Science, Business Media New York*, 49, 500-505. Retrieved from <https://link.springer.com/article/10.1007/s12115-012-9592-2>

He Said, She Said: Men's Reports of Mate Value

Starratt, V. G., & Shackelford, T. K. (2012). He said, she said: Men's reports of mate value and mate retention behaviors in intimate relationships. *Personality and Individual Differences*, 53,

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459-462. Retrieved from
<https://www.sciencedirect.com/science/article/pii/S0191886912001857>
When Men Murder Women

Violence Policy Center. (2020, September). When men murder women. VPC.org. Retrieved from <https://vpc.org/studies/wmmw2020.pdf>

Intimate Partner Violence

World Health Organization. (2012). Understanding and addressing violence against women: Intimate partner violence. WHO. Retrieved from https://apps.who.int/iris/bitstream/handle/10665/77432/WHO_RHR_12.36_eng.pdf

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About

About the Author

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Regina Y. Favors, M.A., received both master's and bachelor's degrees in English from San Diego State University. Regina is a former Adjunct Professor of English at Dallas College, Richland Campus in Dallas, Texas, teaching first-year composition.

Regina is currently completing a second online master's in psychology through The Chicago School of Professional Psychology (2022). Research interests include social psychology, adult attachment, rebound relationships, relational transgressions, and other short-term mating strategies.

Regina's primary focus is on the correlation between relational transgression and the onset of rebound relationships and the distinctive impact both have on a core relationship and a rebound relationship.

Regina's professional plans include completing a Ph.D. in the future.

For more information or bookings, please visit the website: www.reginayfavors.com.

About Favors Learning Center

The Regina Y. Favors Learning Center, d.b.a. Favors Learning Center, is a registered (inactive) government contractor and learning management solutions provider.

The sole proprietor is an IRS-registered entity, operating initially out of San Diego, CA, operating today out of Dallas, TX. FLC develops online learning materials.

The vision of Favors Learning Center is to become the preferred provider of educational materials that focus on overcoming setback through rebounding and life recovery and overcoming academic setback by focusing on feedback

All FLC products are in development as well as the full curriculum and online medium. The YouTube and social media products represent the foundation for the curriculum and are subject to change.

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Books

The following books are available on Amazon by the tentative due date.

Toxic Encounters: Why People Pursue Rebound Relationships, A Handbook, Part I

Toxic Encounters: Adult Attachment and the Problem with Rebounding, A Handbook, Part II

Toxic Encounters: Why You Should Go No Contact, A Handbook, Part III

Overcoming Setback: Five Keys for Entering & Exiting Correction

The Favors Life Recovery Coaching Curriculum: Relationship Readiness Assessment & Reflection Journal

Favors Financial Recovery Seminar: Psychological Approaches to Overcoming Financial Setback (Available by end of January 2022)

Favors Pre-Singles Counseling Coaching Curriculum: Introduction to the Series (Available by end of January 2022)

There are additional books and journals forthcoming.

Social Media

Facebook: <https://www.facebook.com/lifereboundrecovery/>

Twitter: <https://twitter.com/reginayfavors>

Instagram: <https://www.instagram.com/reginayfavors/>

YouTube: Regina Y. Favors Channel

YouTube: Favors English Lectures Channel

YouTube: Favors Film Analysis Channel

Websites

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***Visit:** www.favorswritingcenter.com

Visit: www.howdoyoulearnresearchproject.com

***Visit:** www.goodgirlsdontdate.com

*Some websites are still in development.