

# Introducing the SCRAP LOC Model: An Interventional Framework for Relational Divergence

Jesse Omoregie, PhD. (Corresponding author)

Department of Psychology, The University of Greater Manchester,  
United Kingdom

Orcid: <https://orcid.org/0000-0003-0749-419X>

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## Abstract

Omoregie (2023) developed the SCRAP LOC model in his book, 'Divergent Theory of Intimate Relationships: A Theory & Remedy.' The model provides a structured framework for addressing divergence in intimate relationships. The aim of this paper was to present the SCRAP LOC model, highlighting its theoretical underpinnings and practical applications. There were 76 couples (152 participants) who attended a relationship seminar that took place in the Greater Manchester region post covid-19 pandemic. Participants were those whose relationships had survived 10 years and above without in-between breakups. 32 key factors were extracted from participants' perceptions as being responsible for addressing relational divergence and improving relational harmony. These factors were factorised into superordinate factors. Findings suggest that the SCRAP LOC model has promising potential for usability. Potential implications and limitations of the model were discussed.

**Keywords:** SCRAP LOC Model; Divergence; Relational divergence; Intervention for relational divergence; relational harmony; relational psychology

## 1. Introduction

In most cases, intimate relationships begin with strong emotional bonds and shared values. However, over time, individuals in the relationship may experience divergence, a gradual emotional and behavioural distancing (Omoregie, 2023). The SCRAP LOC Model, developed by Omoregie (2023) in his book '*Divergent Theory of Intimate Relationships: A Theory & Remedy*', is a practical framework designed to address the phenomenon of divergence in intimate relationships. The Divergent Theory of Intimate Relationships (DTIR: Omoregie, 2023) posits that relationships begin at a '*point of unison*' (a shared emotional, cognitive, and

behavioural alignment) where partners align in values, interests, and emotional connection. The point of unison, coined by Omoregie (2023) is not a new phenomenon, for example, Jolink and Algoe (2024) investigated the initiation of romantic relationships, and highlighted that the early part of relationships is characterised by high emotions and mutual interest, thus creating the perception that the beginning is the best part. Jolink and Algoe (2024) views this as a perception (*note: it is not unfamiliar in psychology that perception can be selective*), conversely, Omoregie (2023) presented this as a “state”, a concept defined by its qualities or characteristics. Omoregie’s (2023) position is supported by Meltzer and McNulty’s (2019) conclusion that early romantic relationships are usually characterised by emotional investments, idealisations, and intense attraction than later stages, when compared. Like Omoregie (2023), Meltzer and McNulty’s (2019) conclusion suggest a “state” that is defined by its characteristics. In addition, while examining intimate relationships, Bode and Kushnick (2021) highlighted that intimate relationships are usually stronger at the beginning characterised by high emotional intensity.

Over time, individual growth, life changes, and unmet expectations can lead to relational divergence, such as emotional and physical detachment (*that is, deviation from the “point of unison”*). Thus, Omoregie (2023) introduced two mechanisms to address this: the Workplace Approach and the SCRAP LOC Model. The latter (*the focus of this paper*) serves as a theoretical framework for rebuilding intimacy and connection. The SCRAP LOC model proposes eight interrelated components that serve as mechanisms for restoring connection and fostering relational resilience, and as a preventative framework to counteract divergence and restore relational harmony.

### *A view of the problem*

Relational problems in intimate settings are a cause for concern worldwide. These can manifest in different ways including emotional and physical distancing or disconnection, separation, or even worse, some forms of intimate partner violence. The World Health Organization (2024) estimated that a third of women worldwide have experienced intimate partner violence. In the United States of America (USA), the Centers for Disease Control and Prevention (CDC) estimated that 41% of women and 26% of men will experience some forms of intimate partner violence in their lifetime (CDC, 2024). In addition, Lindner (2025) World Metrics data suggested that about 80% of individuals have been perpetrators of emotional abuse. Furthermore, 33% of couples experience loneliness and emotional detachment even when they are living together, while about 40% of marriages in the United States of America end in divorce (Lindner, 2025). In the United Kingdom (UK), Mediate UK data suggest that 42% marriages end in divorce (Knauf, 2025). In the England and Wales, there were 80,057 divorces granted in 2022, and 103,816 legal dissolutions in 2023 comprising of 102,678 divorces and 1,138 civil partnerships (knauf, 2025; Office for National Statistics, 2025). It is clear that relational problems in intimate settings can have emotional, physical, and behavioural impacts, thus necessitate strategies like interventions and frameworks that address such problems and improve relational harmony, satisfaction, and wellbeing.

### Framework Overview

The SCRAP LOC Model was developed with the purpose of counteracting relational divergence described by the DTIR and to stir the relationship to the “point of unison”.

#### Core Assumptions of the DTIR

- 1) Divergence is common in many long-term relationships due to personal development (not shared), external influences, and cognitive and behavioural factors.
- 2) Intentional relational practices can lessen or reverse divergence.
- 3) Emotional, cognitive, and behavioural alignment is necessary for relational resilience.
- 4) The SCRAP LOC Model supports relational improvement by offering a structured framework for nurturing intimacy through interconnected principles.

#### Components of the SCRAP LOC model

The SCRAP LOC Model serves as a practical framework to address the assumptions of the DTIR. While the theory explains why relationships diverge and what is needed to restore them, the model provides the ‘how’ to do so, through actionable relational principles that promote alignment and resilience. The SCRAP LOC Model is structured around eight core principles: “Shared Interest”, “Combined Growth and Development”, “Respect”, “Altruism”, “Patience”, “Listening”, “Objectiveness”, and “Closing the Gap”. These components interact to improve divergence and promote relational harmony. The model assumes that divergence is a natural consequence of individual growth and life changes, and that intentional relational practices can counteract its effects (Omoregie, 2023). *See table 1 for a representation of the SCRAP LOC Model.*

Table 1. SCRAP LOC model

Acronyms	Meaning	Cognitive and behavioural outcomes
S	Shared Interest	Engaging in mutual activities and shared goals to foster relational connection.
C	Combined Growth and Development	Supporting each other's personal development or encouraging synchronized personal development to avoid incongruent evolution.
R	Respect	Maintaining each other's dignity, values, and opinions, while facilitating empathy and constructive communication.
A	Altruism	Practicing mutual selflessness. Promoting selfless concern for the partner's well-being and reinforcing trust and commitment.
P	Patience	Navigating challenges with tolerance and understanding, while developing the capacity to delay instant gratifications.
L	Listening	Actively engaging in empathetic communication. Enhancing communication and emotional validation through active engagement.
O	Objectiveness	Resolving conflicts based on facts and shared truths rather than emotions.
C	Closing the Gap	Implementing strategies to restore emotional closeness and relational harmony.

*Shared Interest* highlights the importance of cultivating mutual passions and activities that foster emotional connection and facilitate meaningful interaction. The absence of shared interests often leads to conversational voids and emotional detachment, which can exacerbate divergence.

*Combined Growth and Development* advocates for synchronised personal advancement within the relationship. While individual growth is essential, the model emphasises that such development should not alienate one partner or create disparities that undermine relational cohesion. Instead, partners are encouraged to support each other's aspirations in ways that are mutually beneficial and congruent with their shared values.

*Respect* is positioned as the foundational pillar of the model. It encompasses empathy, constructive dialogue, appropriate use of language, and the preservation of dignity. Omorogie (2023) argued that respect is a universal principle, transcending cultural variations, and is indispensable for sustaining intimacy and trust.

*Altruism*, especially when reciprocal, is presented as a mechanism for nurturing selflessness and prioritising the partner's wellbeing. This mutual exchange of care and sacrifice strengthens emotional bonds and reinforces the commitment to the relationship.

*Patience* is conceptualised as a signal of dedication and emotional investment. It allows for tolerance during periods of growth, behavioural adjustment, and conflict resolution. Importantly, the model cautions against the exploitation of patience, distinguishing it from endurance of abuse or neglect. Patience also entails the delay of instant gratification for the benefit of relational cohesion in the long run.

*Listening* is treated as an active and empathetic process that facilitates understanding, emotional validation, and conflict resolution. Effective listening, according to the model, requires undivided attention, non-verbal affirmation, and verbal empathy, all of which contribute to a supportive relational environment.

*Objectiveness* involves the ability to detach from emotional biases and engage with facts and realities, even when they are inconvenient. This principle is crucial for transparency, accountability, and the resolution of disputes based on truth rather than emotions.

Finally, *Closing the Gap* is the overarching aim of the model. It entails recognising the presence and nature of divergence, identifying its underlying causes, and implementing the SCRAAP LOC principles to restore the relationship to its original "*point of unison*". This process is not uniform across relationships, as each couple must tailor their approach based on their unique dynamics and experiences.

In essence, the SCRAAP LOC Model serves as both a diagnostic and remedial tool. It provides a structured pathway for couples to navigate the complexities of relational divergence, fostering emotional wellbeing, mutual understanding, and long-term relational stability.

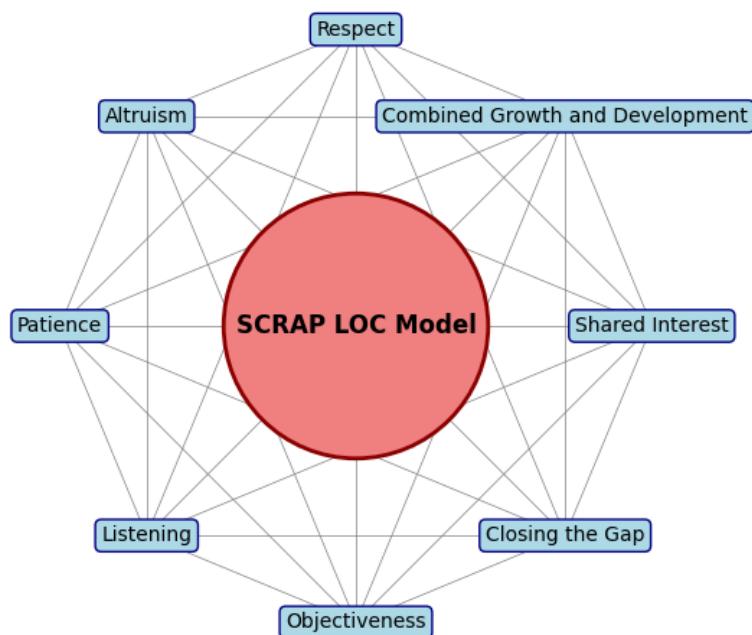


Figure 1. Interconnections of core elements of the SCRAP LOC

The interconnected design of the SCRAP LOC model visually emphasizes the dynamic synergy among its eight principles. Each element, “Shared Interest”, “Combined Growth and Development”, “Respect”, “Altruism”, “Patience”, “Listening”, “Objectiveness”, and “Closing the Gap” is linked to the others, illustrating that intimacy in relationships is not sustained by isolated traits but by a cohesive network of mutual values and behaviours. The connecting lines represent the fluid interplay and reciprocal influence of these principles, reinforcing the idea that relational health thrives when these components are actively nurtured together. This holistic structure supports both maintenance and restoration of emotional closeness.

#### *Comparative analysis with existing relational models*

There are several other models and frameworks in relational psychology that can be likened to the SCRAP LOC model; however, this model differs in term of its holistic attributes. For example, The Canary and Stafford (1992) model, also known as the Relational Maintenance Strategies (RMS) model, identified five key behaviours for sustaining intimate relationships, including positivity, openness, assurances, shared tasks, and social networks. The Canary and Stafford (1992) model is founded on equity theory that people who view their relationships as equitable are more likely to engage in strategies to maintain the relationship, thus stressed the need for perceived equity in relationship stability and satisfaction. Unlike the Canary and Stafford (1992) RMS model, the SCRAP LOC model is not founded on one theoretical principle, rather, it synthesises elements from cognitive, behavioural, attachment, attribution, and social theories, and from the principles of emotional regulation, self-regulation, and meta-cognitive beliefs to provide a practical framework that addresses relational divergence.

In addition, the Social Exchange Theory (SET) posits that intimate or personal relationships

are maintained when the individuals involved have the perception that the benefits of the relationship outweigh the cost (Mitchell, Cropanzano & Quisenberry, 2012; Wang, 2004; Stafford & Kuiper, 2021). Unlike the SET that views relational experience as a transaction, the SCRAP LOC model, posits that personal development (not shared), external influences, and cognitive and behavioural factors influence relational experiences. Furthermore, Van Epp, and Cutlip (2015) Relationship Attachment Model (RAM) consists of two relational programs, PICK (Premarital Interpersonal Choices and Knowledge) and LINKS (Lasting Intimacy through Nurturing Knowledge and Skills) that emphasizes five dynamic bonds that shapes emotional and physical relational closeness, including “know”, “trust”, “rely”, “commit”, and “touch”. Similar to the SCRAP LOC model, the RAM places importance to intentional practices and mutual development of those involved in the relationships, nevertheless, the SCRAP LOC model presents more holistic approach to relational resilience and harmony or the path to the “point of unison” as it is characterised by the consideration of a broader cognitive, emotional, behavioural, social, and regulatory processes.

### *Aim and Objectives*

The aim of this paper was to present the SCRAP LOC model, highlighting its theoretical underpinnings and practical applications. To achieve this aim, the following objectives were drawn:

To introduce the SCRAP LOC model, highlighting core components and structure.

To explore theoretical foundations that inform the model.

To demonstrate the potential practical applications of the model in relational contexts.

To evaluate potential applications to therapeutic practice and research.

### *Questions*

What are the core components and theoretical foundations of the SCRAP LOC model, and how do they contribute to understanding relational dynamics?

In what ways can the SCRAP LOC model be applied in therapeutic and relational contexts, and what implications does this have for psychological practice and research?

## **2. Methods**

Author's epistemological stance aligns with critical realism. With elements of pragmatism, this study used qualitative data to examine factors that support relational harmony, nevertheless, though interpretative approach to context was applied, there was a shift towards empirical means, thus, integrating both positivist elements and interpretivist approaches in exploring complex human relational experiences. This stance allows critical evaluation of evidence while remaining open to subjective narratives and objective reality.

Ethical approval was obtained by the then University of Bolton, now The University of Greater Manchester. Informed consent was obtained from participants, and they were told of their rights to withdraw at any time. Participants agreed to join group discussions, and they

were told that their anonymity will be protected in the data and report. They were asked to show respect and sensitivity to the opinions and narratives of others to ensure the safeguarding of all individuals involved.

Tools used were the researcher and Padlet. Data collection was originally for the purpose of the researcher's doctoral research; however, the data were not used as it did not measure the construct of interest at the point (that is "cognitive intrusions"). There were 76 couples (152 participants) who attended a relationship seminar that took place in a Greater Manchester region post covid-19 pandemic. Participants were those whose relationships have survived 10 years and above without in-between breakups. Age was not a focus of the investigation, however, the youngest participant was 40 years old, while the oldest was 62. The youngest relationship in the group was 10 years old, while the oldest was 35. All participating couples had remained in their relationships without any period of breakups or separations prior to the seminar. *See table 2 for demographic characteristics.*

In a focus group style, discussions were raised about factors that helped participants avoid divergence and develop relational harmony. While this section of the seminar was going on, the researcher took notes of their narratives and the factors that were mentioned or discussed, and observations were made and documented. Padlet, an online bulletin board was used to provide answers and comments from individuals who did not want to speak in the group. Padlet was useful in supporting anonymity for those who were shy or preferred not to speak.

Table 2. Demographic characteristics (N= 152).

Characteristics	Male	Female	n	Percent
<b>Gender</b>				
Male	76		76	50%
Female		76	76	50%
<b>Ethnicity</b>				
Black	65	56	121	79.61%
White	10	14	24	15.79%
Mixed	1	6	7	4.61%
<b>Youngest relationship</b>				10 years
<b>Oldest relationship</b>				35 years
<b>Range</b>				25 years

N= Sample size; n= total number of participants in a sub-group.

### *Reflexivity*

Being the developer of the SCRAP LOC model, it is acknowledged that there is a dual role as both a theorist and a researcher, thus unavoidably influenced personal interpretive lens that formed the basis of the conceptualisation and evaluation of the model. The researcher's

background in cognitive, positive, and relational psychology, and intervention research influenced the structure and assumptions of the model. Though this study offers in-depth context of relational experiences, there was the potential for biases in data interpretation and theoretical emphasis. To highlight the researcher's mindfulness about personal biases, several researchers were asked to review the report in its early stages; Dr Mvikeli Ncube was the first peer to conduct a line of probing and examination, followed by Dr Phillip Nukpe, Dr Aliki Karapliagkou, and Dr Noel Maturlu, experts in social psychology, critical realism, relational psychology, and positive psychology respectively, all from different higher educational institutions in the Northwest of England, wherein critical dialogues with colleagues with different epistemological stance were made. This approach helped in the evaluation of personal assumptions or biases to ensure that the development of the model was not based on personal opinion or preferences but grounded in research findings. This reflexive stance has helped with rigour and improved the relevance of the model in relational contexts.

### 3. Results

After observing 152 participants who attended a couple seminar, 32 key factors were extracted from participants' perceptions through their narratives as causative or associated factors for addressing relational divergence and improving relational harmony. Although there was no additional psychological evaluation conducted, all participants self-reported having no diagnosis of mental disorders nor the experience of severe/clinical symptoms. *Emergent key factors are shown in table 3.*

#### Emergent factors

Table 3. Extracted Key Factors (N= 152, T= 32).

Key factors	F	Key factors	F	Key factors	F
admiration	14	Unified progress	3	thoughtfulness	26
Paired achievements	8	consideration	28	Shared passion	20
esteem	23	high regard	12	Common pursuit	10
Joint growth	16	preserving dignity	30	joint interest	16
Common ground	12	Selflessness	56	Collaborative growth	22
Mutual interest	52	Self-sacrifice	9	Tolerance	45
Patience	52	Putting the interest of the other first	11	commonality	8
Enduring	20	Developing together	23	Listen	60
Paying attention	35	Take into consideration	25	Fairness	45
Being objective	13	Unbiased	18	Reducing differences	32
Impartial	22	Addressing power imbalance	10		

F= Frequency; N= Sample size; T= Total factors extracted

Table 3 shows 32 factors that participants mentioned or discussed when they were asked about the factors that have helped them overcome relational adversities and improve relational harmony. The 32 key factors extracted were carefully examined paying attention to the context they were used and their meaning, while referring to their dictionary meaning and examining their synonyms. Following these processes, the 32 key factors were grouped into 8 superordinate factors based on their closely related meanings. *This is shown in table 4.*

Table 4. Superordinate factors after grouping (N= 152, SFn= 8)

Superordinate Factors	Key Factors
<i>Shared Interest</i>	Common ground; mutual interest; joint interest; commonality; shared passion; common pursuit.
<i>Combined Growth and Development</i>	Paired achievements; joint growth; unified progress; collaborative growth; developing together.
<i>Respect</i>	Admiration; consideration; esteem; high regard; preserving dignity; thoughtfulness.
<i>Altruism</i>	Selflessness; self-sacrifice; Putting the interest of the other first.
<i>Patience</i>	Patience; enduring; tolerance.
<i>Listening</i>	Paying attention; take into consideration; listen.
<i>Objectiveness</i>	Being objective; unbiased; fairness; impartial.
<i>Closing the Gap</i>	Addressing power imbalance; reducing differences.

N= Sample size; SFn= Number of superordinate factors.

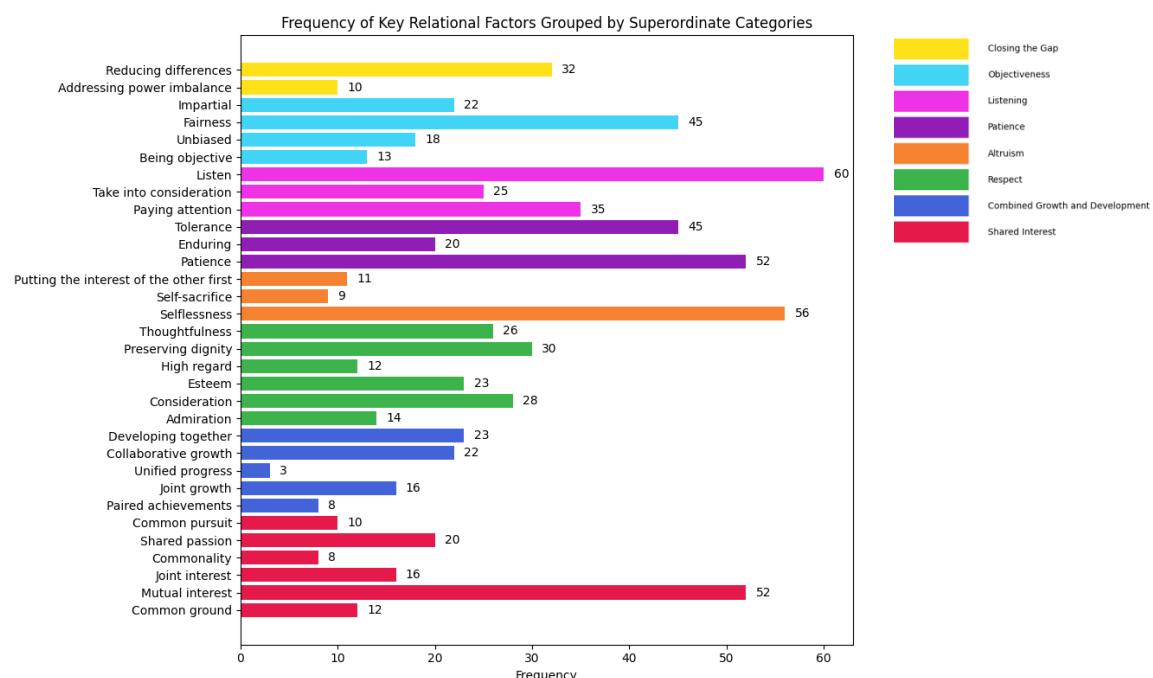


Figure 2. A Chart showing factors and superordinate factors

**Table 5. Descriptive statistics of superordinate factors**

Superordinate Factors	Frequency	Percentage (%)	Rank	Cumulative Frequency
Respect	133	17.14	1	133
Listening	120	15.46	2	253
Shared Interest	118	15.21	3	371
Patience	117	15.08	4	488
Objectiveness	98	12.63	5	586
Altruism	76	9.79	6	662
Combined Growth and Development	72	9.28	7	734
Closing the Gap	42	5.41	8	776

Data shows that superordinate factors for counteracting relational divergence and improving relational harmony revealed that there was a hierarchy in the perceived importance of these factors with respect emerging as the most dominant factor and accounted for more than 17% of the total frequency, while closing the gap was the least dominant factor, accounting for nearly 5.41%. This suggests that though important in relational improvement, closing the gap was less emphasized by participants, when compared to respect or perhaps a more challenging behavioural or cognitive factor to achieve. All eight elements were shown to support the development of relational resilience and harmony, and emotional ties, thus support elements of the SCRAP LOC model.

### **Shared meaning**

**Respect:** Admiration, consideration, esteem, high regard, preserving dignity, and thoughtfulness were subordinate themes that formed the superordinate theme, respect. Respect, alluded to 133 times, was at the top of the factors that participants believed helped them in avoiding divergence and to develop relational harmony. For example, a participant related:

*“One of the reasons my partner and I get on so well is because we both have high regards for each other. I am telling you; this is very important as it is the foundation, it will determine how you feel about yourselves. We also endeavour to preserve the dignity of the other person. Here we are, after 18 years, still in-love.”* (A. J.)

This indicates that respect was considered as a vital element in preventing relational divergence and maintaining relational harmony (f = 133, rank = 1, 17.14%).

**Listening:** Listening include paying attention, take into consideration, and listen. They were identified as important in building good communication, the readiness to engage in a matter, and willingness to resolve conflicts. For example, a participant related:

*“There is absolutely no way a relationship can survive a slight wind if both partners do not listen to each other. Listening must be done in a way that the other knows you are listening such as paying attention to the other person or to the context and being considerate such as considering the views of the other person.”* (P. M.)

This indicates that listening was considered as a vital element in preventing relational divergence and maintaining relational harmony (f = 120, rank = 2, 15.26%).

**Shared Interest:** Common ground, mutual interest, joint interest, commonality, shared passion, and common pursuit were subordinate themes within shared interest. Shared interest was identified to facilitate the prolongment of relational ties. A participant related:

*“I want to specify that the more couples engage in mutual or common interests and goals, the more they would experience a special bond, a tie that is difficult to break. I can categorically say that common goal and interest are fuel for continuous ties and bond that keeps the fire on.”* (A. M.)

This indicates that participants found shared interest to be a useful element that facilitate relational ties and promote togetherness, a special bond that fuels the relationship ( $f = 118$ , rank = 3, 15.21 %).

**Patience:** Patience, enduring, and tolerance emerged as tools for improving relational situations and problem solving. A couple related:

*“My husband and I had a few issues years ago, but with patience, we were able to navigate through our problems, Patience helped us to identify the problem and with patience, we were able to find a solution.”* (B. F.)

Husband supported:

*“Many couples in our situation would have broken up, but we were tolerant with each other and endured difficult times, for better and worse, we will remain together.”* (J. F.)

This signifies that patience may well improve relational harmony through tolerance and the opportunity for problem solving ( $f = 117$ , rank = 4, 15.08%).

**Objectiveness:** This captured being objective, unbiased, fairness, and impartial. Objectiveness was identified as a factor that distances intimate partners from making judgements based on personal feelings, emotion, and/or biases, rather, being impartial and basing judgements on facts or measurable truths. A participant related:

*“I used to have problems in my relationship with my wife. This was because I was too emotional, and I allowed my emotion to dictate my judgements and decisions to the point that I became extremely biased. My relationship got much better when I learned to be impartial and to use facts instead of emotion when addressing situations.”*

This indicates that there is the perception that being objective can eliminate biases and impartial judgements, thus impacting positively on relational harmony ( $f = 98$ , rank = 5, 12.63%).

**Altruism:** Selflessness, self-sacrifice, and putting the interest of the other first were identified as elements that foster relational satisfaction, trust, and commitment by promoting selfless concern for the partner's well-being. For example, a participant related:

*“My husband always puts my interest first. He is selfless and cares about my wellbeing even to the expense of his. Let me give you an instance, some years ago my husband and I were walking in a park, then an unleashed aggressive dog charged at us. Even with his bad knee, X (referring to her husband) shielded me and got bite on his right arm.” (S. M.)*

Her husband responded and said:

*“We do reciprocate this type of selfless attitude; remember you had series of sleepless night for me at the expense of your health just to make me overcome my depression. Through this (referring to altruism), we have built very strong commitment to each other and happiness.” (C. M.)*

This suggests that the presence of altruistic attitude and practice in intimate relationships may be key in the development of strong commitment to the relationship or each other. It also provides the sense of being cared for, promote trust, and facilitate relational harmony (f = 76, rank = 6, 9.79%).

**Combined Growth and Development:** Paired achievements, joint growth, unified progress, collaborative growth, and developing together were identified as a means of unity and consistency in the relationship.

*“Developing together is good for eliminating problems of incompatibility. One big cause of incompatibility is when both parties develop in different directions or when only one develops and the other do not. In our relationship, we tend to develop collaboratively to ensure that we remain compatible.” (H. K.)*

This implies that when partners engage in continuous joint growth, individual growth may likely complement the other, rather than conflicting or resulting to incompatibility (f = 72, rank = 7, 9.28%).

**Closing the Gap:** Addressing power imbalance and reducing differences were identified as vital in reducing relational differences and to facilitate or restore relational harmony. For example, a participant responded:

*“By the time we started acknowledging the power imbalance in our relationship, we were able to finally identify and discuss the things that kept us emotionally apart. It was not just about fairness, it was about recognising and addressing our differences and bridging them. Doing these brought us closer, alleviated tension, and created a sense of harmony.”*

This suggests that closing the gap may be key in addressing relational divergence by consciously identifying any adverse factor and committing to addressing them to facilitate or restore relational harmony and satisfaction (f = 42, rank = 8, 5.41%).

#### **4. Discussion**

The aim of this paper was to present the SCRAP LOC model, highlighting its theoretical underpinnings and practical applications. Data from the couple seminar showed support for

the Omoregie (2023) SCRAP LOC model; 32 factors reported by 76 couples (152 participants) were factorised into superordinate factors and they fit the elements of the SCRAP LOC Model (Omoregie, 2023). In essence, the SCRAAP LOC Model serves as both a diagnostic and remedial tool. It provides a structured pathway for couples to navigate the complexities of relational divergence, fostering emotional wellbeing, mutual understanding, and long-term relational stability.

### **Theoretical foundations and the understanding of relational dynamics**

In addressing question one that asked about the core components and theoretical foundations of the SCRAP LOC model, and how they contribute to understanding relational dynamics, data were examined, and they suggested that each component of the SCRAP LOC model have high potential in reducing relational divergence, and facilitating relational cohesion and harmony, and the effective management of intimate relationships. Based on these findings, theoretical proposition of the SCRAP LOC model was made: *The presence of shared interests potentially improves emotional intimacy*. This is supported by research that have shown association between shared or mutual interest and relational intimacy (e.g., Prager, 1997; Lippert & Prager, 2001; Prager & Roberts, 2004). *Combined growth and development potentially reduce the risk of relational divergence*. This is supported by Carswell et al. (2021) findings that shared growth experiences between partners significantly increase passion, emotional intimacy, while individual growth (not shared with partner) caused relational strain. In addition, Lee et al. (2018) study revealed that collaborative growth had positive impact on relational stability. *Respect influences relationship satisfaction*. This is supported by the Dual-Pathway Model of respect in romantic relationships (Young & Zeigler-Hill, 2024), highlighting that respect predicts relational commitment. *Altruism improves relational experience*. Altruism was linked to relationship satisfaction (Biswas & Mitra, 2025). *Patience enhances conflict resolution and emotional regulation*. For example, Gökçen, Arslan, and Tras (2020) examined the relationship between patience, emotion regulation difficulty, and cognitive flexibility, and their findings supported the role of patient in improving emotional regulation. The study revealed that the higher one's patience is, the better they can regulate their emotion, and the more they become more cognitive adaptable and with better conflict resolution skills. *Listening enhances conflict resolution and emotional regulation*. This is consistent with Salinas (2021) proposition that listening rewire conflict triggers into collaborative tool, while transforming conflicts to opportunity for growth. Solh Counsellor (2025) presented that listening promotes emotional regulation, healthier conflict resolution, and stronger relationships. *Objectiveness moderates the impact of emotional reactivity on relational stability*. Chen and Liao (2021) argued that when people approach situations with objectivity, they are more likely to regulate emotions and maintain relational stability. Sousa-Gomes et al. (2023) also highlighted the role of objectiveness in emotional regulation and relational resilience. *Closing the gap such as relational differences and power imbalance can improve relational harmony*. Knudson-Martin (2013) study highlighted that balancing power could improve relational harmony. In addition, closing intentional and behavioural gaps were identified in some studies to improve relational harmony (e.g., Quek et al., 2010; Raimundo, 2020; Kim, Visserman, & Impett, 2019).

The integration of all components may reduce relational divergence and facilitate relational resilience. This holistic approach strengthens mutual understanding, reduces conflict, and fosters adaptive responses to emotional challenges. As each element supports the others, relational resilience is enhanced, allowing couples to navigate difficulties with greater stability and empathy. Ultimately, this interaction promotes long-term satisfaction and growth within intimate partnerships, navigating them to the “point of unison”.

## **5. Application and Implications**

The results support question two that asked what ways the SCRAP LOC model can be applied in therapeutic and relational contexts, and its implications for psychological practice and research; elements of the SCRAP LOC model showed good potential for application in therapeutic settings. The SCRAP LOC Model can be applied in therapeutic, educational, and self-help contexts. It provides a structured approach for couples to assess and improve their relational dynamics. Practitioners can use the model to identify areas of development and implement targeted interventions. The model also serves as a preventative tool, encouraging proactive relational habits. The model is structured to help practitioners in supporting their clients to confront their relational challenges by focusing on areas such as emotional regulation and cognitive adaptability to enhance behavioural regulation to meet their relational needs. The application of the model is a holistic approach that helps in developing the core principles to enhance relational emotional and physical gaps.

In terms of psychological practice, the SCRAP LOC model provides a more holistic approach to relational psychology with potential to influence or inform further development of tools, measure, and interventions that promote the delivery of research-informed holistic person-centred approaches tailored to the need of the individuals to improve relational experiences.

In terms of implication for research, the SCRAP LOC model may provide a basis for further empirical testing of relational dynamics and interventions. This sets the pace for further research to test the applicability and the effectiveness of the model using different demographic characteristics.

## **6. Limitations**

While the model offers a comprehensive framework, its effectiveness may depend on mutual willingness to engage. It may not be suitable in cases involving abuse or severe incompatibility. Further empirical research is needed to validate its efficacy across diverse populations and cultures.

In addition, there were methodological limitations; firstly, the sample was mostly homogeneous with Black participants consisting of nearly eighty percent of the sample. Secondly, there was a lack of diversity in the types of relationships used in the study. Future studies should use a more heterogeneous population sample to improve generalisation, include different participants with different types of relationships, as opposed to limiting it to heterosexual and stable relationships.

## 7. Future Directions

1. To use the SCRAP LOC model to develop a training intervention program.
2. To evaluate the effectiveness of the intervention program.
3. Scale development for assessing relational harmony.
4. To include different types of relationships, including lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual, and more (LGBTQ+) relationships, and both functional and dysfunctional relationships.
5. To conduct a longitudinal study for observations and to track changes, trends, and developments.

## 8. Conclusion

The SCRAP LOC Model proposes eight interrelated components that was developed to address relational divergence described by the DTIR. The model serves as mechanisms for restoring relational resilience and as a preventative framework to address relational divergence. Support was found for the Omoregie (2023) SCRAP LOC model, after observing 152 participants who attended a couple seminar; elements of the model were related relational improvements. Although at its early stage, the SCRAAP LOC model may potentially serve as both a diagnostic and remedial tool. While the model offers a comprehensive framework, there are limitations that may impact generalisation. Thus, further empirical research is needed to validate its efficacy across diverse population groups and cultures.

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Dr Jesse Omoregie is the sole author of this paper.

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The author declares that he has no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

## Informed consent

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Obtained.

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The Publication Ethics Committee of the Macrothink Institute.

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### **Data availability statement**

The data that support the findings of this study are available on request from the corresponding author. The data are not publicly available due to privacy or ethical restrictions.

### **Data sharing statement**

No additional data are available.

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