

Therapeutic Relationship	Social Relationship
Directed toward a client's needs per nursing assessment; a nurse <i>must not</i> cross boundaries and share their personal story (if clients ask personal questions, answer briefly then return to the client's experience. ("Yes, I have two children. Tell me about your kids." "No, I have never had surgery. What's this experience like for you?")	Two-way: meets needs on both sides; each shares feelings and experiences with the other; may keep secrets, exchange phone numbers, loan/borrow money
Follows steps of the nursing process	Does not involve planning or evaluation
Involves empathy (acknowledging, respecting the other's feelings and point of view, having compassion, being available for problem-solving)	Involves sympathy (sharing the person's feelings, may feel pity, may view the other's situation from own perspective, could involve judgment)
Planned termination with expectations set at the beginning: "I'll be here until 3:00"	No particular time frame
Involves specific phases: pre-orientation, working, and termination	Does not involve any formal stages
<i>Never</i> sexual, no expectation for client to meet the needs of the nurse, who must keep an emotional distance	May be sexual or codependent

Table 3.2 Differences between Therapeutic and Social Relationships