

Research and Facts About Marriage

What Happy Couples Do

- ☑ A 5 to 1 positive to negative interaction ratio during conflict.
- ☑ 20 to 1 ratio during everyday interaction.
- ☑ Develop strong friendship through love maps, fondness & admiration, and turning towards.
- ☑ Positive Sentiment Override.
- ☑ Distinguish between solvable and perpetual problems
- ☑ Discover, accept and honouring the dreams within their conflicts
Softened startup. The woman's role is crucial.
- ☑ 80% of all relationship problem solving is initiated by the wife.
- ☑ Accept influence instead of blocking and defending. Male's role is crucial.
Men actively seeking a common ground of agreement.
- ☑ The double play of softened startup and accepting influence.
- ☑ The emotional responsiveness and interest of the husband in his spouse during non-conflict times increases the soft startup of the wife during conflict.
- ☑ Successful repair during conflict in order to de-escalate negativity.
- ☑ Learning how to sooth yourself and your partner when overwhelmed by the moment.
- ☑ Positive affect during conflict, particularly in the service of the physiological soothing of the male.
- ☑ Anger, sadness, fear, anxiety, along with happiness, surprise, etc.