

# 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 honoring 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.