

# Research and Facts About Marriage

## What Unhappy Couples Do

- ✚ Negative interaction  $\geq$  positive interaction. 1.25:1 is the divorce ratio.
- ✚ The general absence of positive feeling towards one another
- ✚ Negative Sentiment Override
- ✚ Harsh startup, dominantly by the wife.
- ✚ Escalation of negativity.
- ✚ The failure of repair efforts.
- ✚ The 4 horsemen of the apocalypse.
- ✚ Unaddressed mismatches in the conflict styles: Avoiders, Validators, Volatiles.
- ✚ The failure of men to accept the influence of their spouses
- ✚ Male escalation in response to their spouse's low level negativity
- ✚ Male disengagement which turns into mutual disengagement
- ✚ Flooding or Diffuse Physiological Arousal
- ✚ The inability to sooth self or partner
- ✚ Distance and isolation cascade