

DO COUPLES GET ALONG?

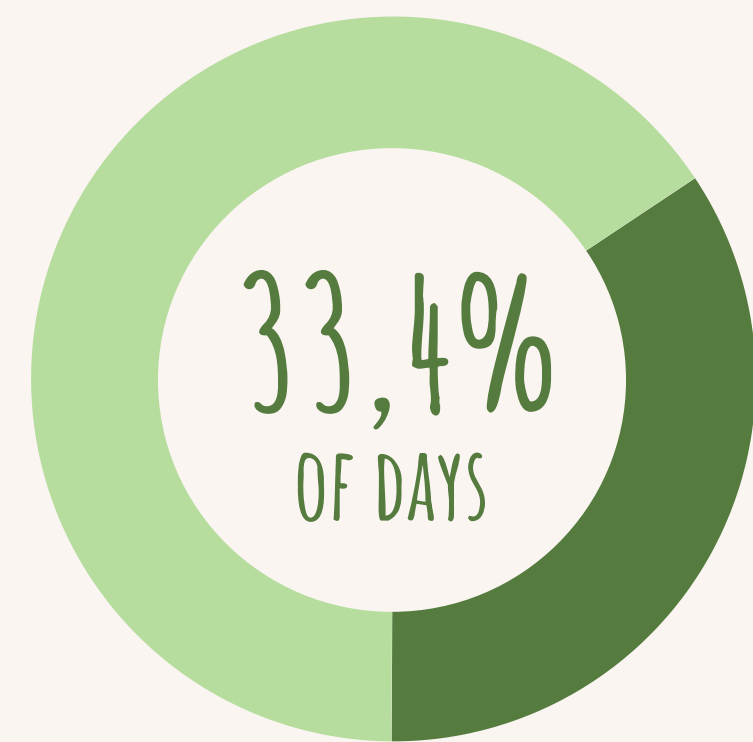


Is it normal to experience conflict in your relationship?

Absolutely, regardless of our age.

Couples who participated in our study reported experiencing conflict about

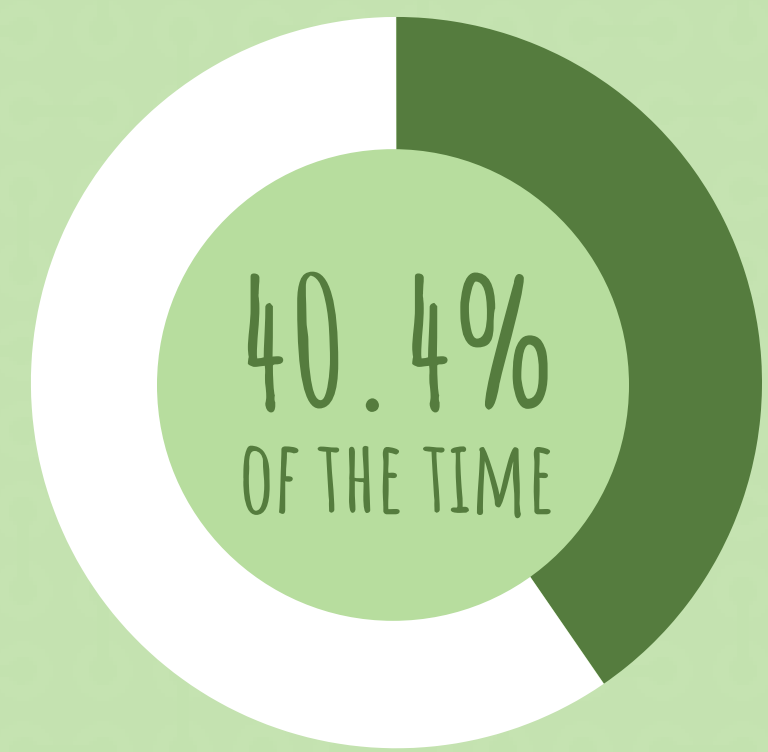
1 DAY OUT OF 3 →



WE OFTEN SAY IT TAKES TWO TO ARGUE... IS THIS ALWAYS THE CASE?



Couples in our study agreed on the presence of disagreements about
2 OUT OF 5 TIMES



EXPERIENCING CONFLICT OFTEN LEADS TO NEGATIVE EMOTIONS

Especially for the person who perceives it!

Stress



Distress



Dissatisfaction



But conflicts can also be beneficial by allowing couples to get to know each other better and to improve their ability to communicate their needs to their partner.

Properly managing conflict in our relationships depends on the strategies we use to resolve them!



CLICK HERE TO LEARN MORE ABOUT THE DIFFERENT WAYS OF MANAGING CONFLICT

To know more about our lab's projects : www.lefac.uqam.ca

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