

Conflict resolution in romantic relationships



In a couple, it is normal to sometimes experience ...

- conflicts
- differences of opinion
- unpleasant discussions



But conflicts can be **healthy** if they are resolved well!

What strategies can be used to resolve conflicts?

Negative strategies impede conflict resolution:

- Avoidance** →
- Staying silent during a conflict
 - Ignoring the other person
- Confrontation** →
- Exploding and losing control
 - Make hurtful remarks

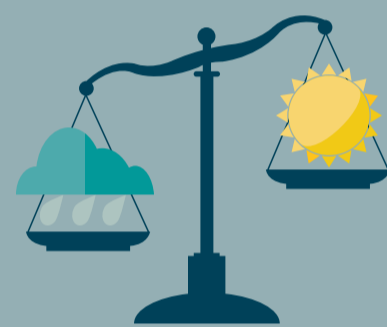
Positive strategies promote conflict resolution:

- Compromise** →
- Make certain concessions
 - Finding a middle ground between your opinion and that of the other person
- Collaboration** →
- Take into consideration the concerns of the other person
 - Constructively discuss disagreements



Did you know that...

Adolescents generally use more positive than negative conflict resolution strategies



And in everyday life?



In the span of 14 days, adolescents in our study experienced on average **between 2 to 3 conflicts** with their boyfriend/girlfriend.

Among these disagreements ...

78% were resolved the same day

51% were perceived to be initiated by both partners

Are adolescents less satisfied when they experience disagreements?

Yes. Adolescents were less satisfied in their relationships when they have more disagreements.



This is especially true for **girls**. They are generally less satisfied than their boyfriends after having a disagreement.



When adolescents use **more negative strategies** than usual to resolve disagreements, they are less satisfied.

But did you know that...

When disagreements are resolved well, adolescents are more satisfied than before!



In fact, in our study, resolving disagreements was linked to using more positive strategies.

These results highlight the importance of finding a way to positively resolve our disagreements and differences.

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

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