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The day-to-day emotional interactions of couples who differ in adjustment level.

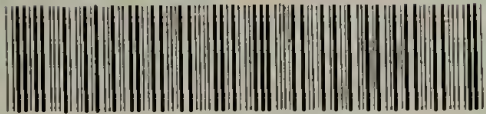
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THE DAY-TO-DAY EMOTIONAL INTERACTIONS OF
COUPLES WHO DIFFER IN ADJUSTMENT LEVEL

A Thesis Presented

by

Sandra Joy Schnall

Submitted to the Graduate School of the
University of Massachusetts in
partial fulfillment of the requirements for the degree of

MASTERS OF SCIENCE

December 1975

Major Subject: Psychology


THE DAY-TO-DAY EMOTIONAL INTERACTIONS OF
COUPLES WHO DIFFER IN ADJUSTMENT LEVEL

A Thesis Presented

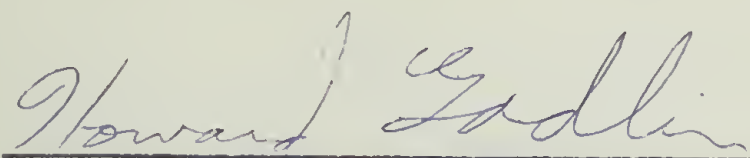
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December 1975

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS	iii
LIST OF TABLES	v
LIST OF FIGURES	vi
INTRODUCTION	1
METHOD	21
Subjects	21
Materials	28
Procedure	40
RESULTS	45
Emotions	45
Situations	65
Response Tendencies	70
Communication Characteristics	85
Other Differentiating Characteristics	93
Interviews Pertaining to Therapeutic Implications	94
DISCUSSION	99
SUMMARY AND CONCLUSIONS	111
REFERENCES	115
APPENDICES	118
A. Nineteen Items of the Marital Communication Inventory	119
B. The Form for the Recording of Pleasant Emotions	121
C. The Form for the Recording of Unpleasant Emotions	127
D. Grouping of Items into Categories for the Scoring of Response Tendencies	133
E. Instructions for Filling Out Daily Rating Forms	136
F. Post Interview Questionnaire I	139
G. Post Interview Questionnaire II	140

LIST OF TABLES

Table		Page
1.	Scores of Couples on 19 Items of the Marital Communications Inventory	25
2.	Other Characteristics of the Poorer Adjusted and Better Adjusted Couples	29
3.	The Desire to Reveal Reactions to 12 Pleasant and 12 Unpleasant Events for Better and Poorer Adjusted Males and Females	87
4.	Better and Poorer Adjusted Couples' Reported Understanding of Their Mates' Reactions to 12 Pleasant and 12 Unpleasant Events	90

LIST OF FIGURES

Figure		Page
1.	Mean intensity ratings on emotions <u>before</u> and <u>during</u> 12 pleasant events for all subjects	47
2.	Mean intensity ratings on the self-esteem variable before 12 pleasant events for better and poorer adjusted males and females	50
3.	Mean intensity ratings on emotions <u>before</u> and <u>during</u> 12 unpleasant events for all subjects	51
4.	Mean intensity ratings on the basic emotions before 12 unpleasant events for (a) better and poorer adjusted couples, and (b) better and poorer adjusted males and females	54
5.	Mean intensity ratings for better and poorer adjusted couples on the self-esteem variables before 12 unpleasant events	55
6.	Mean intensity ratings for better and poorer adjusted couples on the self-esteem variables during 12 pleasant events	58
7.	Mean intensity ratings on the self-esteem variables during 12 unpleasant events for better and poorer adjusted males and females	61
8.	Change in ratings on the self-esteem variables from <u>before</u> to <u>during</u> 12 pleasant events for better and poorer adjusted couples	63
9.	Change in ratings on the energy variables from <u>before</u> to <u>during</u> 12 pleasant events for males and females	66
10.	The ratings of all subjects for the situational factors that elicited their most pleasant daily emotion over 12 days	68
11.	The ratings of all subjects for the situational factors that elicited their most unpleasant daily emotion over 12 days	71

Figure

Page

12. Mean intensity of response tendencies felt
and mean frequency of response tendencies
carried out during and immediately following
12 pleasant events for all subjects 75
13. (a) Mean intensity of positive response ten-
dencies felt by better and poorer adjusted couples
toward their mates, and (b) the mean frequency
with which better and poorer adjusted couples
carried out positive response tendencies during
and immediately following pleasant events 77
14. Mean intensity of response tendencies felt
and mean frequency of response tendencies
carried out during and immediately following
12 unpleasant events for all subjects 79
15. (a) Mean intensity of positive response tendencies
felt by better and poorer adjusted males and fe-
males toward their mates, and (b) the mean fre-
quency with which better and poorer adjusted males
and females carried out positive response ten-
dencies during and immediately following unpleas-
ant events 82
16. (a) Mean intensity of negative response tendencies
felt by better and poorer adjusted couples toward
their mates, and (b) the mean frequency with which
better and poorer adjusted couples carried out
negative response tendencies during and immediately
following 12 unpleasant events 84
17. Mean intensity of negative response tendencies
felt by males and females toward their mates
during and immediately following 12 unpleasant
events 84

The study was conducted in order to compare the day-to-day emotional reactions of relatively better and relatively poorer adjusted couples. The method used was to examine self-reported emotions in everyday life. The basic design called for partners to independently record their most pleasant feeling and their most unpleasant feeling associated with an interaction or with a thought about their mate each day for 12 days. Partners were then asked to identify the situational factors that elicited their emotional reaction and to identify the wishes, impulses and behaviors that they experienced and carried out during or immediately following their emotional reaction. In addition, for each episode partners rated the pleasantness and the duration of the emotion.

This method was developed by Epstein (1973) to study the self-theories of individuals. Epstein, like Kelly (1955), views man as a scientist who has "unwittingly" constructed a theory with respect to his entire range of significant experiences. The self-theory is a hierarchally organized system which enables an individual to solve problems and integrate experiences and which guides an individual's behavior.

There are major postulate systems for the nature of the world, for the nature of the self, and for

their interaction. Like most theories, the self-theory is a conceptual tool for accomplishing a purpose. The most fundamental purpose of the self-theory is to optimize the pleasure/pain balance over the course of a lifetime. Two other functions, not unrelated to the first, are to facilitate the maintenance of self-esteem, and to organize the data of experience in a manner that can be coped with effectively. (Epstein, 1973, p. 407)

Epstein concludes that one must reconstruct an individual's postulates in order to understand his/her behavior. Unlike Kelly, Epstein proposes that the most fruitful way to undertake this task is through studying an individual's emotional reactions rather than by asking a person to define how he/she construes significant experience. Epstein argues that individuals are not necessarily aware of the concepts used to organize their experience, and that emotions provide an indirect way of understanding the significant concepts of persons.

For an emotion to occur, a postulate of significance to the individual must be implicated. It is assumed further that negative emotions arise when any function of the self-theory is interfered with or is threatened. . . . Positive emotions occur when any functions are facilitated or when it is anticipated that they will be. It is assumed that the stronger the positive or negative emotion, the more significant is the postulate that is implicated for maintaining a function of the self-theory of an individual. (pp. 411-412)

Epstein's technique has proved to be valuable in that consistent, unique patterns emerged for each individual, particularly with variables associated with self-esteem

(Epstein, unpublished). Unlike Epstein's study, this study focused upon the factors that contribute to individuals' emotional states in relation only to experiences with their mates rather than in relation to their entire range of experience. In investigating the factors that contribute to the emotional states of couples, the shared rather than unique factors for a group of relatively better and a group of relatively poorer adjusted couples were compared.

The factors that contribute to an individual's emotional state in an intimate relationship can be conceptualized in terms of the functions of the self-theory and the modes by which those functions are maintained. For each partner the balance of pleasure/pain, the maintenance of self-esteem and the efficacy of coping with the issues of the relationship and the behavior of their mate should contribute to the attraction of the partner to the other member of the relationship. However, the attractions within a relationship may not necessarily be related to the strength of the relationship. Levinger (1965) has argued that the strength of an intimate relationship is dependent not only upon the attractions within the relationship, but also upon the restraints against leaving it and the attractions and restraints of alternative relationships. The focus of the

present study explored only those factors affecting the attractions within the relationship.

By investigating emotional reactions pertaining to each of the functions of the self-theory, one can ascertain the degree to which each function is affected. A function of the self-theory may be unaffected, facilitated or interfered with by a particular interaction. Moreover, a function may be relatively unaffected by the relationship. Since an intimate relationship represents just one aspect of the individual's significant experience, the three proposed functions of the self-theory may not be of equal significance for all couples. Cuber and Harroff (1972) describe a type of marriage in which self-esteem is maintained by experiences outside of the relationship. The passive-congenial types are couples whose creative energies are directed to outside activities, and achieve satisfaction through providing each other with minimum distractions and financial security. Self-esteem for the persons involved in this type of relationship may be more dependent upon feeling competent and powerful than feeling loveable. Thus their needs for self-esteem can best be fulfilled outside the relationship. However, one can assume that the more emotional investment in the relationship or the greater the relatedness between partners, the greater the likeli-

hood that all of the functions of the self-theory will be implicated.

There is some evidence from literature in this area that well versus poorly adjusted couples do differ in the balance of pleasure/pain, the maintenance of self-esteem and the efficacy of coping with the issues of the relationship and the behavior of their mate. Orden and Bradburn (1968) found that satisfactions were positively related and tensions were negatively related to self-reports of marital happiness, but the frequency of occurrence of satisfactions and tensions were unrelated to each other. Ratings of satisfactions and tensions were derived from two lists of everyday experiences, one describing pleasurable activities in marriage and the other describing different types of disagreements. The difference between tensions and satisfactions, the Marital Adjustment Balance Scale, proved to be a good index of an individual's reported happiness in the relationship. The finding that satisfactions and tensions appear to be describing two separate and independent dimensions of a marriage relationship elucidates the importance of investigating both types of interactions. The present study attempts to improve upon a methodological weakness in Orden and Bradburn's study. In their study, for the pleasurable events, subjects were asked to identify

which of the events presented occurred in the past few weeks. There was no measure of the importance to the person of these events. For the unpleasurable events, subjects were instructed to indicate which of the events had been a source of contention in the past few weeks. The instructions for the ratings of pleasurable and unpleasurable events were very different, in that the instructions for the unpleasurable ratings indirectly measured the importance of the event. In addition, in the present study subjects were not relying upon their memories of events which occurred during the past few weeks, but rather were instructed to recall the events per day for 12 days.

Other researchers have found that the negative dimension, unpleasant events, is more strongly related to marital satisfaction than the positive dimension, pleasant events. Hawkins (1968) found that the degree of overt hostility was strongly negatively related to marital satisfaction whereas companionship was weakly but positively related. Companionship was defined as the degree of mutual expression by the spouses of affectionate behavior, self-revelatory communication, and mutual participation in other recreational activities. Overt hostility was defined as angry outbursts aimed at deflation of spouse's status and self-regard and dramatic acts symbolizing the breakdown of

solidarity. Wills, Weiss and Patterson (1974) had spouses record the frequency of instrumental and affectional behavior of their mates towards themselves and the pleasantness of each of these interactions for 14 days. They found that the displeasurable dimension, including both types of behavior, accounted for significantly more of the day-to-day variance in satisfaction than the pleasurable dimension. Thus, the research demonstrates that while the balance of pleasure and pain is indicative of marital satisfaction, painful experiences of certain types appear to be a stronger index. It may also be that for certain types of relationships one or more functions of the self-theory are facilitated by outside events, and that while a relationship can withstand a lack of facilitation, the relationship is jeopardized by interference with the self-theory's functions.

The degree to which the self-esteem of a partner is affected by his/her relationship has not been directly investigated. Rather researchers have investigated the way in which spouses perceive each other in relation to the adjustment of the relationship. Kotlar (1962) found that better adjusted spouses, as measured by the Wallace adjustment scale, perceived each other as warmer and more emotionally comforting than poorer adjusted spouses. Kelly

(1941) found that high compatibility, measured by the Burgess-Terman-Miles Compatibility Index, was associated with more favorable self-ratings on a personality scale, but accompanied by ratings of spouse which were yet more favorable. Kelly's results were verified by Preston et al. (1952) who in addition found that less happily married men judged their wives much more severely than themselves. Katz (1963) relating need satisfaction as an index of happiness to perceptions of spouse found that low need satisfied couples perceived their spouses as demanding, irritable, immature, and moody whereas high need satisfied couples perceived their spouses as capable, loving, gentle and dependable. Katz also found in a laboratory experiment that high need satisfied males accepted their wives' suggestions in making judgments much more frequently than low need satisfied males. Levinger (1964) found in a laboratory experiment that couples who reported satisfaction with the relationship showed less rejecting behavior than those couples reporting lower satisfaction. From the research one can conclude that better adjusted couples perceive their partners more favorably than poorer adjusted couples, and that there is some indication that better adjusted partners feel more loved.

The present study provided a more direct measure than previous studies of both partners' degree of positive

feelings toward the mate and the partner's feelings of self-esteem through studying the day-to-day emotional ratings pertaining to both dimensions (i.e., loving and feeling loved). In addition, the way in which partners' self-esteem is affected by interactions with their mates was investigated. Epstein (1973) states that general self-esteem is a construct reflecting an individual's evaluation of his/her general competence, moral self approval, power, and love worthiness. Does the relative level of adjustment of a relationship relate to the degree to which general self-esteem is facilitated or interfered with, or rather, relate specifically to one of the components of self-esteem?

The effective assimilation of the data of experience, i.e. the issues of the relationship and the behavior of the mate, has been delineated as a criterion for marital adjustment. Murrell and Stachowiak (1965) claim that "maladaptiveness results from the family's inability to use relevant data." Rausch (1963) noted that couples differ markedly in their effectiveness in coping with conflict and adapting to the stage relevant issues of marriage. In Rausch's analysis of adaptation, he distinguishes between intrapersonal conflict and interpersonal conflict. In intrapersonal conflict, an individual must alter his

needs and capacities to adapt to what is or to a closed system. A system becomes closed when the solution to issues are prescribed and role defined. In interpersonal conflict, the partners must work out together what is to be. When a system opens, gratifications, strains, inhibitions will result from this process of working through issues. Rausch describes the following index of ineffective coping in a closed system.

Ineffective coping will tend to be associated with intrapsychic conflict and the use of ego defenses such as repression and denial; overt signs of such ineffective coping will include manifest anxiety and forms of symptomatic behavior characteristic of intrapsychic conflict. And although such symptomatic behavior may be enacted on the interpersonal scenes, the primary struggle is intrapersonal. (p. 372)

Intrapsychic conflict will also reflect the strains of working through solutions in an open system, although Rausch claims that there may be a greater opportunity for open clashes. In the present study the effectiveness of coping with and assimilating experience was investigated through the daily ratings of emotions pertaining to both intrapersonal and interpersonal conflict.

The types of situations which facilitate or threaten the pleasure/pain balance, self-esteem and/or the capacity to assimilate experience within an intimate relationship have not as yet been systematically investigated. Research

in this area has mainly focused on the relative importance of instrumental versus affectional behaviors to marital satisfaction. Instrumental behaviors are defined as those necessary for the marriage to survive as a social and economic unit. Affectional behaviors are those that serve to maintain the attraction between spouses by conveying approval, love and acceptance. Kotlar (1962) and Levinger (1964) found that well adjusted couples differed from poorly adjusted couples in the affectional area rather than in the instrumental area. Kotlar had subjects rate qualities and attitudes of their mates relevant to the instrumental and affectional roles. Levinger's method was to have subjects rate the frequency of instrumental and affectional behaviors. Wills, Weiss and Patterson (1974) attempted to obtain a more direct measure of the relationship of spouse behaviors and marital satisfaction by a method similar to the design employed in this study. Each partner independently recorded the occurrences of instrumental and affectional spouse behaviors for 14 days and rated the pleasantness of each of the interactions. They found that both displeasurable affectional and instrumental behaviors were significant sources of displeasure. However for pleasurable behaviors, instrumental behaviors were a significant source of husband's satisfaction but

affectional behaviors were not, whereas the reverse was found for the wives.

In the present study the situational factors were not limited to affectional and instrumental behaviors. Rather, a wide variety of situations were included. Furthermore, behaviors that have been included under the rubric of affectional behaviors were separately categorized. The conveyance of love, of approval and of acceptance were not assumed to have the same meaning. It was assumed that finer discriminations among types of situations would result in the emergence of individual patterns. The types of situations included could not be grouped according to a theoretical framework due to the lack of theory and research in this area.

A criticism of marital research and in particular research investigating the sources of happiness and unhappiness in relationships has been that a partner's emotional state and the interaction of the partners may be independent of each other (Lively, 1969). Can one assume that an individual's state of happiness emerges from an interaction? This question was investigated by having partners rate how they felt prior to the events they were reporting in order to assess the way in which mood contributes to the receptivity of their mate's behavior and to

assess the impact of the situation on their mood. In addition, for each episode partners were asked to describe the degree of responsibility they attributed to their mates for the elicitation of the emotion. This latter measure would not provide an indication of whether or not their emotion emerged from the interaction, but would indicate the degree to which they think the situation was responsible for their emotional reaction.

The wishes, impulses and behaviors that the partners both felt and carried out during and/or immediately following situations were also investigated. Thus, each event reported can be viewed in the framework of a stimulus-organismic response-behavioral response sequence (S-O-R). This unit of analysis conforms to what Murray (1963) views as the appropriate molar unit for the study of human behavior, a thema. According to Murray, "a thema may be defined as the dynamical structure of a simple episode, a single creature-environment interaction....the endurance of a certain kind of press in conjunction with a certain kind of need defines the duration of a single episode" (p. 42). A press is defined as "a temporary gestalt of stimuli which usually appears in the guise of a threat of harm or promise of benefit to the organism" (p. 41). A need is defined as "an organic potentiality or readiness to

respond in a certain way under given conditions" (p. 41).

In the present study, press corresponds to situational factors and needs to response tendencies.

This unit of analysis, S-O-R sequence, represents a structural rather than process approach to understanding interaction. The focus is on the partner's response to a stimulus configuration, rather than upon the partner's reaction as a stimulus to his mate's behavior which in turn provides the stimulus to the partner's behavior etc. Although there are advantages to a process analysis, Murrell and Stachowiak (1965) have found this structural approach to be valuable in their delineation of the repetitive behaviors engaged in by family members and their resulting feeling reactions. They (1965) define maladaptiveness as a rigidity in behavior-feeling sequences.

Rigidity results from the inability to use interpersonal data which is available. Much of the data can be thought of as the causal links between behavior and feelings. There is an inability on the part of family members to clearly recognize, or, even if recognized, to use the connections between the feelings and behavior. Members' feelings toward each other, the behavioral events which stimulated these feelings, and the behaviors which are in turn stimulated by these feelings, are all treated as if they were completely unrelated. . . . Over time, such behavior-feeling sequences become firmly established, partly because their reasons for being is never questioned, and partly because they meet, in a limited way, some of the needs of the members involved. (p. 15)

Epstein (1973) has reported that some individuals have

found the method of daily recording of emotions highly therapeutic by becoming aware of the relationship between their emotions and the underlying implicit cognitions. Thus it appears that recognition of these sequences can in itself be a therapeutic tool, or at least be a valuable therapeutic adjunct to marriage counseling, in that the counselor can gain valuable information from the couples' record of events.

The recording of daily emotional reactions provided a good opportunity to realistically assess the importance of certain aspects of communication as a critical determinant of the level of adjustment of relationships. During the study the partners were not allowed to show each other what they had written, but were permitted to discuss anything that they would normally talk about. After the completion of the recording of 12 pleasant and unpleasant events, each partner was asked for each event if his/her mate was aware of the partner's reaction, if the partner was willing to show his/her mate what was recorded and how the partner thought his/her mate would react if the mate was to read what the partner had written. If the couple agreed to show each other some or all of their forms, each partner was asked to describe his/her reactions to each of his/her mate's forms.

Although researchers and investigators have hypothesized that disclosure of information about self and others, particularly with regard to feelings, should be positively

associated with the degree of satisfaction with the relationship, the results rather suggest that selective communication is preferable to sheer volume (Levinger, 1967; Bienvenu, 1970). Levinger (1965) found that more satisfied spouses tended to discuss negative feelings pertaining to their mates less often than less satisfied spouses but tended to disclose more information about their pleasant feelings regarding important matters. Sex differences have also been related to degree of self-disclosure and marital satisfaction. Wives reported a greater proportion of self-disclosure than husbands (Komarovsky, 1964; Cutler and Dyer, 1965). Katz, et al. (1963) found that the disclosure of personal information related to marital satisfaction for wives but not for husbands.

The methodology employed in this study to investigate the effect of differences in sex and adjustment with respect to self-disclosure of significant pleasant and unpleasant feelings differed from other studies in that partners were asked if their mates were aware of the feelings and thoughts that they had actually experienced on a day-to-day basis. The method employed in most other studies involved retrospective accounts and/or hypothetical incidents.

Rogers (1972) has identified interpersonal risk as a vital component of communication and marital satisfaction.

By risk Rogers means the revealing of a persistent negative feeling about the relationship or the mate, even if this involves a possible threat to the spouses.

To communicate one's full awareness of the relevant experiences is a risk in interpersonal relationships. It seems to me that it is the taking or not taking of this risk which determines whether a given relationship becomes more and more mutually therapeutic or whether it leads in a disintegrative direction. (Rogers, 1961, p. 345)

In the present study, partners recorded their private thoughts and feelings in detail. The number of unpleasant events that they were willing to reveal to their mates should indicate their willingness to take risks in the relationship. It has been proposed that selective communication may be more conducive to marital satisfaction than sheer volume. However, the experiences that were recorded were the most significant of the day, and thus, can likely be viewed as quite relevant feelings and thoughts of partners pertaining to their mates. On the other hand, partners' willingness to exchange forms might not reflect general risk-taking behavior in the relationship if partners view exchanging forms as a unique opportunity to understand how each other construes his/her experience.

Empathy between spouses has also been identified as an important source of positive communication and satisfaction. Rausch (1963) found this characteristic to be a critical

determinant of the efficacy with which couples resolved hypothetical conflict situations. Whether or not a partner agrees with his/her mate's behavior, it is assumed that he/she can understand the mate's feelings if there is a basic empathic awareness of each other's feelings. Since the partners' feelings, thoughts and responses are clearly and systematically presented, the partners' perception of their mates' understanding and their mates' actual understanding should indicate the degree of empathic recognition between partners.

Another aspect of communication that has been investigated is the degree of awareness of partners of the effects of specific behaviors on their spouses. Clements (1967) found that stable and unstable couples were equally aware of the effects of specific behaviors on their spouse by comparing couples' rankings of a series of behaviors along a dimension of upset both to themselves and to their spouses. In the present study a more realistic measure of the partners' awareness of the effects of their mates' behaviors was obtained by asking partners to indicate how surprised they think their mates would be by their reaction and by asking their mates to indicate how surprised they actually were.

Partners were also asked to indicate how they perceived

their mates would emotionally react to reading each of their forms, and their mates were asked to indicate their emotional responses to reading their partners' forms. This measure should indicate how partners think each other would react and how they actually react when their thoughts and feelings are clearly communicated to each other.

Finally, the congruity between how the partners' perceived their mates would react with how their mates actually reacted was compared. Laing (1966) has found that the congruity between spouse perceptions, as measured by Laing's Interpersonal Perception Method, significantly discriminated between couples who were and who were not receiving marital counseling. Laing proposes that a comparison of a partner's metaperspective, how the partner views how the mate views an issue, with the mate's direct perspective on the same issue, tells us whether the partner understands the mate. In the present study, the comparison of how the partner viewed the mate's view concerning the mate's awareness, understanding, surprise, and emotional reaction and the mate's actual awareness, understanding, surprise and emotional reaction should indicate how well the partner understands the mate. In addition, the tendency of the partner to either underestimate or overestimate the mate's awareness, etc. was investigated.

Christensen (Lively, 1969) has attempted to define the requirements for meaningful research in the area of marriage and the family. He notes the following points:

Quantification coupled with case study analyses; the use of meaningful research designs, including formally stated hypotheses; the willingness to make value-free generalizations; the replication, integration, and codification of research findings; the delineation of theoretical frames of reference. (p. 113)

This study fulfills some of the requirements--"quantification coupled with case study analysis," "the use of a meaningful research design" and "the delineation of theoretical frames of reference." The study is to be viewed as exploratory and thus, the presentation of hypotheses seemed premature. However, a weakness of research in this area, including this study, is the "lack of willingness to make value-free generalizations." The validity of the instruments used to measure marital adjustment has been seriously questioned (Laws, 1971). In addition, the terms happiness, satisfaction, and adjustment have not been differentiated nor operationally defined. Although adjustment was measured by a standard questionnaire for the criterion variable in the present study, it is hoped that a more meaningful index for future research can be derived from the methodology employed here.

METHOD

Subjects

Selection of subjects. Eighteen couples responded to advertisements in the University of Massachusetts campus newspaper, local newspapers and apartment complexes. The advertisement requested young married or unmarried couples, without children, who were living together for at least one year, to participate in a psychological study. Participation was said to provide couples with a good opportunity to learn more about their emotional reactions to each other in addition to earning twenty-five dollars.

The Marital Communications Inventory (MCI) developed by Bienvenu (1969) was given to each person to assess the degree of general adjustment of the couples' relationships. Ten couples were to be selected to participate in the study. Five couples who scored low on the MCI (poorly adjusted couples) were to be matched with five couples who scored high on the MCI (well adjusted couples) on the following variables: age; number of years living together; and the degree of commitment between the partners--married, unmarried with the intention of marrying or living together indefinitely, and unmarried with uncertain future plans. Scores on the MCI, however, ranged from slightly below the mean to the upper extreme, very well adjusted. No couple

could clearly be described as poorly adjusted.

It appeared that couples who were poorly adjusted in their relationship did not want to participate in a study together. If poorly adjusted couples would not participate, a range of scores on adjustment rather than extreme positive scores would be preferable for nonstatistical clinical comparisons and for analyses of sex differences. Therefore, six couples were selected whose scores represent a range of adjustment, from slightly below the mean to the upper extreme.

The alternative procedure used to select poorly adjusted couples was to obtain referrals from counselors and therapists of couples in marital counseling at the Psychological Service Center at the University of Massachusetts. The couples were told by their counselors that a research project presented an opportunity for the couples to learn more about their relationship with each other in addition to earning \$25, and that the counselor and the researcher were willing to discuss the findings with them after the completion of the study.

Five couples were referred over a six month period. Two of these couples did not complete the study. Both partners of one couple reported that they could not find the time to fill out the forms. Both partners of the other couple reported that they did not like "compartmentalizing"

their emotions. Two of the three couples in marriage counseling who completed the study were given the MCI. Since one of these couples found participation emotionally taxing throughout the study, the couple was not given the MCI in order to encourage completion of the study. The tenth couple who participated were friends of one of the couples in counseling. Since their scores on the MCI were relatively low, they were included in the study.

Assignment of couples to experimental groups. A mean score for each of nine couples was derived from the partners' separate scores on the 19 items of the MCI found by Bienvenu (1970) to be most discriminating (see Appendix A). The four couples with the lowest mean score were assigned to the poorer adjusted group. These couples included two couples in marital counseling, the couple with the lowest mean score of the six couples originally selected and the couple referred by one of the couples in counseling. The third couple in counseling, who was not given the MCI, was also assigned to this group on the basis of their counselor's clinical assessment. The five couples with the highest mean scores were assigned to the better adjusted group.

In Table 1, the scores of all participants and the mean score for each couple on 19 items of the MCI are presented.

Although the scores for participants in the better adjusted group were all above the highest mean score for couples in the poorer adjusted group, three of the scores of females in the poorer adjusted group are higher than some participants in the better adjusted group. Since the items on the MCI equally reflect the person's perception of his/her own behavior in the relationship, his/her partner's behavior and shared behaviors, highly discrepant scores between partners suggest some distortion or lack of accurate perception of certain realities by one or both partners. The mean score for the couple was therefore assumed to be the more accurate indication of the couples' adjustment.

Insert Table 1

Other characteristics of the experimental groups. The two groups of couples could not be matched on age, number of years living together nor the degree of commitment between the partners due to the difficulties in the selection of poorly adjusted couples discussed above. Moreover, although the couples requested through advertisements were those without children, the couples referred by the alternative procedure all had children. In Table 2 it can be seen that the two groups differ on a variety of characteristics.

Table 1
Scores of Couples on 19 Items of the Marital Communication Inventory

Couple	Name of females ^a	Score	Name of males ^a	Score	Mean score for couple
Poorer adjusted couples					
1	Connie	<u> </u> ^b	Jon	<u> </u> ^b	
2	Marcia	27	Clyde	19	23.0
3	Henny	41	Sebastian	24	32.5
4	Summer	38	Frobisher	33	35.5
5	Nina	45	Clem	26	35.5
Better adjusted couples					
6	Monk	36	Jessie	45	40.5
7	Anna	45	Felix	37	41.0
8	Zelda	44	Gabe	39	41.5
9	Georgia	45	Ezra	46	45.5
10	Frieda	51	Jack	48	49.9

Note. Maximum score = 57.

^aThe names are pseudonyms chosen by the participants.

^bThis couple was not given the MCI.

The mean age for the poorer adjusted group is 32.4, whereas the mean age of the better adjusted group is 22.7. The range of ages in the poorer adjusted group, 20-48, was greater than the range of ages in the better adjusted group, 20-26.

During the study all the females in the better adjusted group were actively engaged in full time activities, either employed or in school, whereas only one female in the poorer adjusted group, Nina, was employed. However, in the poorer adjusted group, Henny, nine months pregnant during the study, was planning to enter graduate school a few months after the birth of the child. Summer was also looking forward to a change in career shortly after the study. Her husband's job had brought them to the Amherst area two years prior to the study. Since she had been unhappy in the east, displaced from friends and relatives, and her husband had decided to try a new style of life, they were to move to a farm out west where Summer planned to find a job. Connie was perhaps the most actively engaged at home, caring for three young boys. Although she expressed a wish for a career, she felt her prospects were poor due to her lack of college preparation. Marcia was involved in part-time volunteer service and was also housekeeper for her husband and 17 year old son at home. Marcia would have liked to have worked full

time now that her children were older, but her husband would not permit her to.

The males in the two groups differed from each other in their professional status and security. Three of the males in the poorer adjusted group were professionally well-established whereas none of the males in the better adjusted group were established. The other two males in the poorer adjusted group, Sebastian and Clem, were secure in the choice and means of implementing their future careers, whereas only one male in the better adjusted group, Ezra, was in such a position. Felix, a college graduate, and Jack, near graduation, both wanted to go to graduate school but were unsure whether or not they would be accepted due to problem with college grades. Jessie dropped out of college and like Gabe, a college graduate, was unemployed at the onset of the study. Gabe did find a job during the study as a janitor.

Four of the couples in the poorer adjusted group were married whereas only two of the couples in the better adjusted group were married. Couple #5 in the poorly adjusted group like Couples #6 and #7 in the better adjusted group were living together without any definite plans for further commitments. Couple #10 planned to be married. The two groups also differed in the number of years that the couples were living together. The mean number of years that couples in

the poorer adjusted group were living together was about 10 years, whereas the mean number for couples of the better adjusted group was about one year and six months. The number of years living together for the poorer adjusted group ranged from 1-28 years, whereas the range for the better adjusted couples was 1-2 years and 4 months.

Finally, four of the couples in the poorer adjusted group have children whereas none of the couples in the better adjusted group have children. Two of the couples each have one three year old child, and the other two couples each have three children, the ages of the children being considerably older for one of the couples.

Since the two groups of couples differ on a number of important characteristics, definitive statements pertaining to the differences of poorer adjusted versus better adjusted couples will not be possible. The procedure for interpreting results will rather involve tentative statements which are based on the most reasonable interpretation of all the data available.

Insert Table 2

Materials

The Marital Communications Inventory. The MCI was used to measure the degree of general adjustment in the

Table 2

Other Characteristics of the Poorer Adjusted and Better Adjusted Couples

Couple	Name	Age	Profession	Commitment	# of years married	# of years living together	# of children	Age of children
Poorer adjusted couples								
1	Connie Daniel	41 36	Housewife College Professor	married married	10	10	3	6-12
2	Marcia	47	Volunteer Part-Time Public Service Businessman	married	28	28	3	17-25
	Clyde	48						
3	Henny Sebastian	28 28	Housewife Graduate Student	married	7	7 yrs. 6 mos.	1 ^a	3
4	Summer Frobisher	25 28	Housewife College Professor	married	4	5	1	3
5	Nina Clem	21 22	Saleswoman College Student	no future plans	-	1 yr. 1 mo.	-	-

^aHenny was pregnant during participation in study.

Table 2 (continued)

Other Characteristics of the Poorer Adjusted and Better Adjusted Couples

Couple	Name	Age	Profession	Commitment	# of years married	# of years living together	# of children	Age of children
Better adjusted couples								
6	Monk	20	College Student	no future plans	-	1	-	-
	Jessie	20	Not in school or employed					
7	Anna	26	Graduate Student	no future plans	-	1	-	-
	Felix	24	Bartender and Part-time Student					
8	Zelda	24	Saleswoman	married	1 yr. 4 mos.	2 yrs. 4 mos.	-	-
	Gabe	24	Janitor ^b					
9	Georgia	23	Social Worker	married	1 yr. 6 mos.	2	-	-
	Ezra	23	Graduate Student					
10	Frieda	21	College Student	engaged	-	1	-	-
	Jack	21	College Student					

^bGabe accepted this job during the study and was unemployed prior to the study.

couples' relationship. Although the MCI was developed to measure patterns, characteristics, and styles of communication, many items are only indirectly related to the process of communication. Responses to the items rather suggest the degree of happiness, security, involvement, conflict, respect and sensitivity between the partners. The use of the MCI as a measure of marital adjustment is supported by the finding that the MCI has significantly discriminated between couples who were receiving marital counseling and couples who were without apparent problems (Bienvenu, 1970).

Since population means and standard deviations are not listed for the 19 items of the MCI found to be most discriminative, it was not possible to designate what scores corresponded to what degree of adjustment. Some indication of the degree of adjustment corresponding to the scores was provided by a brief written statement by the participants describing the nature of their feelings towards their partners, the degree of happiness or satisfaction in the relationship and any major sources of conflict in the relationship.

The forms for recording daily emotions. The forms for the recording of pleasant and unpleasant emotions are included in the Appendix (Pleasant Emotions, Appendix B; Unpleasant Emotions, Appendix C). The format of the forms

can best be described in terms of a stimulus-organismic-response relationship. The stimulus corresponds to the type of situations that elicited the partner's most pleasant and most unpleasant reaction associated with an interaction or thought about his/her mate. The organismic response corresponds to the emotions that the partner experienced during the situation. The behavioral response corresponds to the response tendencies that the partner felt during or shortly after the emotional reaction. Each form consisted of seven parts.

In Part I (the first page of both forms), the partner briefly described the situation that produced his/her most intense emotional reaction of the day. Included in the description was how the partner felt and acted during and immediately following the situation, what led up to the situation, and what finally happened. The written description of the event provided the experimenter with a means of checking the quantification of this information on the scales which followed.

In Part II, Description of Specific Emotion (the second page of both forms), the partner rated on each of 17 scales how he/she felt both before and during the situation. The ratings provide an assessment of the partner's emotional state prior to the situation and a measure of the impact of

the situation on that state. Each of the first 15 scales described one bipolar emotional dimension, with three adjectives describing the positive pole and three adjectives describing the opposite negative pole. For example, on the first scale the emotional dimension that is described is security. The adjectives listed on one end of the scale are secure, unafraid, unthreatened, and the adjectives listed on the other end of the scale are worried, threatened, insecure. The items for these scales were derived from a factor-analysis of emotions (Epstein, unpublished). In the last two scales, only one negative emotion is described.

The types of emotions described can be categorized into the following four groups: basic emotions, self-esteem variables, energy variables, and relationship variables. The basic emotions are those emotions which are not readily reducible or subsumed by other emotions. The basic emotions include the following four scales: (1) secure-insecure, (2) happy-unhappy, (3) affectionate-angry at 0 (subject's partner), and (5) calm-jittery. The self-esteem variables are those feelings concerning a person's self worth. The self-esteem variables include the following six scales: (3) pleased with self-displeased self, (7) competent-incompetent, (10) attractive-unattractive, (11) appreciated-rejected,¹ (13) helpless-powerful, (14) guilty-feeling that

¹The other adjectives in this scale more clearly emphasize the self-evaluation component.

you are a good person. The energy variables are those feelings which affect the amount of energy available to the person, indicating the presence or absence of intrapsychic conflict. The energy variables include the following five scales: (6) energetic-tired, (8) clear-minded-conflicted, (9) unrestrained-blocked, (12) alive-unfeeling, and (15) spontaneous-inhibited. The relationship variables include the following two scales in the previous groupings which most directly reflect the feelings of loving and being loved: (4) affectionate-angry at 0 (11) appreciated-rejected.

The subject placed a B in one of thirteen spaces on each of the first 15 scales, and in one of seven spaces on the last two scales to indicate the intensity with which the subject experienced each of the emotions prior to the situation. The subject then placed a D in one space on each of the 17 scales to indicate to what extent each of the feelings were part of the emotion that the subject was reporting. If the subject was aware of a change from before to during the situation on a particular scale, the subject would enter the letters in different spaces. The rating for the emotions for both before and during the situation on each scale were scored from minus six, the most intense negative rating to plus six, the most intense positive rating, with zero as the neutral rating.

In Part III, Situational Factors that Usually Produce Pleasant/Unpleasant Emotions (the third and fourth page of both forms), the subject identified the essence of the situation as the subject perceived it. There are 25 types of situations on the form for pleasant emotion, and 27 types on the form for unpleasant emotions. The items were derived from a review of 140 forms of five couples who participated in a pilot study conducted by the experimenter. The items which are preceded by a p, designating press, describe possible behaviors of the partner's mate--something said, done or conveyed. In some of these items, the reaction to the stimulus was included in the description due to the difficulty of either identifying the specific stimulus or of differentiating the stimulus from the emotional reaction. For example, for item 13 on the form for pleasant emotion, p Sex, the stimulus is the erotic feelings aroused by the mate rather than the specific behaviors of the mate that could account for the elicitation of the feeling. Positive Ego Identification and Negative Ego Identification, not preceded by a p, do not directly involve the behavior of the mate but rather the possible reaction of the partner to another person's actual or imagined evaluation of the mate. If the partner's reaction was not the result of the mate's immediate behavior, the partner rated one or both of the

last two items. Item 24 on the form for pleasant emotion and item 26 on the form for the unpleasant emotion, Not the Result of O's Immediate Behavior, is checked if the emotion was elicited by a memory of something the mate did, or by an anticipation of what the mate might do, or by the partner's thoughts about the mate. In this instance, the partner's reaction may be in the absence of the mate. The last item on each form, Positive Self-Evaluation and Negative Self-Evaluation, was rated if the emotion is elicited by the partner's self-evaluation of his/her behavior toward the mate.

The partner rated each item which accounted for the emotion with a single-check mark, and rated the item(s) that most accurately accounted for the emotion with a double-check mark. An item that the partner was uncertain of was rated with a question mark. A double-check mark was scored three points, a single-check mark, two points, and a question mark, one point.

In Part IV, V, and VI (the fourth page of both forms) the partner rated the intensity and duration of the emotion and the degree of responsibility attributed to the mate for the elicitation of the emotion. The intensity of the emotion was rated on a seven point scale, ranging from not at all to extremely pleasant, on the form for pleasant emotion,

and to extremely unpleasant on the form for unpleasant emotion. The duration was rated on a five point scale ranging from a fleeting reaction lasting less than a minute to a feeling which continued or recurred over an interval extending from three days to one week. If the reaction continued past the time that the partner filled out the forms, he/she was to check the duration within the next week. The degree of attribution was rated on a three point scale--direct, partial or no responsibility. Direct responsibility was checked if the partner perceived that the mate intentionally tried to produce the reaction. Partial responsibility was checked if the partner perceived that the mate did not intend to produce the effect but behaved in such a way as to predictably make the subject feel good or badly. No responsibility was checked if the partner perceived that his/her reaction was not reasonably predictable from the mate's unintentional behavior.

In Part VII, the Behavioral-tendencies check list (the fifth and sixth page of both forms), the partner identified the wishes, impulses and behaviors that he/she felt during or shortly after the situation, and indicated which of these responses were actually carried out. The 64 items are grouped into 16 categories with four items per category (see Appendix D for the list of categories with the respec-

tive items). Each category heading is preceded by an n designating need. The items within each category are randomly dispersed throughout the list. In general, the more items that were checked in a category, the stronger was the response tendency characterizing the category. Within some categories, the items included were very similar. If a subject failed to check similar items, he/she was either making very fine discriminations or was being careless. Since the experimenter reviewed each of the forms with the participants, many of the errors of omission were corrected. Within other categories, some items represent differing degrees of the strength of the response.

The response tendencies can further be viewed as positive tendencies toward the mate, negative tendencies toward the mate, or toward the self, and as issue confrontation and issue avoidance responses. The categories are grouped within the following five subheadings: S positive to 0; S negative to 0; S positive to 0, negative to S; issue confrontation; and issue avoidance. The partner's positive tendencies toward the mate include the following categories: n Express Love, n Nurturance, n Affiliation and n Sex, Physical Expression. The partner's negative tendencies toward the mate include the following categories: n Rejection, n Aggression, n Dominance, and n Autonomy. The part-

ner's positive tendencies toward the mate but negative tendencies toward self include the following: n Dependency, n Submission, and n Self-punishment, Intra-aggression, Guilt. Issue confrontation includes the following categories: n Problem Solving, Self-evaluation, and n Counter-action. Issue avoidance includes the following categories: n Withdrawal, n Mental Escape, Denial of Experience, and n Blame or Conflict Avoidance. The positive and negative tendencies may be either constructive or destructive depending upon the frequency, pattern and context of the behavioral response. The terms positive and negative rather denote the direction of the behavior--positive moving toward the partner and negative moving against the partner or self or away from the partner.

The partner rated each impulse, wish or response tendency that he/she felt with a single-check mark, and rated particularly strong impulses with a double-check mark. A weak or questionable impulse was rated with a question mark. A double-check was scored three points, a single-check mark two points, and a question mark one point. In addition, the partner indicated with a single-check mark which of the responses were carried out during or shortly after the situation.

Procedure

Initial interviews. The eighteen couples who responded to advertisements were given a preliminary questionnaire consisting of questions pertaining to factual background information, the Marital Communications Inventory and open-ended questions concerning their feelings toward their mate and relationship. The couples were told that they would be included in the study depending upon their scores on the inventory; that the experimenter would choose ten couples whose scores represented a range of the possible scores. The couples were not told what the inventory purportedly measured but rather that there were no right or wrong answers. The six couples who were selected were later contacted for a second interview to describe the procedure. The description of the procedure was presented to the four couples referred by the alternative selection procedures during the first interview. Three of these couples were given the preliminary questionnaire to complete at home after the first interview.

The following is an account of the procedure as it was told to each couple:

This study involves keeping a record of your emotional reactions to each other. If you decide to participate, each of you will be asked to fill out two forms each night, one for your most pleasant, and one for your most unpleasant feeling associated with an interaction or thought about your

partner on that day. You would fill out two forms each night for consecutive nights until you have filled out 12 forms for pleasant and 12 forms for unpleasant emotions. The forms take approximately 20 minutes a day to fill out.

During the study you will not be allowed to show each other what you have written. You may however discuss anything you have recorded with your partners. Why this restriction? Some of the situations or reactions that you record, you may prefer not to show to your partner for whatever reasons. Secondly, even if you would not mind having your partner read a particular form, there may be a temptation to write for the other person. That is, you may change your phrasing, leave something out, or include something else, etc. To further insure confidentiality you will be using a pseudonym in filling out the forms so that what you have written cannot be associated with you by anyone other than myself without your consent. I will discuss the forms with you in an interview at the end of the study. I will not be judging you personally, but using the information you provide for research. Nevertheless, there is a good possibility that you will learn something of value about yourself and your relationship.

You are probably wondering what the purpose of this study is. I wish to learn about what intimate relationships are like by studying emotions on a day-to-day basis rather than learning about relationships in a laboratory or through a questionnaire given in a single session. Let us consider what you may get out of participating. Some people like to write journals in order to express their feelings or to try to understand themselves. Although journals may be helpful in expressing feelings, they are often not helpful in making sense out of experiences. This study is like keeping a journal, except that you will be able to record your emotional experiences in a systematic way, and you will be doing very little writing. I will provide you with the forms on which you will record your experiences. The forms for each day are the same. These are 12 forms for pleasant reactions, and 12 for unpleasant reactions. The forms are made up in such a way as to help you to look at your reactions in an objective manner.

After 12 days of filling out forms, I will meet with each of you privately for about an hour to find out how valuable you found recording your emotions and to ask you a few other questions. We will then meet together to find out how your partner's reactions to some of your forms compare to how you thought he/she would react. This second meeting (exchanging some forms) is completely optional. If you do not want to meet, and your partner does, there will not be a second meeting nor will he/she be told of your preference.

You will be given \$25 for your participation. In addition, I think you will find this study rewarding as a learning experience. If you are interested in participating, let's look at the instructions [see Appendix E] and the forms.

After each couple filled out a few forms for pleasant and unpleasant emotions, the experimenter met with each partner privately to see if he/she had filled out the forms correctly. Participants were told to contact the experimenter when they completed all their forms. The days needed to complete the forms varied. Seventeen of the participants completed the forms within two to three weeks, skipping some days due to lack of time. One person skipped an entire week and completed in a month. Another couple skipped an entire month after the experimenter checked their forms, but then finished the forms within the next two weeks. From the experimenter's interviews with the participants who did not follow the instructions of skipping a day only when there was no emotion to report, there was no evidence that the days skipped differed in the type of emotional reactions to the partners from the days in

in which an emotion was recorded.

The experimenter met several times with one couple, Connie and Jon, to help them to complete their forms. The experimenter met with Connie almost every other day since Connie found it very difficult to focus upon her emotional reactions. The experimenter mainly listened to her thoughts and feelings, and clarified any confusions about translating her feelings to the forms. The experimenter met a few times with Jon mainly to help him to discipline himself to complete the forms by himself.

Post interviews. After each couple completed 12 forms for pleasant emotions and unpleasant emotions, the experimenter met with each partner privately. During this meeting, each partner filled out a brief questionnaire (see Appendix F) for each of his/her forms. The partners were each asked if they were willing to exchange all their forms. All couples consented to exchange all forms except for two participants. Zelda preferred not to show her partner one pleasant and one unpleasant form and Frobisher preferred not to show one unpleasant form.

The experimenter met with each couple to exchange forms. Each partner was given the other's forms in the order that they were written, alternating forms for pleasant and unpleasant emotions. The partners were told that they could

read the entire form except for the last page which pertained to the predictions of the mate's reactions. After the partner read a form and filled out a brief questionnaire (see Appendix G), the partner was allowed to compare his/her reactions with those predicted. Although the partners worked by themselves they were told that they could stop to discuss anything pertaining to the forms with each other.

RESULTS

Emotions

Analyses of variance were conducted in order to determine whether differences in relative adjustment and/or sex affect the pattern of reported emotions. The ratings of emotions for 12 pleasant and 12 unpleasant emotions were separately analyzed. For each dimension describing a pleasant and opposite unpleasant emotion, the following types of responses were investigated: the mean rating before the event; the mean rating during the event; and the mean change in rating (rating during minus rating before, calculated per day).

The design used for the analyses was a two between-and-one within subject repeated measures design. The between subject variables were adjustment and sex. Separate analyses were conducted for each of the above types of ratings for each of the following within subject variables: the basic emotions (secure-insecure, happy-unhappy, affectionate-angry at 0, calm-jittery); the self-esteem variables (pleased-with-self-displeased-with self, competent-incompetent, powerful-helpless, feeling like a good person-guilty, attractive-unattractive, appreciated-rejected); the energy variables (energetic-tired, clear-

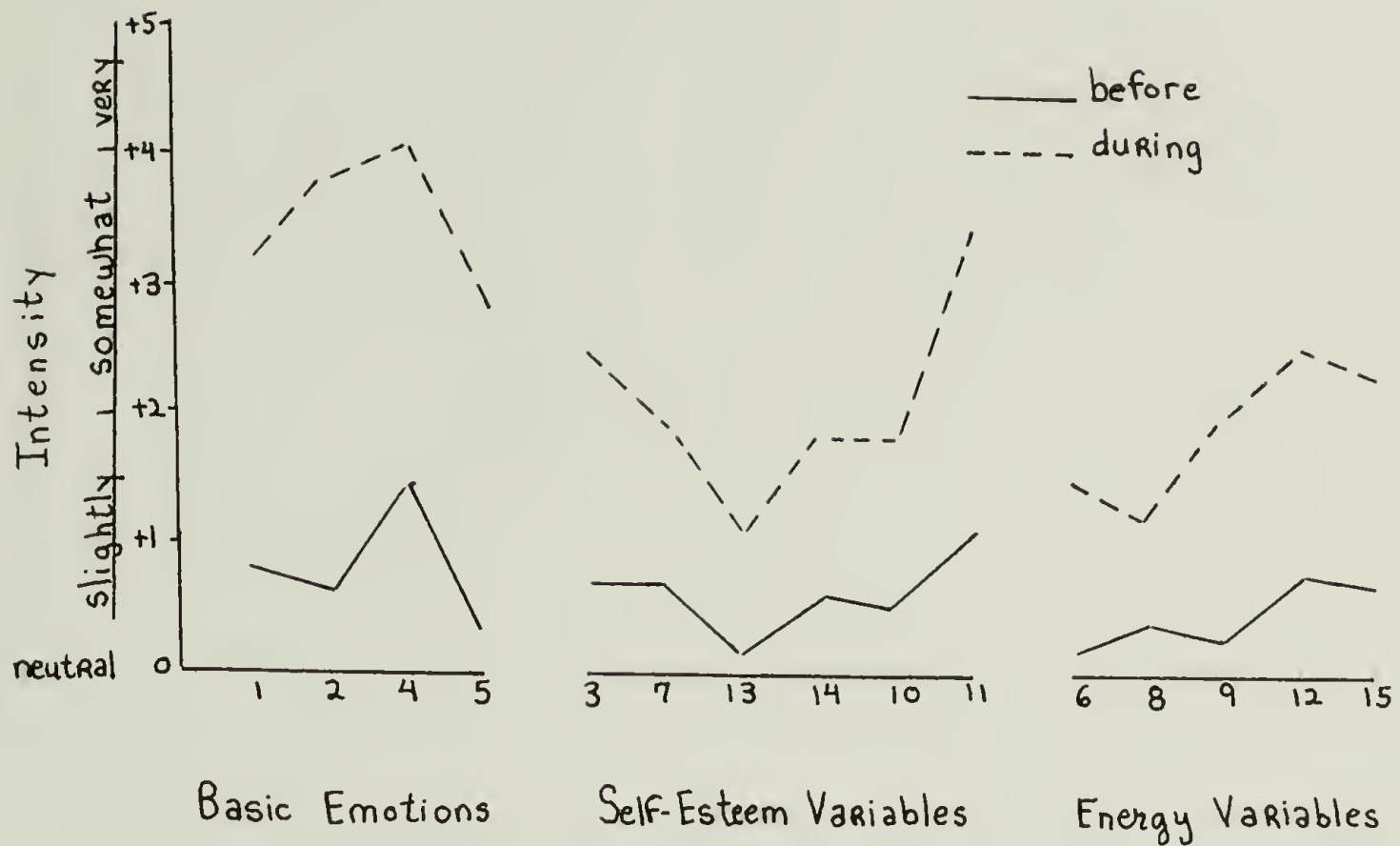
minded-confused, unrestrained-restrained, alive-unreactive, spontaneous-inhibited); and the relationship variables (affectionate-angry at 0, appreciated-rejected).

Ratings Immediately Before Events

Pleasant Events. A significant main effect was found for the intensity with which all subjects rated the four basic emotions ($F=14.25$, $df = 3/48$, $p < .001$), the six self-esteem variables ($F = 6.40$, $df = 5/80$, $p < .001$), the five energy variables ($F = 4.85$, $df = 4/64$, $p < .005$), and the two relationship variables ($F = 6.14$, $df = 1/16$, $p < .025$) immediately before pleasant events. The data relevant to the above results are presented in Figure 1.

Insert Figure 1

For the basic emotions, subjects received their highest ratings on affectionate and their lowest rating on calm. For the self-esteem variables, subjects received their highest ratings on appreciated and their lowest ratings on powerful. For the energy variables, subjects reported feeling more alive and spontaneous than energetic, clear-minded and unrestrained. For the relationship variables, subjects reported feeling more affectionate than appreciated.



1-secure, 2- happy, 4-affectionate, 5-calm, 3-pleased-with-self, 7-competent, 13-powerful, 14-feeling like a good person, 10-attractive, 11-appreciated, 6-energetic, 8-clear-minded, 9-unrestrained, 12-alive, 15-spontaneous.

Figure 1. Mean intensity ratings on emotions before and during 12 pleasant events for all subjects.

A significant interaction of Adjustment x Sex x Emotion was found for response to the self-esteem variables before pleasant events ($F = 3.64$, $df = 5/80$, $p < .01$). As can be seen in Figure 2, the significant interaction resulted from differences in the pattern of responses of better and poorer adjusted females. The pattern of responses of better and poorer adjusted males were similar. Better adjusted females received their highest ratings on appreciated and attractive whereas poorer adjusted females received their highest ratings on pleased-with-self and feeling like a good person. The difference between better and poorer adjusted females on each of the self-esteem variables were not significant. Since subjects varied on the general intensity with which they rated all variables, within-subjects' comparisons provide the most useful way of examining the data because they, in effect, control for individual differences in mean intensity of the ratings. The difference between ratings on appreciated and the average ratings on the other self-esteem variables was greater for better adjusted females than for poorer adjusted females ($t = 4.98$, $df = 4$, $p < .01$).² Furthermore, the poorer adjusted females

²The difference between the average ratings on appreciated and attractive and the average ratings on the other self-esteem variables, and the difference between the average ratings on appreciated and attractive, and the average ratings on pleased-with-self and feeling like a good person, did not significantly differ for better and poorer adjusted females.

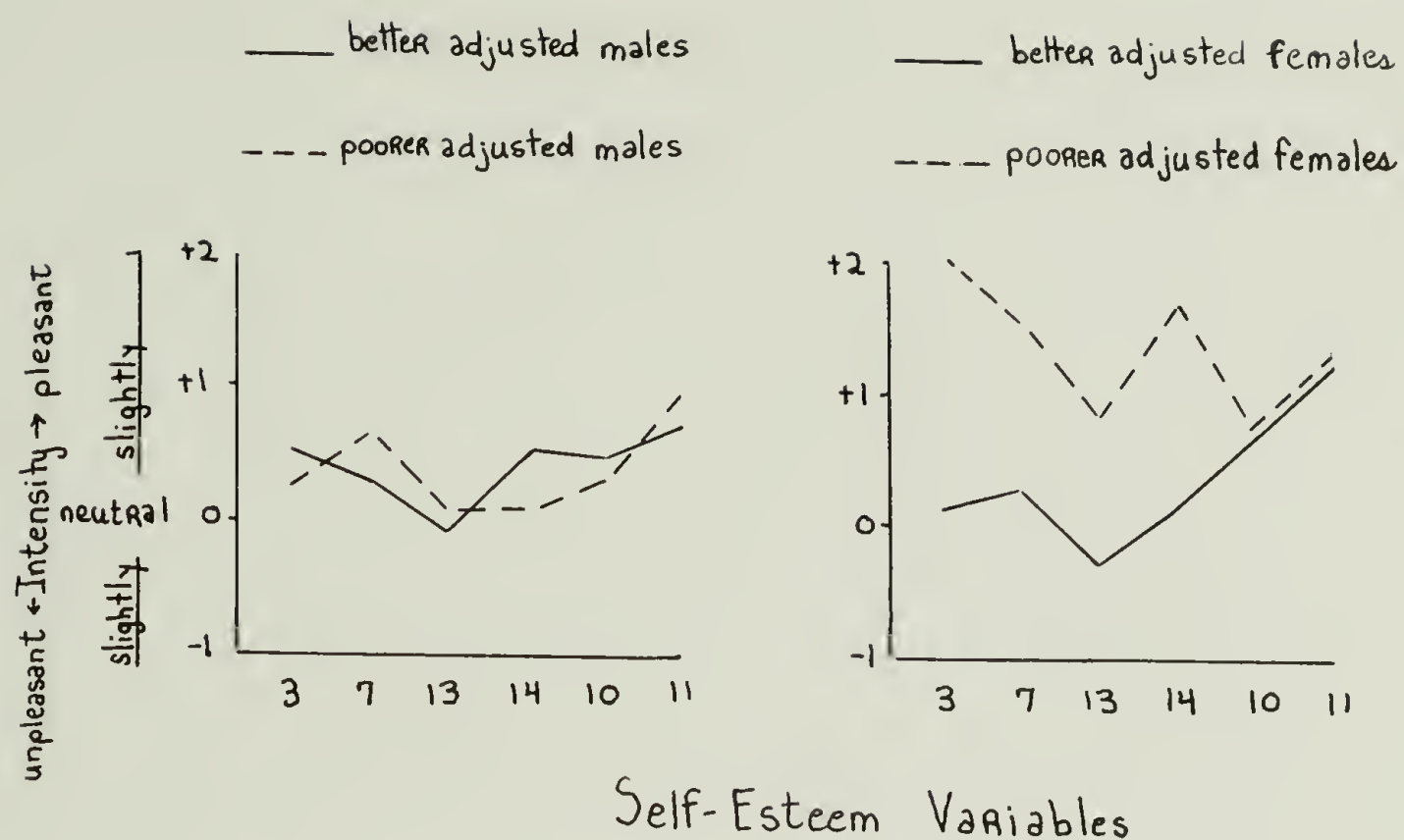
were the only group who did not, on the average, rate appreciated as the most positive feeling.

Insert Figure 2

Unpleasant events. A significant main effect was found for the intensity with which subjects rated the basic emotions ($F = 8.48$, $df = 3/48$, $p < .001$), the self-esteem variables ($F = 5.89$, $df = 5/80$, $p < .001$), and the relationship variables ($F = 6.99$, $df = 1/16$, $p < .025$) immediately before unpleasant events. The relevant data are presented in Figure 3.

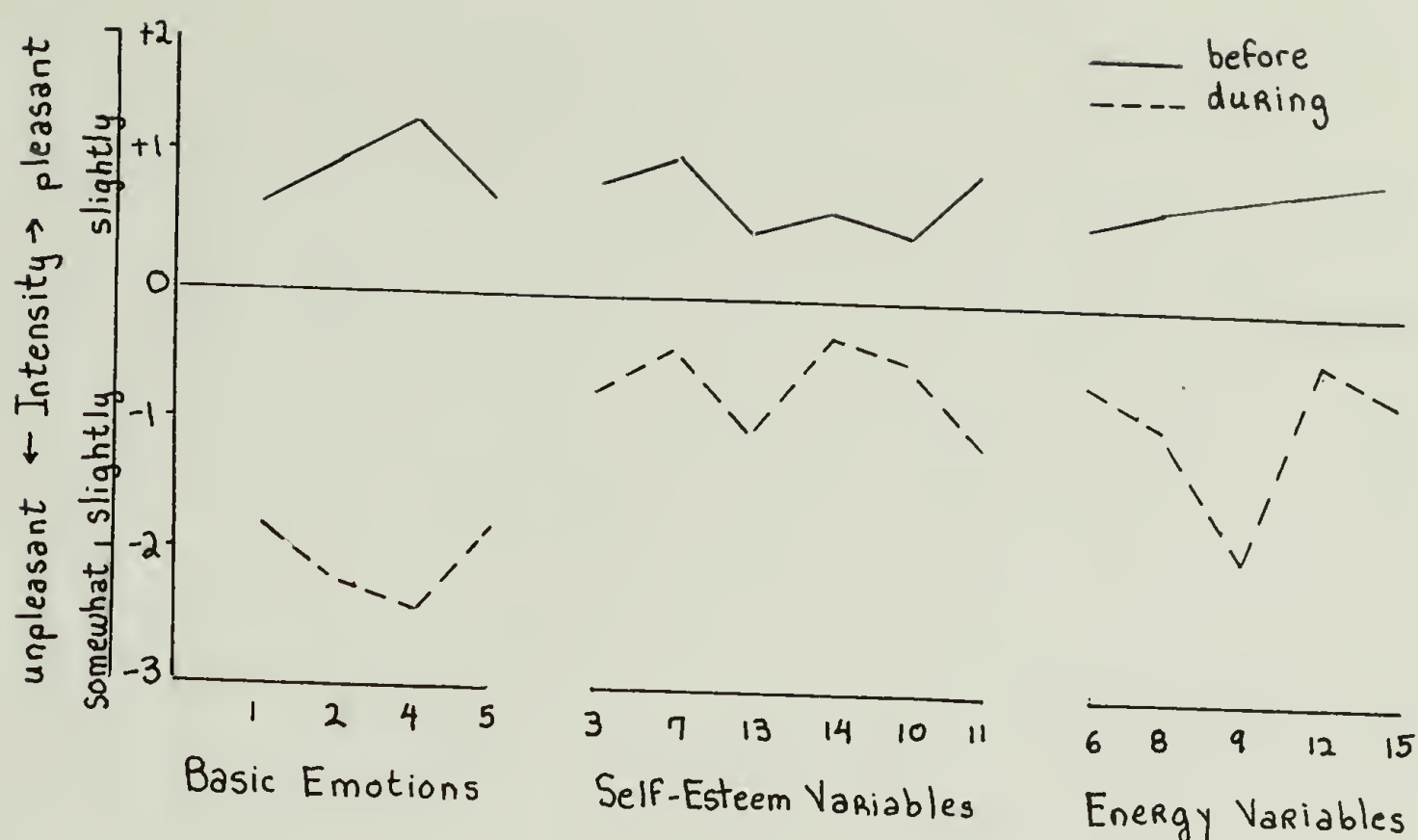
Insert Figure 3

For the basic emotions, subjects received their highest ratings on affectionate and their lowest ratings on secure and calm. Subjects felt slightly less affectionate but more happy and calm prior to unpleasant events than prior to pleasant events. For the self-esteem variables, subjects' ratings on pleased-with-self, competent and appreciated were similar and more positive than ratings on powerful, feeling like a good person, and attractive. The difference between ratings on appreciated and the ratings



3-pleased-with-self-displeased-with-self, 7-competent-incompetent, 13-powerful-helpless, 14-feeling like a good person-guilty, 10-attractive-unattractive, 11-appreciated-rejected.

Figure 2. Mean intensity ratings on the self-esteem variables before 12 pleasant events for better and poorer adjusted males and females.



1-secure-insecure, 2-happy-unhappy, 4-affectionate-angry at Q, 5-calm-jittery, 3-pleased with self-displeased with self, 7-competent-incompetent, 13-powerful-helpless, 14-feeling like a good person-guilty, 10-attractive-unattractive, 11-appreciated-rejected, 6-energetic-tired, 8-clear-minded-confused, 9-unrestrained-restrained, 12-alive-unreactive, 15-spontaneous-unspontaneous.

Figure 3. Mean intensity ratings on emotions before and during 12 unpleasant events for all subject.

on the other self-esteem variables was less marked prior to unpleasant events than prior to pleasant events as a result of more positive ratings on pleased-with-self, competent, and powerful. For the relationship variables, the subjects reported feeling more affectionate than appreciated, a pattern also characteristic of responses to pleasant events.

A significant interaction of Adjustment x Emotion ($F = 4.03$, $df = 3/48$, $p < .025$) and a significant interaction of Adjustment x Sex x Emotion ($F = 3.45$, $df = 3/48$, $p < .025$) were found for responses to the basic emotions before unpleasant events. As can be seen in Figure 4, better adjusted couples' ratings for affectionate were more positive relative to the other basic emotions than were the ratings of poorer adjusted couples. Better adjusted couples received their highest rating on affectionate and their lowest ratings on secure and calm. Poorer adjusted couples have uniform ratings on all the basic emotions. This difference between better and poorer adjusted couples was much more marked for females than for males. Poorer adjusted females showed little discrimination among the emotions, whereas better adjusted females showed a dramatic increase in ratings for affectionate relative to ratings for the other basic emotions.

The poorer adjusted females were the only group whose average ratings for affectionate was not highest relative to the other basic emotions.

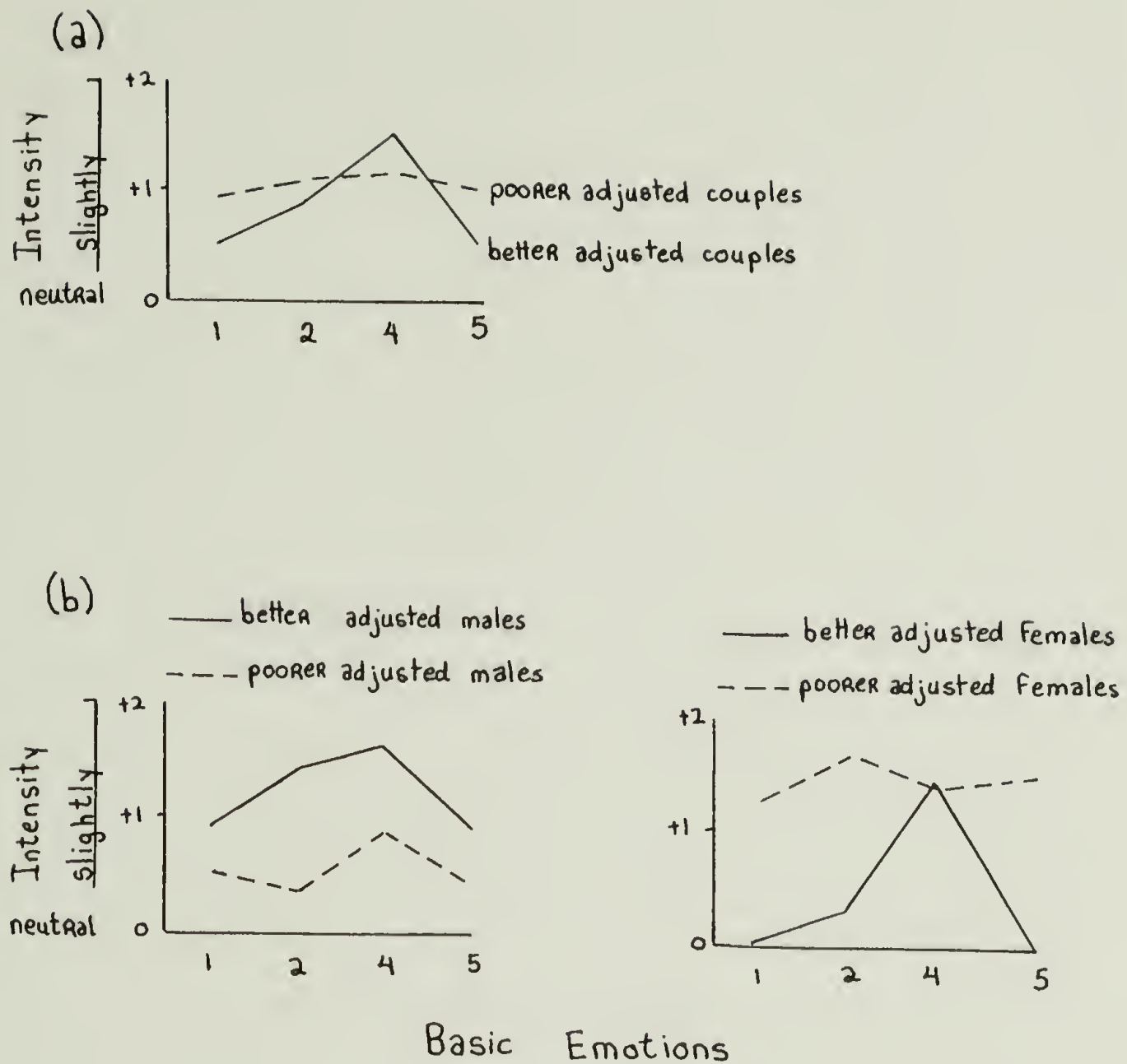
Insert Figure 4

A significant interaction of Adjustment x Emotion was found for responses to the self-esteem variables before unpleasant events ($F = 4.64$, $df = 5/80$, $p < .005$). As can be seen in Figure 5, better adjusted couples rated appreciated more positively relative to ratings on the other self-esteem variables than did poorer adjusted couples. Better adjusted couples received their highest rating on appreciated and their lowest rating on powerful whereas poorer adjusted couples received their highest rating on competent and their lowest on attractive. The difference between better and poorer adjusted couples for each of the self-esteem variables were not significant.

Insert Figure 5

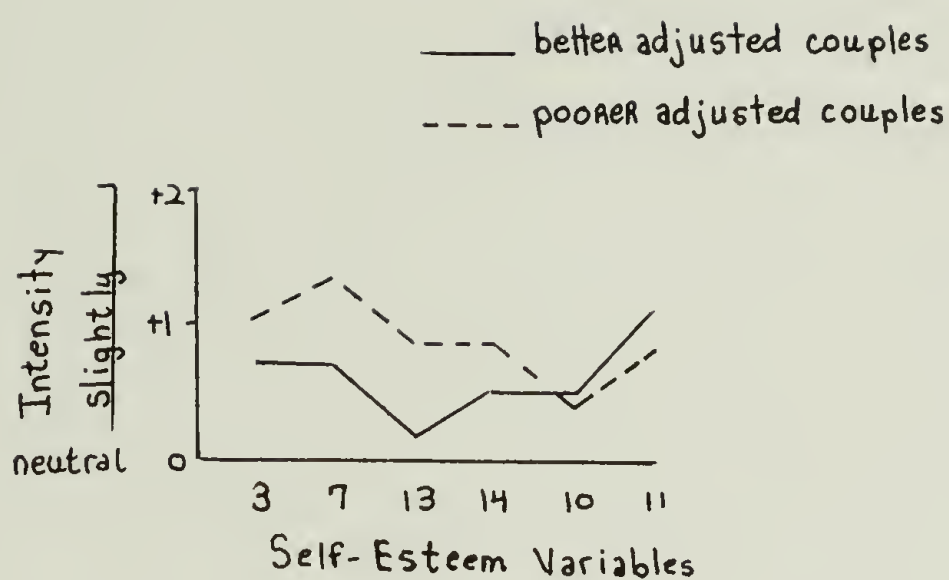
Ratings During Events

Pleasant Events. A significant main effect was found for the intensity with which subjects rated the basic emo-



1-secure, 2-happy, 4-affectionate, 5-calm.

Figure 4. Mean intensity ratings on the basic emotions before 12 unpleasant events for (a) better and poorer adjusted couples, and (b) better and poorer adjusted males and females.



3-pleased-with-self, 7-competent, 13-powerful, 14-feeling like a good person, 10-attractive, 11-appreciated.

Figure 5. Mean intensity ratings for better and poorer adjusted couples on the self-esteem variable before 12 unpleasant events.

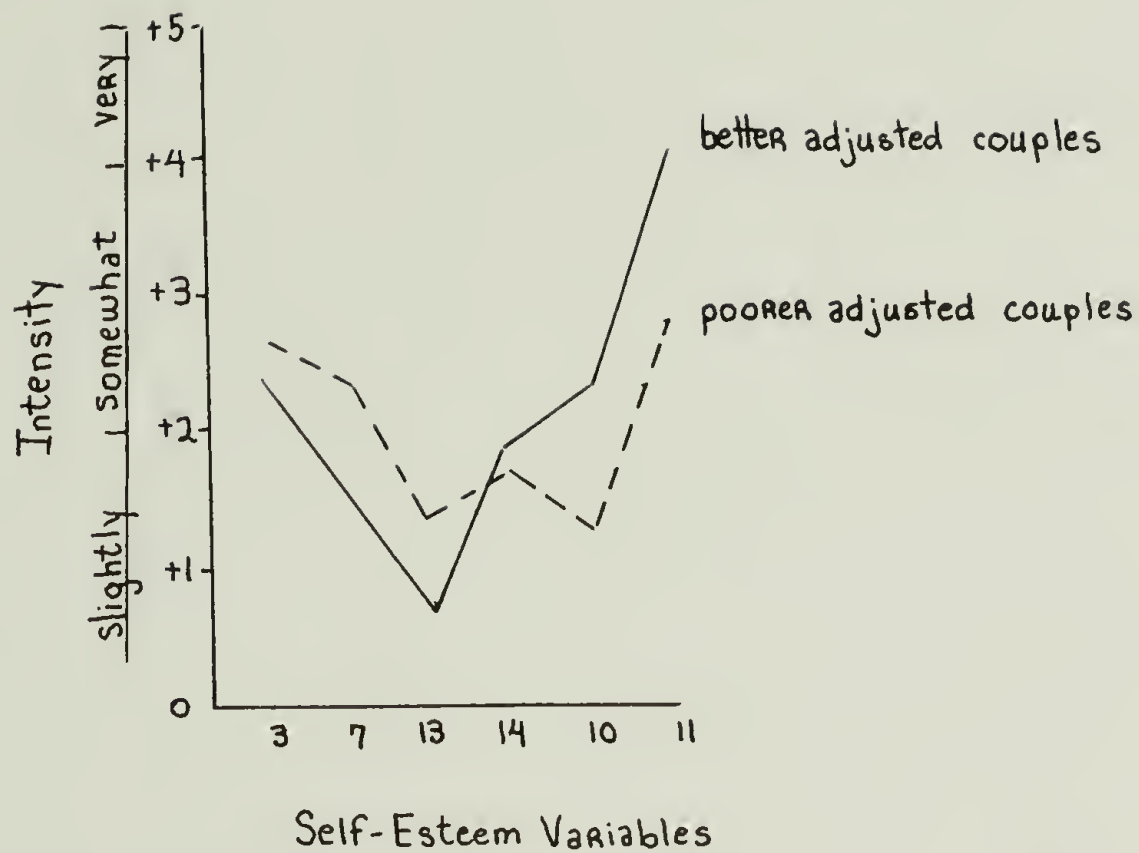
tions ($F = 10.88$, $df = 3/48$, $p < .001$), the self-esteem variables ($F = 31.07$, $df = 5/80$, $p < .001$), the energy variables ($F = 17.67$, $df = 4/64$, $p < .001$), and the relationship variables ($F = 8.91$, $df = 1/16$, $p < .01$) during pleasant events. For the basic emotions, subjects received their highest ratings on affectionate and happy and their lowest ratings on calm. For the self-esteem variables, subjects received their highest ratings on appreciated and their lowest ratings on powerful. For the energy variables, subjects received their highest ratings on unrestrained and spontaneous and their lowest ratings on energetic and clear-minded. For the relationship variables, subjects reported feeling more affectionate than appreciated. Subjects rated the basic emotions more positively than all other emotions, with the exception of ratings for appreciated (see Figure 1).

A significant interaction of Adjustment x Emotion was found for responses to the self-esteem variables during pleasant events ($F = 9.06$, $df = 5/80$, $p < .001$). Better adjusted couples rated appreciated significantly more positively than did poorer adjusted couples ($t = 2.26$, $df = 9$, $p < .05$). Differences between better and poorer adjusted couples on the other self-esteem variables were not significant. The highly significant inter-

action appears to be the result of the difference between better and poorer adjusted couples for ratings of appreciated relative to the ratings of the other self-esteem variables. As can be seen in Figure 6, better adjusted couples rated appreciated far more positively relative to ratings for the other self-esteem variables than did poorer adjusted couples.

Insert Figure 6

Unpleasant Events. A significant main effect was found for the intensity with which subjects rated the self-esteem variables ($F = 3.03$, $df = 5/80$, $p < .025$), the energy variables ($F = 14.95$, $df = 4/64$, $p < .001$) and the relationship variables ($F = 51.52$, $df = 1/16$, $p < .001$) during unpleasant events. For the self-esteem variables, subjects received their most negative ratings on helpless and rejected and their least negative ratings on incompetent and guilty. For the energy variables, ratings on restrained were much more negative than ratings on the other energy variables. Since subjects received their least negative ratings on unspontaneous, the more negative ratings on restrained should be interpreted as feeling frustrated rather than feeling inhibited. For



3-pleased-with-self, 7-competent, 13-powerful, 14-feeling like a good person, 10-attractive, 11-appreciated.

Figure 6. Mean intensity ratings for better and poorer adjusted couples on the self-esteem variables during 12 pleasant events.

the relationship variables, subjects reported feeling more angry at 0 than rejected. The basic emotions were rated more negatively than other emotions with the exception of feeling restrained (see Figure 3).

A significant interaction of Adjustment x Sex x Emotion was found for responses to the self-esteem variables during unpleasant events ($F = 2.77$, $df = 5/80$, $p < .05$). As can be seen in Figure 7, the pattern of ratings for better and poorer adjusted males was similar whereas the pattern of ratings for better and poorer adjusted females did differ. Better and poorer adjusted females did not differ in rating for helpless, unattractive, and rejected but better adjusted females rated displeased-with-self, incompetent and guilty more negatively than did poorer adjusted females. Poorer adjusted females rated themselves as feeling less incompetent, displeased-with-self and guilty than did better adjusted females. However, differences in rating for each of the self-esteem variables were not significant. The more consistent difference between better and poorer adjusted females was that better adjusted females' received their most negative rating on displeased-with-self whereas poorer adjusted females rated this variable more negatively than only one other variable, feeling like a

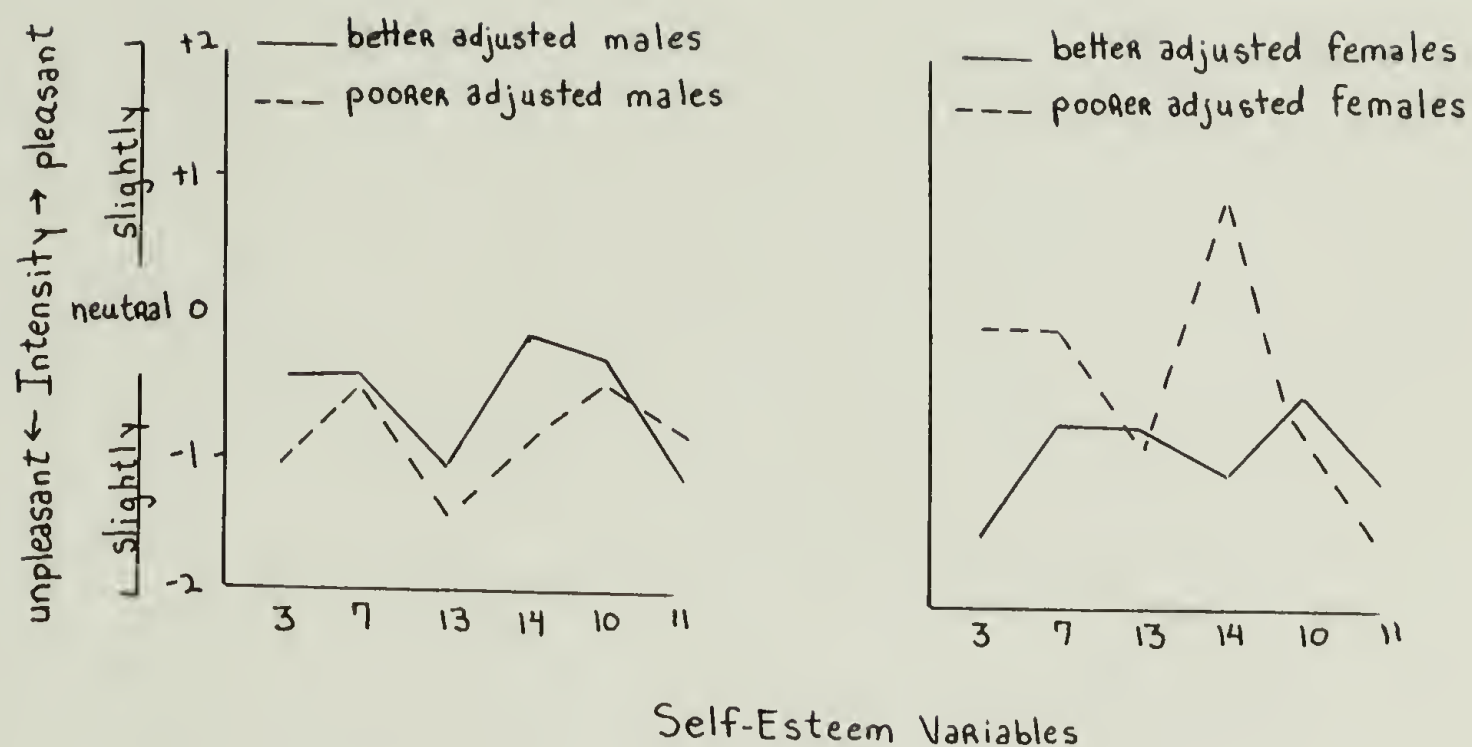
good person.

Insert Figure 7

A significant interaction of Adjustment x Emotion was found for the relationship variables during unpleasant events ($F = 5.13$, $df = 1/16$, $p < .05$). Although all couples reported feeling more angry at 0 than rejected, this effect was more marked for poorer adjusted couples than for better adjusted couples. Mean ratings of better adjusted couples on angry at 0 and rejected were -2.05 and -1.17, respectively, and mean ratings of poorer adjusted couples were -2.78 and -1.20, respectively.

Change in Ratings as a Function of Event

Pleasant Events. A significant main effect was found for the degree of change in subjects' ratings from before to during pleasant events on the basic emotions ($F = 3.11$, $df = 3/48$, $p < .05$), on the self-esteem variables ($F = 13.55$, $df = 5/80$, $p < .01$), and on the energy variables ($F = 10.68$, $df = 4/64$, $p < .01$). For the basic emotions, subjects showed the greatest change in ratings on happy. The degree of change for the other basic emotions was similar. For the self-esteem variables, subjects showed the greatest change in ratings on appreciated and a



3-pleased-with-self-displeased-with-self, 7-competent-incompetent, 13-powerful-helpless, 14-feeling like a good person-guilty, 10-attractive-unattractive, 11-appreciated-rejected.

Figure 7. Mean intensity ratings on the self-esteem variables during 12 unpleasant events for better and poorer adjusted males and females.

greater change in ratings on pleased-with-self than on the other self-esteem variables. For the energy variables, subjects showed greater change on unrestrained, alive and spontaneous than on energetic and clear-minded. With the exception of change in ratings on appreciated, subjects showed the greatest change on the basic emotions (see Figure 1).

A significant main effect of Adjustment ($F = 8.35$, $df = 1/16$, $p < .025$) and a significant interaction of Adjustment x Emotion ($F = 4.01$, $df = 5/80$, $p < .005$) was found for the degree of change in ratings on the self-esteem variables from before to during pleasant events. Better adjusted couples rated attractive ($t = 3.10$, $df = 9$, $p < .01$) and appreciated ($t = 4.04$, $df = 9$, $p < .005$) more positively than did poorer adjusted couples. Differences between better and poorer adjusted couples on the other self-esteem variables were not significant. (See Figure 8 for data relevant to the above finding)

Insert Figure 8

A significant main effect of Adjustment ($F = 4.65$, $df = 1/16$, $p < .01$) and a significant interaction of Adjustment x Emotion ($F = 4.64$, $df = 1/16$, $p < .05$) was



3-pleased-with-self, 7-competent, 13-powerful, 14-feeling like a good person, 10-attractive, 11-appreciated.

Figure 8. Change in ratings on the self-esteem variables from before to during 12 pleasant events for better and poorer adjusted couples.

found for the relationship variables from before to during pleasant events. The difference between better and poorer adjusted couples for the degree of change in ratings was twice as great for appreciated (3.12, 1.62 respectively) than for affectionate (2.89, 2.22 respectively). The source of the main effect and the significant interaction thus appears to be the significant difference between the two groups for the degree of change in ratings for appreciated.

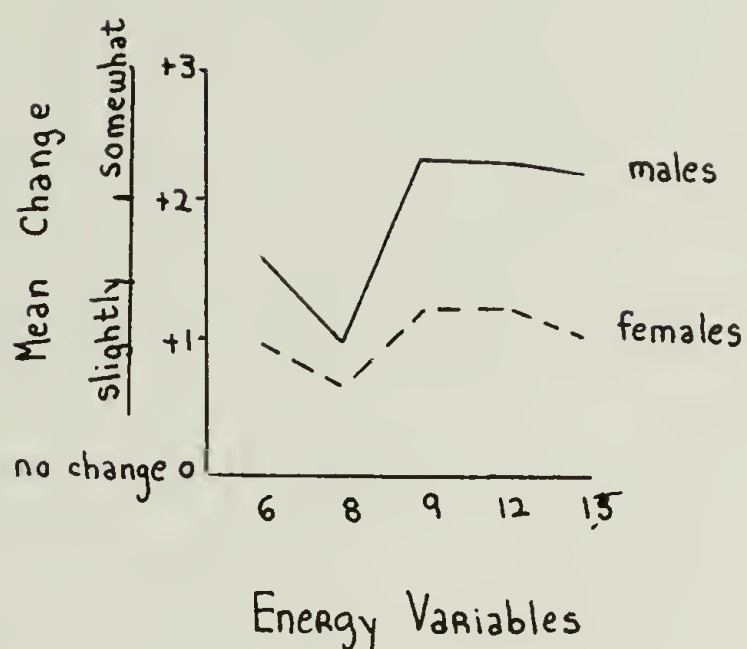
Males differed from females in the degree of change in ratings for the emotions from before to during pleasant events. Males showed a greater change than females for the basic emotions ($F = 6.17$, $df = 1/16$, $p < .025$), the self-esteem variables ($F = 6.17$, $df = 1/16$, $p < .025$), the relationship variables ($F = 4.51$, $df = 1/16$, $p < .05$), and the energy variables ($F = 8.34$, $df = 1/16$, $p < .025$). The mean degree of change for males and females respectively were the following: 3.11 and 2.18 on the basic emotions; 1.75 and 1.19 on the self-esteem variables; 1.89 and 1.03 on the energy variables; and 2.84 and 2.09 on the relationship variables. For the energy variables, a significant of Sex x Emotion was found ($F = 2.73$, $df = 4.64$, $p < .05$). As can be seen in Figure 9, males showed a greater change in ratings for alive, unrestrained, and spontaneous but did not differ from females in change for energetic and clear-minded.

Insert Figure 9

Situations

Analyses of variance were conducted in order to determine whether differences in relative adjustment and/or sex affect the ratings for the type of situations which elicited the most pleasant and most unpleasant emotions. The design used for the analyses was a two-between-and-one within subject repeated measures design. The between subject variables were sex and adjustment. The items included in the analysis for pleasant situations and unpleasant situations were those with a mean rating of at least .40³ for at least one of the following groupings of subjects: males, females, better adjusted couples and poorer adjusted couples. For pleasant situations, the analysis included the following 14 items: 1-p Acceptance; 2-p Positive Evaluation; 3-p Concern and Involvement; 4-p Affection and Warmth; 5-p Nurturance; 6-p Consideration; 7-p Affiliation; 8-p Entertainment; 9-p Effective Communication or Understanding; 10-p Shared Values or Interests; 12-p Cooperation; 13-p Sex; 19-p Identification with O's

³The maximum mean rating for an item is 3.0.



6-energetic, 8-clear-minded, 9-unrestrained, 12-alive, 15-spontaneous.

Figure 9. Change in ratings on the energy variables from before to during 12 pleasant events for males and females.

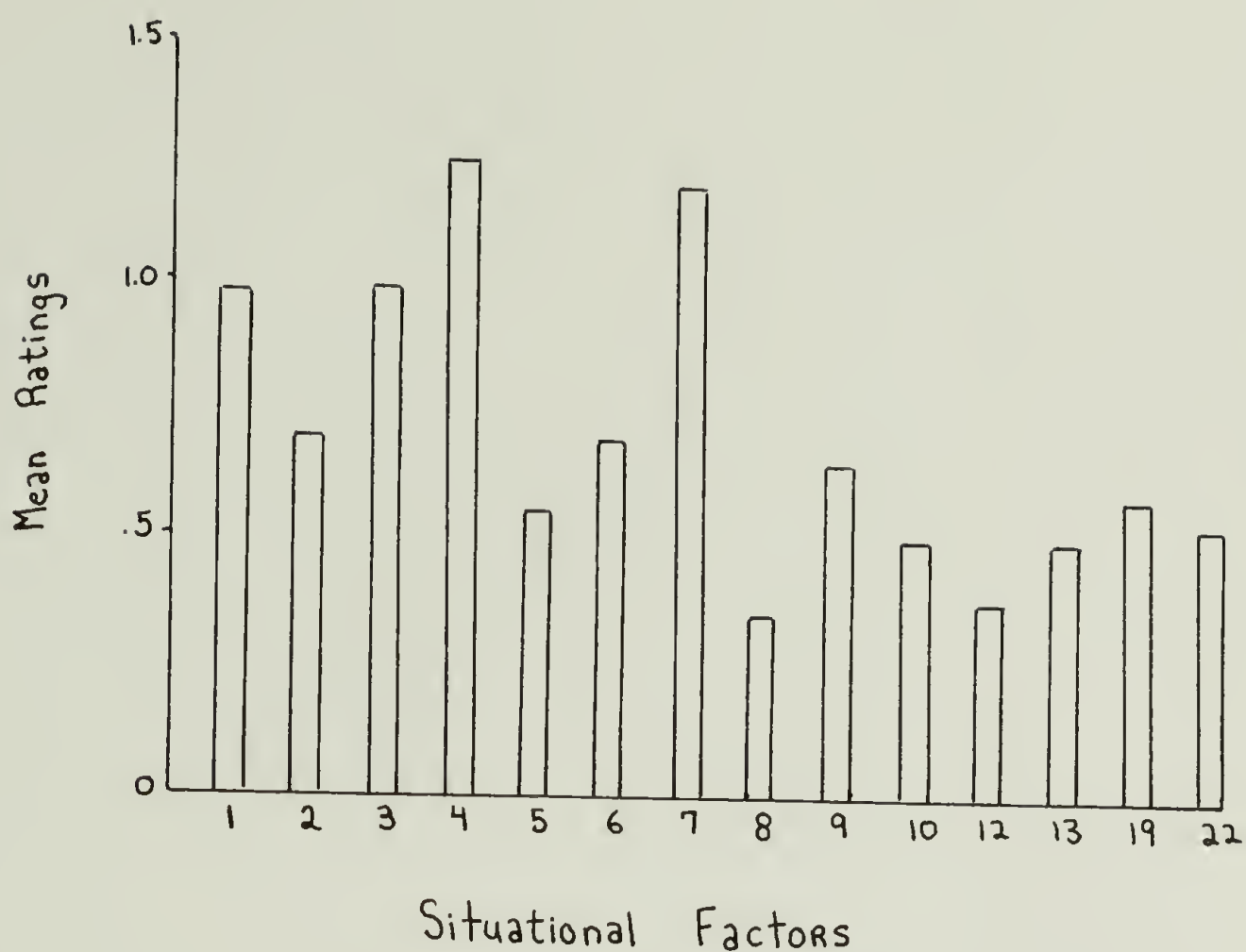
Positive Experience; 22-p O's Positive Trait or Characteristic. For the unpleasant situations the analysis included the following 14 items: 1-p Lack of Acceptance; 2-p Obstinacy or Inflexibility; 3-p Negative Evaluation; 4-p Rejection; 6-p Attack; 7-p Dominance; 8-p Lack of Understanding; 13-p Lack of Sensitivity or Consideration; 14-p Lack of Concern or Involvement; 20-p Undependability; 21-p O's Irritability or Bad Mood; 23-p Unintelligible Behavior; 24-p O's Negative Trait or Characteristic; and 26-p Not the Result of O's Immediate Behavior.

Pleasant Situations

A main effect was found for the types of situations which elicited pleasant emotions ($F = 10.79$, $df = 13/208$, $p < .001$). Subjects most frequently rated p Affection and Warmth and p Affiliation and least frequently rated p Entertainment and p Cooperation. Two other situational variables were rated relatively frequently--p Acceptance and p Concern and Involvement (see Figure 10).

Insert Figure 10

Better adjusted couples differed from poorer adjusted couples in the types of situations which elicited their most pleasant emotions ($F = 2.08$, $df = 13/208$, $p < .05$).



1-p Acceptance, 2-p Positive Evaluation, 3-p Concern and Involvement, 4-p Affection and Warmth, 5-p Nurturance, 6-p Consideration, 7-p Affiliation, 8-p Entertainment, 9-p Effective Communication or Understanding, 10-p Shared Values or Interests, 12-p Cooperation, 13-p Sex, 19-p Identification with O's Positive Experience, 22-p O's Positive Trait or Characteristic.

Figure 10. The ratings of all subjects for the situational factors that elicited their most pleasant daily emotion over 12 days.

p Shared Values or Interests ($F = 7.22$, $df = 1/16$, $p < .05$) and p Cooperation ($F = 4.82$, $df = 1/16$, $p < .05$) were a greater source of pleasant events for poorer adjusted couples than for better adjusted couples. The mean ratings for better and poorer adjusted couples respectively were the following: .32 and .72 for p Shared Values or Interests; and, .21 and .60 for p Cooperation.

Inspection of the data suggests that the difference between better and poorer and poorer adjusted couples for ratings of the above situations can more likely be attributed to factors other than adjustment. The three poorer adjusted females with young children at home tended to rate these situations more frequently than the other females without children and than the poorer adjusted female with older children.

Unpleasant Situations

A main effect was found for the type of situations which elicited unpleasant emotions ($F = 5.09$, $df = 13/208$, $p < .001$). The situations which subjects most frequently rated were p Lack of Sensitivity or Consideration and p O's Negative Trait or Characteristic. Two other situational variables were rated relatively frequently--p Obstinacy or Inflexibility and p Negative Evaluation. The ratings of the other situational variables included in the analysis

were similar (see Figure 11).

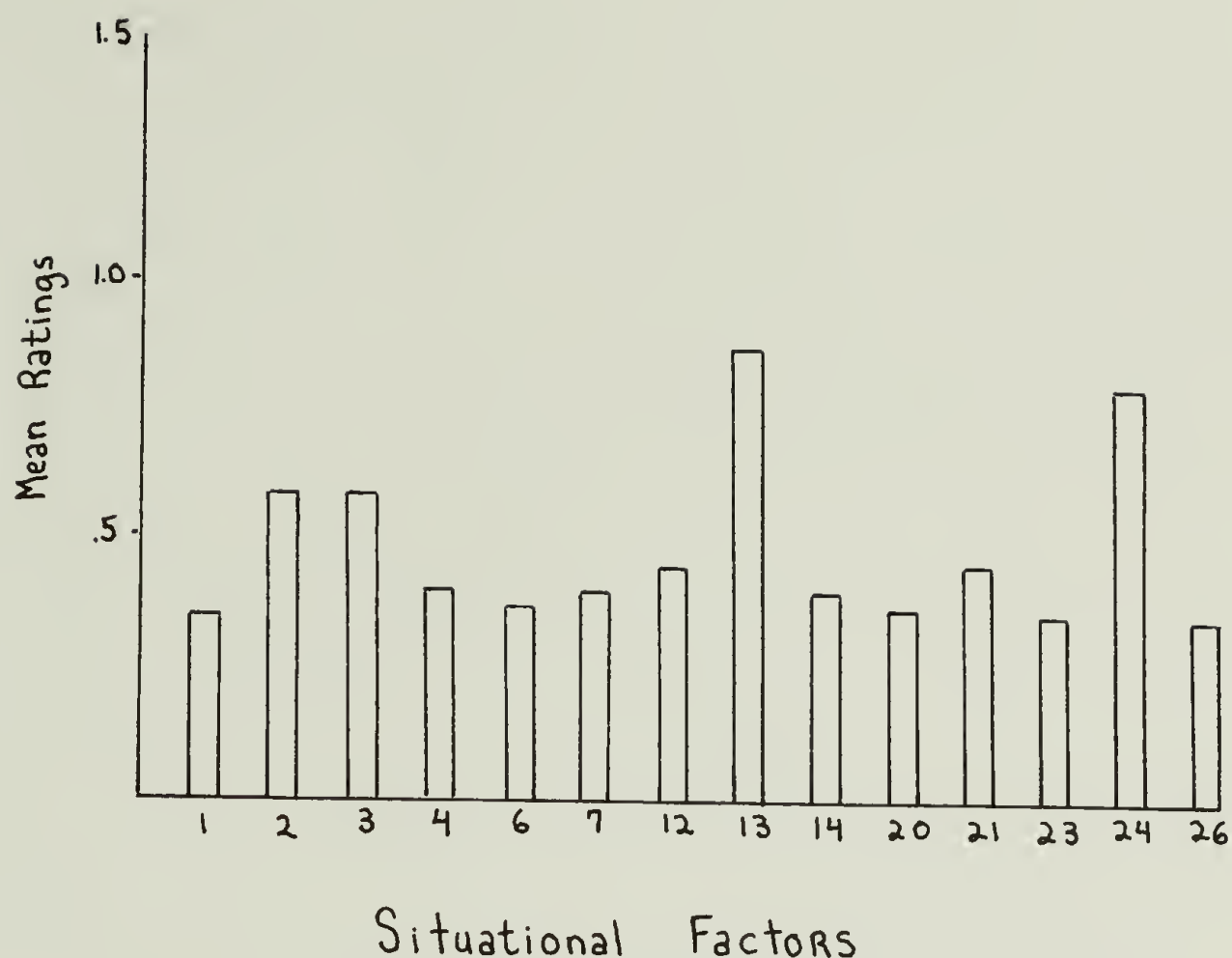
Insert Figure 11

Relative adjustment did not affect the types of situations which elicited the most unpleasant daily emotions, but differences in sex did produce a significant effect. First, males checked more items than females ($F = 8.30$, $df = 1/16$, $p < .025$).⁴ Second, males significantly differed from females in the types of situations which elicited unpleasant daily emotions ($F = 2.14$, $df = 13/208$, $p < .05$). The following situations were greater sources of unpleasant daily emotions for males than for females: p Obstinacy or Inflexibility ($F = 5.96$, $df = 1/16$, $p < .05$); p Dominance ($F = 10.39$, $df = 1/16$, $p < .01$); and p O's Irritability or Bad Mood ($F = 8.36$, $df = 1/16$, $p < .025$). The mean ratings for males and females respectively were as follows: .86 and .34 for p Obstinacy or Inflexibility; .63 and .15 for p Dominance; and .72 and .21 for p O's Irritability or Bad Mood.

Response Tendencies

Analyses of variance were conducted to determine whether

⁴Males might not focus as well as females on the cause of their emotions or more items applied to the experiences that they were describing.



1-p Lack of Acceptance, 2-p Obstinacy or Inflexibility, 3-p Negative Evaluation, 4-p Rejection, 6-p Attack, 7-p Dominance, 12-p Lack of Understanding, 13-p Lack of Sensitivity or Consideration, 14-p Lack of Concern or Involvement, 20-p Undependability, 21-p O's Irritability or Bad Mood, 23-p Unintelligible Behavior, 24-p O's Negative Trait or Characteristic, 26-p Not the Result of O's Immediate Behavior.

Figure 11. The ratings of all subjects for the situational factors that elicited their most unpleasant daily emotion over 12 days.

differences in sex and/or adjustment affect the pattern of response tendencies felt and carried out during and immediately following pleasant and unpleasant events. The response tendencies⁵ included in the analyses for pleasant and unpleasant events were those with an average rating, for responses felt, of at least 2.0⁶ for one or more of the following groupings of subjects: males, females, better adjusted couples, and poorer adjusted couples. For each of the response tendencies included, the following types of ratings were analyzed: the mean intensity of response tendencies felt during and immediately following pleasant and unpleasant events; and the frequency with which these response tendencies were carried out.

The design used for the analyses was a two between-and-one within subject repeated measures design. The between subject variables were adjustment and sex. Separate analyses were conducted for ratings for responses felt and for responses carried out for each of the following

⁵The term response tendency refers to the average rating per day of the four items that comprise a category.

⁶Like the items for the situations, the maximum average rating for response tendency is 3.0. However, the criterion selected for the minimum frequency was below the criterion selected for the situational factors. Since four items comprised a category, the mean frequency for a response tendency was usually always below 3.0.

within subject variables: the subject's positive tendencies toward the partner (S+ to 0); the subject's negative tendencies toward the partner (S- to 0); the subject's positive tendencies toward the partner, but negative tendencies toward the subject's self (S+ to 0, - to S); issue confrontation; and issue avoidance. S+ to 0 included n Express Love, n Nurturance, n Affiliation and n Sex for pleasant events and n Express Love, n Affiliation and n Sex for unpleasant events. S- to 0 included n Rejection, n Aggression, n Dominance and n Autonomy for unpleasant events. All of these response tendencies were below the criterion for pleasant events. S+ to 0, - to S included n Dependency for pleasant events and n Dependency and n Self-punishment, Intra-aggression, Guilt for unpleasant events. Issue confrontation included n Problem Solving, Self-Evaluation and n Counter-action and issue avoidance included n Withdrawal, n Mental Escape, Denial of Experience and n Blame or Conflict Avoidance for unpleasant situations. The response tendencies for issue confrontation and avoidance were below the criterion for pleasant events.

Pleasant Events

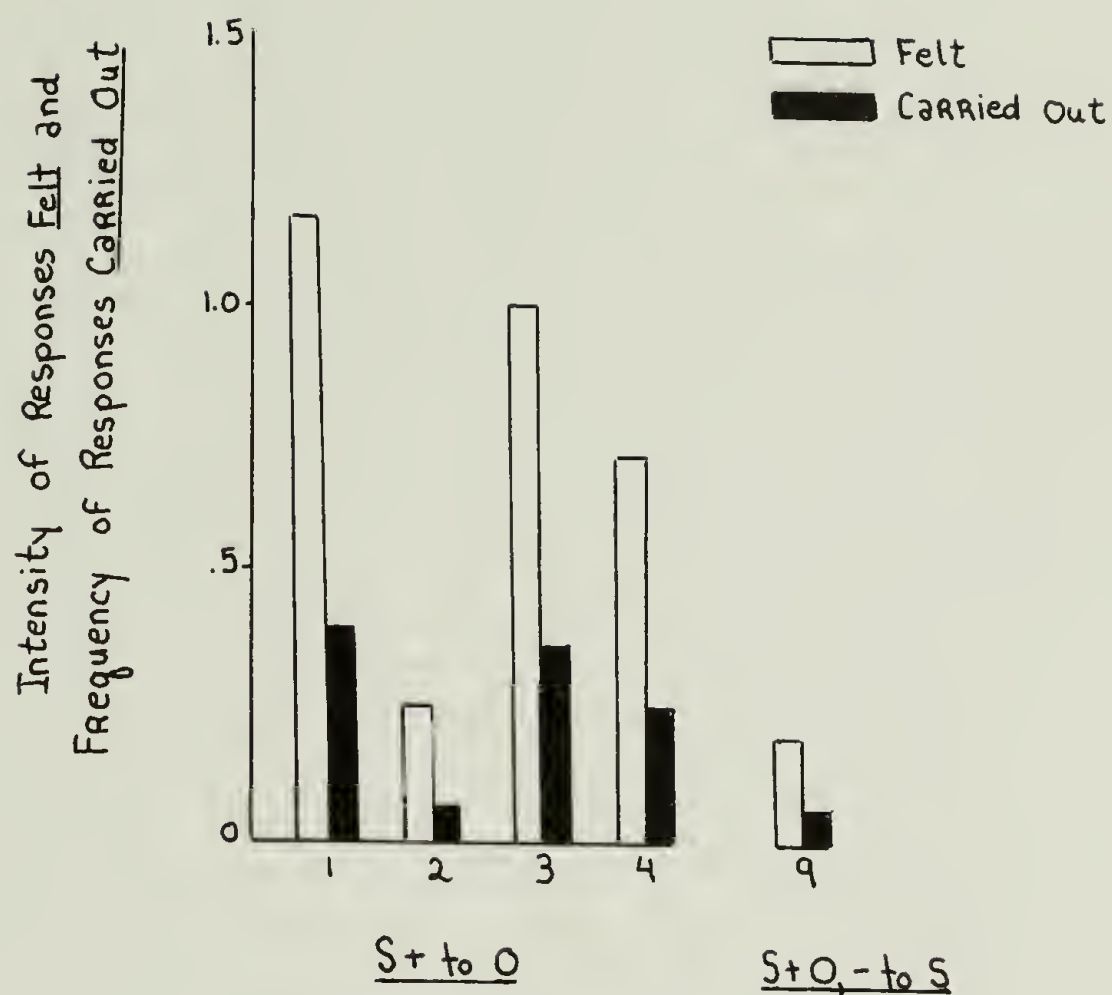
A significant main effect was found for subjects' ratings of positive response tendencies toward their mates (S+ to 0) for responses felt ($F = 32.35$, $df = 3/48$,

$\rho < .01$) and for responses carried out ($F = 31.87$, $df = 3/48$, $\rho < .001$) during and immediately following pleasant events. As can be seen in Figure 12, subjects' ratings on n Express Love, n Affiliation and n Sex were more intense for responses felt and more frequent for responses carried out than were the ratings on n Nurturance. Subjects received their highest rating on n Express Love.

Insert Figure 12

A significant interaction of Adjustment x Response Tendency was found for ratings for positive response tendencies toward the subject's mate (S+ to 0) during and immediately following pleasant events for both responses felt ($F = 3.51$, $df = 3/48$, $\rho < .01$) and for responses carried out ($F = 3.58$, $df = 3/48$, $\rho < .025$). As can be seen in Figure 13, better adjusted couples rated n Sex more intensely for responses felt and more frequently for responses carried out than did poorer adjusted couples. Ratings for n Express Love, n Nurturance and n Affiliation were very similar.

Inspection of the data suggests that the above result might likely be attributed to factors other than adjustment. Clem, the unmarried, relatively young, poorer adjusted male



1-n Express Love, 2-n Nurturance, 3-n Affiliation,
4-n Sex, 9-n Dependency.

Figure 12. Mean intensity of response tendencies felt and mean frequency of response tendencies carried out during and immediately following 12 pleasant events for all subjects.

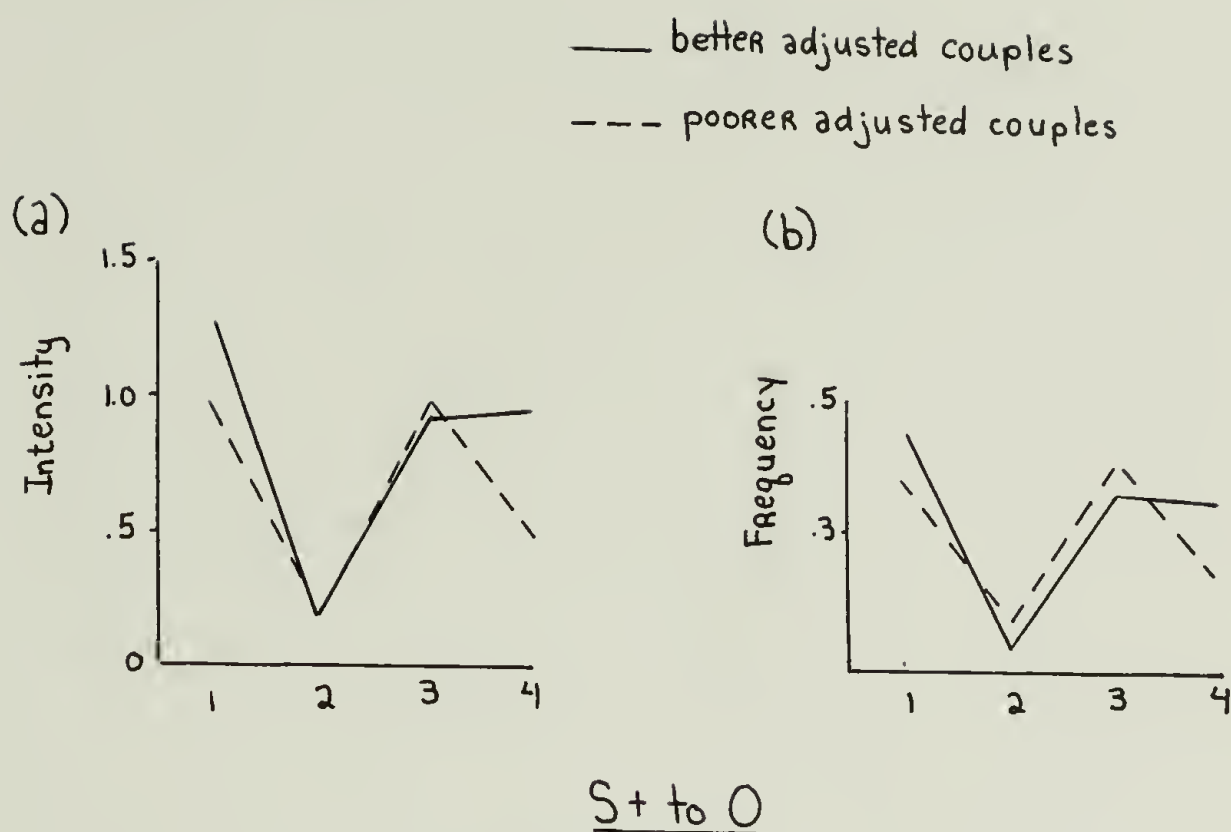
rated n Sex more intensely than the other poorer adjusted males for responses felt and more frequently than three of the other poorer adjusted males for responses carried out. However, Clem rated n Sex less intensely for responses felt and less frequently for responses carried out than four of the five better adjusted males. Of further consideration is the fact that one of the poorer adjusted females was nine months pregnant during the study. Both she and her mate rated n Sex less intensely and less frequently than most other subjects.

Insert Figure 13

A significant main effect for Sex was found for ratings for positive response tendencies towards the subject's mate (S+ to 0) during and immediately following pleasant events. Males rated positive response tendencies more intensely than females for responses felt ($F = 5.67$, $df = 1/16$, $p < .05$) but did not carry out more of these responses. The mean ratings of males and females respectively for positive response tendencies felt were .90 and .65.

Unpleasant Events

A significant main effect was found for subjects' ratings of the following within-subject variables during and



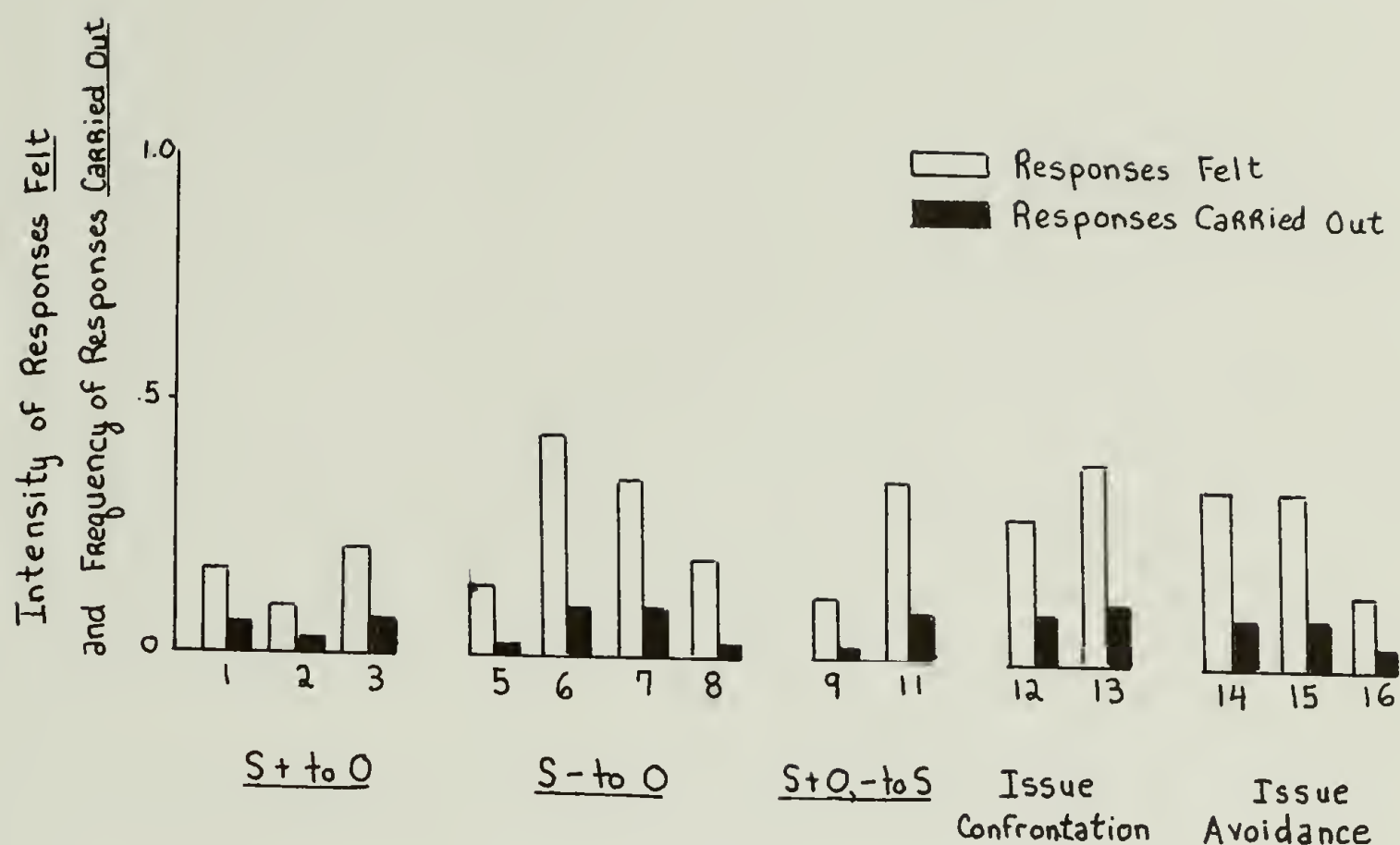
1-n Express Love, 2-n Nurturance, 3-n Affiliation, 4-n-Sex.

Figure 13. (a) Mean intensity of positive response tendencies felt by better and poorer adjusted couples toward their mates, and (b) the mean frequency with which better and poorer adjusted couples carried out positive response tendencies during and immediately following pleasant events.

immediately following unpleasant events: S+ to 0 for responses carried out ($F = 4.31$, $df = 2/32$, $\rho < .025$); S- to 0 for responses felt ($F = 20.04$, $df = 3/48$, $\rho < .001$) and for responses carried out ($F = 17.07$, $df = 3/48$, $\rho < .001$); S+ to 0, - to S for responses felt ($F = 12.00$, $df = 1/16$, $\rho < .005$) and for responses carried out ($F = 10.80$, $df = 1/16$, $\rho < .005$); issue confrontation for responses felt ($F = 4.66$, $df = 1/16$, $\rho < .05$) and issue avoidance for responses felt ($F = 9.40$, $df = 2/32$, $\rho < .005$) and for responses carried out ($F = 5.39$, $df = 2/32$, $\rho < .05$). The data relevant to the above results are presented in Figure 14.

Insert Figure 14

For S+ to 0, subjects more frequently reported that they carried out n Express Love and n Affiliation than n Nurturance. For S- to 0, subjects received their highest rating on n Aggression and their lowest rating on n Rejection for responses felt. However, subjects carried out n Aggression and n Dominance with equal frequency. n Rejection and n Autonomy were carried out less frequently and also rated similarly. For S+ to 0, - to S, subjects felt and carried out n Self-punishment, Intra-aggression, Guilt more frequently than n Dependency. It is interesting



1-n Express Love, 2-n Nurturance, 3-n Affiliation, 5-n Rejection, 6-n Aggression, 7-n Dominance, 8-n Autonomy, 9-n Dependency, 11-n Self-punishment, Intra-aggression, Guilt, 12-n Problem Solving, Self-evaluation, 13-n Counter-action, 14-n Withdrawal, 15-n Mental Escape, Denial of Experience, 16-n Blame or Conflict Avoidance.

Figure 14. Mean intensity of response tendencies felt and mean frequency of responses carried out during and immediately following 12 unpleasant events for all subjects.

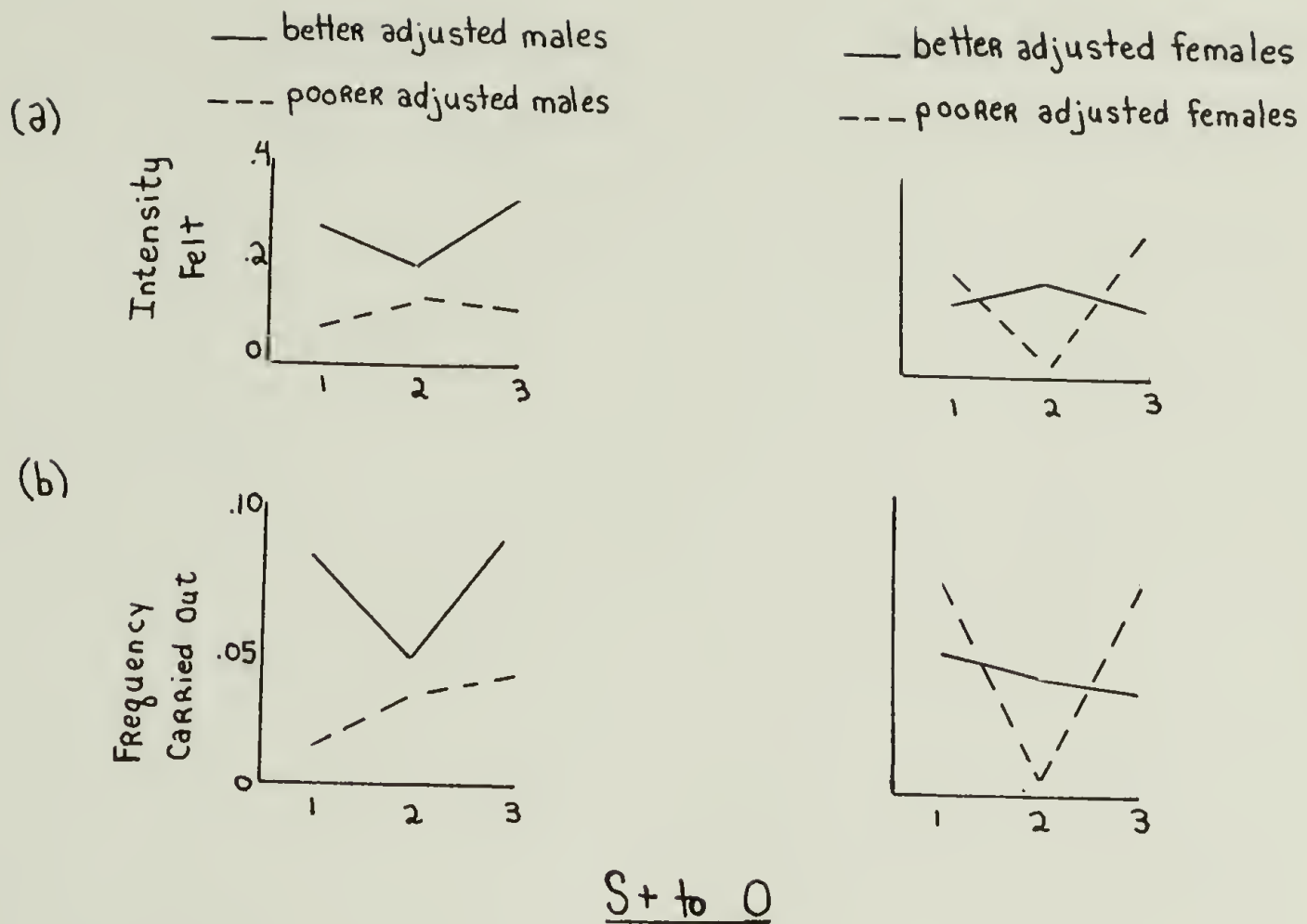
to note that n Aggression and n Self-punishment were carried out with equal frequency, suggesting a balance between aggression directed toward mate and toward self. For issue confrontation, subjects more frequently rated n Counter-action than n Problem Solving, Self-Evaluation for responses felt, but rated both response tendencies similarly for responses carried out. For issue avoidance, subjects' ratings on n Blame or Conflict Avoidance were less intense for responses felt and less frequent for responses carried out than were the ratings on n Withdrawal and n Mental Escape, Denial of Experience. The frequency with which subjects carried out issue confrontation and issue avoidance (with the exception of n Blame or Conflict Avoidance) was similar.

A significant interaction of Adjustment x Sex x Response Tendency was found for positive responses (S+ to 0) felt ($F = 9.57, df = 2/32, p < .001$) and carried out ($F = 4.37, df = 2/32, p < .025$) during and immediately following unpleasant events. The relevant data is presented in Figure 15. The ratings of better adjusted males significantly differed from poorer adjusted males only for n Affiliation for responses felt ($t = 2.44, df = 9, p < .025$). A highly significant difference was found between better and poorer adjusted females for ratings for n Nurturance. Better adjusted females felt nurturant re-

sponses more intensely ($t = 4.02$, $df = 9$, $p < .025$) and carried out nurturant responses more frequently ($t = 4.26$, $df = 9$, $p < .005$) than did poorer adjusted females. In fact, poorer adjusted females showed a lack of nurturant responses. Furthermore, the pattern of responses of poorer adjusted females is most similar to the pattern of better adjusted males, and the pattern of responses of poorer adjusted males is most similar to the pattern of better adjusted females. The above suggests that better adjusted couples show greater conformity to the traditional role of female as nurturer whereas poorer adjusted couples show a reversal--a greater emphasis on nurturance for males than for females.

Insert Figure 15

A significant interaction of Adjustment x Response Tendency was found for negative response tendencies felt ($F = 4.16$, $df = 3/48$, $p < .025$) and carried out ($F = 5.71$, $df = 3/48$, $p < .001$) toward the subjects' mates (S- to 0) during and immediately following unpleasant events. Better adjusted couples felt aggressive response tendencies more intensely and more frequently carried out aggressive responses than did poorer adjusted couples. Ratings for



1-n Express Love, 2-n Nurturance, 3-n Affiliation.

Figure 15. (a) Mean intensity of positive response tendencies felt by better and poorer adjusted males and females toward their mates, and (b) the mean frequency with which better and poorer adjusted males and females carried out positive response tendencies during and immediately following unpleasant events.

the other response tendencies were very similar (see Figure 16).

Insert Figure 16

A significant main effect for Sex ($F = 8.83$, $df = 1/16$, $p < .01$) and a significant interaction for Sex x Response Tendency ($F = 3.95$, $df = 3/48$, $p < .025$) was found for negative response tendencies felt toward the mate during and immediately following unpleasant events. As can be seen in Figure 17, males rated negative response tendencies more intensely than females, with the most marked difference for ratings on n Aggression. Males and females did not differ for negative responses carried out.

Insert Figure 17

A significant main effect of Adjustment ($F = 9.84$, $df = 1/16$, $p < .01$) and a significant interaction of Adjustment x Sex ($F = 6.78$, $df = 1/16$, $p < .025$) was found for issue confrontation responses felt during and immediately following unpleasant events. Better adjusted couples rated issue confrontation more intensely than poorer adjusted couples. The respective mean ratings of better and

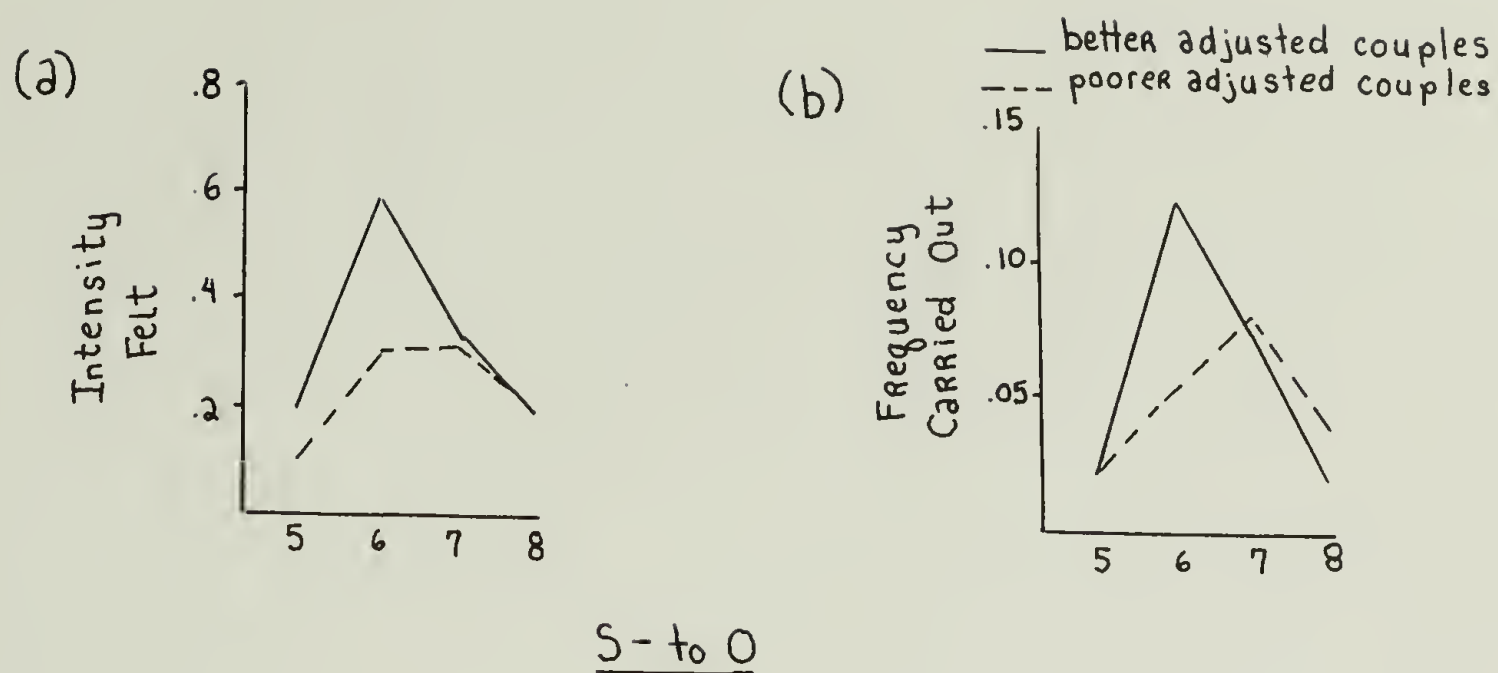


Figure 16. (a) Mean intensity of negative response tendencies felt by better and poorer adjusted couples toward their mates, and (b) the mean frequency with which better and poorer adjusted couples carried out negative response tendencies during and immediately following 12 unpleasant events.

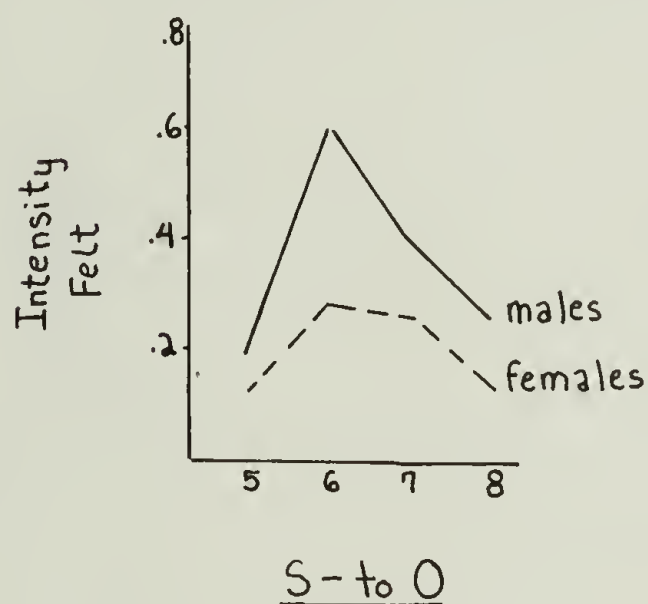


Figure 17. Mean intensity of negative response tendencies felt by males and females toward their mates during and immediately following 12 unpleasant events.

5-n Rejection, 6-n Aggression, 7-n Dominance, 8-n Autonomy.

poorer adjusted couples were .44 and .29. This difference between better and poorer adjusted couples can mainly be attributed to the difference in ratings of better and poorer adjusted males. Better adjusted males rated issue confrontation most intensely (.58), poorer adjusted males least intensely (.24), and better and poorer adjusted females rated issue confrontation similarly (.31 and .34 respectively).

Communication Characteristics

Analyses of variance were conducted to determine whether differences in adjustment and/or sex affect responses for the following aspects of communication: the degree of willingness of the subject to reveal his/her thoughts and feelings to the mate; the subject's estimation of the mate's reactions to reading the subject's forms; the mate's actual reactions to reading the subject's forms; and the discrepancy between the subject's estimation of the mate's reactions and the mate's actual reaction.

Willingness to Reveal Reactions

A two between-and-one within subject repeated measure design was used to investigate whether differences in adjustment and/or sex affect subjects' willingness to reveal their thoughts and feelings to their mates for 12 pleasant and 12 unpleasant events. Willingness to reveal reactions

was measured on a 5 point scale (see Appendix F, question #2). A mean rating of 1.0-3.0, ranging from completely willing to reluctantly willing, indicated whether showing the forms was perceived by the subject as a risk. A mean rating of 4.0 indicated that on the average the subject did not care whether or not the mate read the subject's form. A rating of 5.0 indicated that the subject wanted the partner to read his/her forms.

A significant interaction of Adjustment x Sex was found for willingness to reveal thoughts and feelings for pleasant and unpleasant events ($F = 6.53$, $df = 1/16$, $p < .025$). Although all couples on the average did not perceive showing their forms as a risk, poorer adjusted males differed from poorer adjusted females in their desire to reveal their reactions. As can be seen in Table 3, poorer adjusted males were the most indifferent whereas poorer adjusted females showed the most desire to show their mates their forms.

Insert Table 3

S's Estimation of O's Response

A two between-and-one within subject repeated measures design was used to investigate whether differences in ad-

Table 3

The Desire to Reveal Reactions to 12 Pleasant
and 12 Unpleasant Events for Better and Poorer Adjusted
Males and Females

<u>Better Adjusted Couples</u>		<u>Poorer Adjusted Couples</u>	
<u>Sex</u>	<u>Mean Desire</u>	<u>Sex</u>	<u>Mean Desire</u>
Males	4.60	Males	4.18
Females	4.48	Females	4.77

adjustment and/or sex affect the subjects' estimation of their mates' response to the subject's 12 pleasant and 12 unpleasant events. Separate analyses were conducted for the subject's estimation of their mate's awareness, surprise and understanding of pleasant and unpleasant events. Separate analyses were conducted for pleasant and unpleasant events for the subjects' estimation of their mates' emotional reactions (secure-insecure, happy-unhappy, affectionate-angry at you).

A significant main effect of Adjustment was found for the subject's estimation of their mate's emotional reaction to pleasant events ($F = 5.46$, $df = 1/16$, $p < .05$). Better adjusted couples felt that their mates would react with greater feelings of security, happiness and/or affection than did poorer adjusted couples.

O's Actual Reaction

A two between-and-one within subject repeated measures design was used to investigate whether differences in adjustment and/or sex affect the mates' response to reading their partners' 12 pleasant and 12 unpleasant events. Separate analyses were conducted for the mates' ratings for degree of awareness, surprise and understanding of the subject's pleasant and unpleasant events. Separate analyses were conducted for pleasant and unpleasant events for the mates'

reported emotional reactions (secure-insecure, happy-unhappy, affectionate-angry at 0).

A significant main effect of Adjustment ($F = 6.03$, $df = 1/16$, $p < .05$) and a highly significant interaction of Adjustment x Event ($F = 11.56$, $df = 1/16$, $p < .005$) was found for the mate's degree of understanding of the subjects' reactions. The relevant data is presented in Table 4. Better adjusted couples showed greater understanding of their mates' pleasant and unpleasant reactions than poorer adjusted couples. Although better adjusted couples did not differ in their understanding of pleasant and unpleasant events, poorer adjusted couples showed significantly less understanding for unpleasant events.

Insert Table 4

A significant main effect of Adjustment was found for the mates' emotional reactions to the subjects' pleasant events ($F = 4.68$, $df = 1/16$, $p < .05$). Better adjusted couples felt more secure, happy and/or affectionate than poorer adjusted couples in response to reading their mates' pleasant experiences.

Discrepancy between S's Estimation and O's Response

Two measures of discrepancy were calculated--relative

Table 4

Better and Poorer Adjusted Couples'
Reported Understanding of their Mates' Reactions
to 12 Pleasant and 12 Unpleasant Events

Better Adjusted Couples		Poorer Adjusted Couples	
Event	Mean Understanding	Event	Mean Understanding
Pleasant	2.95	Pleasant	2.69
Unpleasant	2.90	Unpleasant	2.20

Note. Degree of Understanding was measured on a 3 point scale: 1-no, 2-maybe, 3-yes. (See Appendix G, question #2.)

and absolute discrepancy. Relative discrepancy is the difference between the subject's mean estimation and the mate's mean response for the degree of awareness, surprise, understanding and emotional reaction. Absolute discrepancy is the sum of the absolute differences between the subject's estimation and the mate's responses calculated per day. The degree of relative discrepancy measures the tendency of the subject to underestimate or overestimate the mate's reaction for a particular item. The degree of absolute discrepancy measures the total amount of error in the subject's prediction for an item. Both measures of discrepancy were calculated separately for pleasant and unpleasant events.

A two between-and-one within subject repeated measures design was used to investigate whether differences in adjustment and/or sex affect the degree of discrepancy between S's estimation and O's response for each of the following within subject variables: degree of awareness, surprise, and understanding for pleasant and unpleasant events. A two between-and-one within subject repeated measures design was used to investigate whether differences in adjustment and/or sex affect the degree of discrepancy between S's estimation of O's emotional reaction (secure-insecure, happy-unhappy, affectionate-angry) and O's actual reaction

to reading S's forms for pleasant and unpleasant events. Separate analyses were conducted for measures of relative and absolute discrepancy.

A significant main effect of Adjustment and a significant interaction of Adjustment x Event was found for the absolute discrepancy between subjects' estimation of their mates' degree of understanding of the subjects' pleasant and unpleasant events and their mates' actual understanding. Poorer adjusted couples showed less accuracy than better adjusted couples in predicting which of the reactions of their mates would or would not understand ($F = 9.65$, $df = 1/16$, $p < .01$). This effect was more marked for unpleasant events than pleasant events ($F = 8.40$, $df = 1/16$, $p < .025$). There were no significant differences between better and poorer adjusted couples for relative discrepancy of understanding. It is not that poorer adjusted couples uniformly over- or under-estimate their mates' degree of understanding, but rather that poorer adjusted couples fail to predict as well as better adjusted couples.

A significant main effect of Sex was found for the relative discrepancy between the subjects' estimation of their mates' degree of surprise and their mates' actual surprise to reading their subjects' pleasant and unpleasant experiences. Males were significantly more surprised than

the females had predicted ($F = 5.87$, $df = 1/16$, $p < .05$).

Other Differentiating Characteristics

Correlations were conducted between each of four other characteristics that differentiated between better and poorer adjusted couples and significant results pertaining to the adjustment variable. The four other differentiating characteristics are as follows: age, number of years living together, marital status (married versus unmarried), and parenthood (one child or more versus no children). Correlations were conducted separately for males and females. A significant correlation between one or more of the above variables and a particular result could be an artifact of differences in adjustment. The purpose of the correlation was rather to identify those results whose attribution to differences in adjustments was questionable. The data relevant to significant correlations were further investigated by determining through inspection if a variable other than adjustment could account for the result.

With the exception of the findings that parenthood could account for the more frequent ratings of p Shared Interests and Values and p Cooperation by poorer adjusted females than by better adjusted females, and that other characteristics could have likely affected the more frequent ratings by better adjusted males than by poorer adjusted males for

n Sex (for responses felt and carried out following pleasant events), a relationship between the other differentiating characteristics and the results was not found.

Interviews Pertaining to Therapeutic Implications

After each couple completed and exchanged forms, I asked the partners if they had learned anything about themselves or their relationship from keeping a record of their day-to-day emotional reactions and/or by reading about the emotional reactions of their mate.

Four of the five better adjusted couples felt that participating in the study did not result in any new insights but rather reaffirmed their view that their relationship was good with respect to feelings, values, and communication. Zelda's and Gabe's responses reflect this general trend:

Zelda - The study confirmed a feeling we had about our relationship--that is secure, loving and open. We believe that we communicated well and understood each other and the study showed that to us.

Gabe - I don't think our relationship has been affected significantly. It did reinforce the feeling we already had, that we communicate well, and have a good relationship.

Jessie and Monk, another adjusted couple, did report that participating in the study resulted in self-insights and insights about each other. This couple's mean score on the MCI was lower than the other couples in the better adjusted group (see Table 1), and thus, might account for

the perceived significance of the experience. Their responses do indicate that they had tended to be somewhat closed about their inner experiences with each other prior to participation.

Monk - I mostly liked filling out the forms, especially the unpleasant. As I read through the list of possible causes for unpleasant experience, I realized that I was not alone in having the kinds of feelings that I had. It made me feel more normal. This feeling was also true of reading Jessie's forms. He experienced similar kinds of things. I would say we are able to see each other's defenses more clearly. I also realized a pattern in our relationships. When Jessie is angry, his reaction was to tell me off, but when I was angry my reaction was to blame myself. We have come closer together as a result of the experience.

Jessie - Filling out the forms clarified my feelings for Monk. I forget a lot of things that happen between us. Looking back over the two weeks made me more aware of what happens from day to day and this intensified my feelings for her. Reading her forms helped me better understand her. I learned about inner thoughts that I was not able to pick up. Also I saw that she goes through the same mental processes as myself - projecting thoughts onto the other person, reading things into interactions that aren't there. I feel much closer to her as a result.

Although two poorer adjusted couples also found participating in the study valuable, I did not get the impression that the experience brought them as close together as it did Monk and Jessie. Henny did not learn anything from reading Sebastian's forms, but did find filling out the

forms to be worthwhile. She reported being shaken out of her routine way of thinking about what is wrong with their relationship by the realization that her unpleasant emotions were produced by a variety of factors. Also she realized how much they do enjoy certain experiences which she had taken for granted. Sebastian, on the other hand, became bored by filling out the forms but found Henny's forms to be interesting to read. Summer and Frobisher, one of the couples in therapy, found that it was an important supplement to therapy. Certain interpretations by their therapist were confirmed by their daily experiences.

The three other poorer adjusted couples did not report learning anything from their participation. Two of these couples were in therapy and appeared to be more maladjusted than the other couples in the study. Marcia and Clyde's mean rating on the MCI was quite low. (See Table 1.) Connie and Jon, the couple who were not given the MCI, were perceived by their therapist as mutually reinforcing highly ingrained self-destructive patterns. Connie and Jon found the experience anxiety producing. Connie had difficulty remembering and recognizing her feelings and found the detailed discriminations called for emotionally taxing. Jon found it upsetting to think about unpleasant events. During the time that they were to exchange forms, Connie "lost

her son"; she had given her son directions to leave a swimming area with a neighbor's son but failed to check whether the neighbor's son had actually gone swimming that day. Thus, frequent calls to the neighbor's home and indecision as to whether or not to search for their son served as a distraction to the task.

Marcia and Clyde, on the other hand, appeared to externalize their involvement in the study; they hoped that their participation would help others. This couple stopped filling out the forms after a few days for an entire month and then completed the study from a sense of obligation to me. They exchanged forms with good humor but were quite mechanical and detached, approaching the procedure as a task rather than as a learning experience.

I was initially somewhat reluctant about defining Nina and Clem as a poorer adjusted couple. They described their relationship prior to the study quite positively, but their mean score on the MCI was lower than the couples in the better adjusted group. Although they did not think that the study affected their relationship, I did observe a change in the way they perceived their relationship. During the exchanging of forms, there was tension between them. Clem did not understand why Nina had reacted as she did to a majority of events. Both said that they view the world

in quite different ways, Clem being very logical, and Nina being intuitive, and that they had to ignore each other's perceptions as both refused to alter the way they viewed their experience. Clem seemed to be discouraged and began to question whether this lack of basic understanding could continue to be ignored. Nina seemed hurt by Clem's questioning. I asked this couple to describe their relationship two weeks after completion of the study. Both emphasized the conflicts between them, and Clem wrote of the possibility of separation. This couple did split up a few months after the study.

It appears that couples who are very well or very poorly adjusted do not benefit from participation, but that some couples who are more toward the middle range of adjustment are able to find the experience worthwhile with respect to self and other insights.

DISCUSSION

The dependent variables that significantly differentiated the two groups of couples will be discussed only with respect to the independent variables, relative adjustment and sex. Unfortunately, relatively better and poorer adjusted couples differed from each other on several incidental characteristics: age, number of years living together, marital status, and parenthood. Better adjusted couples were younger and had been living together for fewer years than poorer adjusted couples. Two of the five couples in the better adjusted group were married and none of the couples in this group had children, whereas four of the five couples in the poorer adjusted group were married and were parents. An attempt was made to evaluate the contribution of the incidental variables. Nevertheless, a replication of this study with matched samples would be desirable. A further complication was that three of the poorer adjusted couples were undergoing marital therapy, and the effect of therapy might have conservatively affected the findings.

Relatively Better versus Poorer Adjusted Couples

The most significant finding for the analysis of emotions was that ratings for affectionate-angry at 0 and appreciated-rejected most differentiated between better and poorer adjusted couples. Before unpleasant events, better

adjusted couples reported feeling more affectionate and more appreciated, relative to ratings for the other basic emotions and self-esteem variables respectively, than poorer adjusted couples. During pleasant events, better adjusted couples reported feeling more appreciated relative to ratings for the other self-esteem variables, rated appreciated more positively and showed a greater positive change for feeling appreciated than poorer adjusted couples. During unpleasant events, anger was a more salient feeling than rejection for poorer adjusted couples than for better adjusted couples.

Feeling affectionate and appreciated appear to be both more stable and salient feeling states for better adjusted couples than for poorer adjusted couples. Although better and poorer adjusted couples did not differ in ratings for emotions prior to pleasant events, better adjusted couples rated affectionate and appreciated equally positively prior to both types of events. The lack of relationship between relative adjustment and ratings for emotions prior to pleasant events might be accounted for by the nature of pleasant events. Certain pleasant events might be dependent upon initial positive feelings toward the partners' mate (i.e., p Affiliation, p Sex, etc.).

During pleasant events, better adjusted couples' more

positive ratings for appreciated relative to the other self-esteem variables, more intense feelings of appreciation, and greater change in ratings for appreciated clearly suggests that better adjusted couples feel more loved than poorer adjusted couples.⁷ Since the partners reported their most intense experiences only in relation to their mates, one would expect that the relationship variables would be of greater significance than the other emotions. However, the interpretation of the greater saliency of feeling affectionate and appreciated for better adjusted couples than for poorer adjusted couples prior to unpleasant events is not as obvious.

The finding that poorer adjusted couples felt more angry than rejected whereas better adjusted couples felt as angry as rejected is of interest. Berne (1973) claims that all persons can be categorized into the following four basic positions according to their self-other attitudes in dyadic relationships: I'm O.K.-you're O.K.; I'm O.K.-you're not O.K.; I'm not O.K.-you're not O.K.; and I'm not O.K.-you're O.K. The tendency of poorer adjusted couples to rate angry at 0 more strongly than rejected-unlovable-unlikable seems indicative of an "I'm O.K.-you're not O.K." attitude. In addition, the tendency of poorer adjusted couples to

⁷The equation of feeling loved with feeling appreciated is more clearly elucidated by the other adjectives in the scale, likable-lovable.

rate other basic emotions and self-esteem variables as or more positively than affectionate and appreciated suggests that "I'm O.K." is a more salient attitude than "you're O.K." "I'm O.K.-you're O.K." appears to be the position which best characterized the ratings of better adjusted couples.

Better and poorer adjusted couples did not differ in the types of situations which elicited their most pleasant and unpleasant emotions. (Although p Shared Values or Interests and p Cooperation more frequently elicited pleasant events for poorer adjusted couples than for better adjusted couples, the difference in ratings could be accounted for by the more frequent ratings of females with a child.) The present results are not consistent with the previous findings that marital satisfaction is positively related to the frequency of affectional behaviors (Kotlar, 1962; Levinger, 1964), and is negatively related to the frequency of displeasurable affectional and instrumental behaviors (Wills et al., 1974). The lack of support might be due to differences in methodology. In the present study, the types of spouse-behaviors which elicit the most intense daily emotional reactions were investigated rather than the daily frequency of spouse-behaviors.

The frequency of certain types of spouse-behavior might

be a more critical determinant of marital satisfaction than the types of events which elicit the most intense daily emotional reaction. For example, the occurrence of a desirable spouse-behavior which is usually lacking would likely be a source of significant pleasant events. Thus, although poorer adjusted couples might less frequently show concern and involvement toward each other than better adjusted couples, this event might be a significant source of pleasant emotions for both groups of subjects. Such an interpretation for the lack of results would indicate a limitation of the methodology employed for the investigation of the determinants of marital satisfaction. However, since the types of events which elicit the most intense reaction were investigated for 12 days, one would suspect that the pattern that emerged would in part reflect the frequency of occurrence of events. Epstein (1975) found that the mean within-subject reliability of ratings of situational factors, a comparison of rating for six even and six odd days, is about .60 for pleasant events and .65 for unpleasant events. The stability of the individual profile suggests that the importance of a situation may well be positively related to the frequency of the situation.

The analysis of the data suggests an alternative explanation. It was assumed that fine discriminations among

the sources of possible pleasant and unpleasant events would result in the emergence of individualistic patterns. However, the fine discrimination among the variables might have obfuscated the commonalities among the subjects as a result of greater inter-subject variability. Certain patterns pertaining to situational factors were somewhat idiosyncratic for some of the couples. For example, Jon, a male in the poorer adjusted group, rated p Lack of Understanding and p O's Negative Trait or Characteristic less frequently than the male group norm--the average ratings of the ten male subjects (including Jon). Jon's less frequent ratings for the above two situational factors in relation to other information seemed indicative of maladjustment, a conclusion which is not obvious from the ratings per se. Jon refused to acknowledge Connie's pervasive psychological difficulties as a trait or characteristic, but rather attributed such difficulties to a bad mood or a lack of shared values. Jon would have had to acknowledge Connie's behavior as a problem rather than as a lack of shared values in order to begin to communicate or to experience a breakdown in communication. Finally, the lack of categorization of situational factors for the analyses may have accounted for the lack of results. Since individuals differ in number of items checked, the pattern of responses to a few

variables might have been more informative than simple effects.

The ratings for response tendencies that differentiated between better and poorer adjusted couples were as follows: better adjusted couples reported that they more frequently felt and carried out n Sex following pleasant events and n Aggression following unpleasant events. However, the ratings of males for n Sex were also related to factors other than relative adjustment.

The finding that better adjusted couples more frequently felt and carried out aggressive impulses is informative. One would have predicted that greater anger in relation to rejection would have resulted in more frequent or intense aggressive impulses. It appears that specific aggressive impulses might be more threatening in an insecure relationship than the acknowledgement of vague anger.

The most significant finding pertaining to the analysis of characteristics of communication was that better adjusted couples reported greater understanding of why their partners had reacted as they did to pleasant and unpleasant events, an effect more marked for unpleasant events. This result is consistent with Rausch's (1963) finding that empathy is a critical determinant of marital adjustment.

Although the types of situations which elicited pleasant

and unpleasant emotions were not related to relative adjustment, the descriptions of the reactions might have contributed to differences in the degree of understanding. It was postulated that the attitude of poorer adjusted couples, during unpleasant events, was "I'm O.K.-you're not O.K." It might be easier for the mate to understand his/her partner's reactions if the partner also assumes some responsibility for the elicitation of the event.

Poorer adjusted couples also revealed less understanding of their partners' pleasant events. Clem, a poorer adjusted male, reported the least understanding of his mates' pleasant and unpleasant events. He claimed that he could not understand Nina's sources of satisfaction since he functioned so differently. That a basic lack of understanding might have been a general tendency among poorer adjusted couples is supported by the finding that poorer adjusted couples showed less accuracy than better adjusted couples in predicting which reactions their mates would or would not understand.

Finally, better adjusted couples predicted that their mates would react more positively than poorer adjusted couples (i.e., secure, happy, affectionate) to reading the partners' description of pleasant events, and their mates actually reacted more positively. Since better adjusted couples felt more appreciated during pleasant events, their

mates might have been reacting to the satisfaction of producing such an effect or to more favorable descriptions of themselves. This finding supports the previous results that better adjusted couples feel more loving and loved than poorer adjusted couples.

Sex Differences and Relative Adjustment

Researchers investigating the relationship between sex differences and marital adjustment have found that the husband is a more critical determinant of marital satisfaction than the wife (Barry, 1970; Tharp, 1963). The more stable and non-neurotic the husband reports himself, the higher the wife rates him on emotional maturity as well as fulfilling his role as husband in conforming to cultural expectations, and the more conciliatory and supportive the husband acts toward his wife, the happier the marriage. Since there is much evidence that women have a more difficult time adjusting to life and marriage, Barry concludes that husbands with stable self-identities can supply the security and emotional support that their wives need. The present study lends indirect support for these findings.

Prior to pleasant events, females in better adjusted relationships (better adjusted females) reported feeling more appreciated relative to the other self-esteem variables than females in poorer adjusted relationships (poorer

adjusted females). Prior to unpleasant events, better adjusted females felt much more affectionate relative to the other basic emotions than poorer adjusted females. Also poorer adjusted females were the only group who rated affectionate and appreciated less positively than the other emotions. During unpleasant events, better adjusted females felt more displeased-with-self relative to ratings for the other self-esteem variables and felt and carried out more nurturant and aggressive impulses.

The data reveal that better adjusted females feel more loved and loving, more responsible for unpleasant events, and more secure within the relationship to feel and express aggressive impulses. The literature suggests that poorer adjusted males might facilitate such differences by being more rejecting, coercive and unsupporting. Better adjusted males did feel more affiliative and had more issue confrontation impulses than poorer adjusted males but did not differ in behavior.⁸ The evidence does not support the finding that poorer adjusted males are more coercive, critical or rejecting, but there is some support for their being less supportive.

⁸ Better adjusted males more frequently carried out issue confrontation, but the effect barely missed significance at the .05 level.

The general lack of findings that differentiate between better and poorer adjusted males might be interpreted as the behavior of the female being more critical than the literature suggests. The tendency of poorer adjusted females to feel more angry than rejected, to rate displeased-with-self neutrally, but yet to feel and express fewer aggressive impulses, suggests that females in poorer adjusted relationships cannot cope with negative feelings.

Males versus Females

Pleasant events appear to have a greater impact for males than for females; males showed greater positive change for most of the emotions, and felt more positive impulses toward their mates following pleasant events. In addition, males differed from females in the types of situations which elicited unpleasant emotions. Males more frequently reacted to what they perceived as moody, irritable, domineering and stubborn behavior on the part of their mates, and more frequently felt and carried out negative response tendencies toward their mates, with the most marked difference for aggressive impulses.

There is much evidence which indicates that "women are more dependent and anxious, less confident, less self-sufficient, and less self-accepting" than men (Barry, 1970, pp. 49-50). The tendency of females to be perceived by

their mates as more moody, domineering and stubborn might reflect the female's greater difficulty in adjustment. It is also possible that males might be perceiving the behavior of their mates in stereotypic ways. The greater positive change in emotions by males for pleasant events might be a result of greater happiness due to the lack of such negative behaviors by their mates. (The tendency of males to more frequently rate p Identification with O's experience than females for pleasant events just missed significance at the .05 level.)

Are the above dimensions critical determinants of adjustment of intimate relationships? Since couples were assigned to experimental groups on the basis of their responses to the Marital Communications Inventory, the dimensions found to discriminate between better and poorer adjusted couples might reflect a delineation of the dimensions tapped in the inventory. Further research is needed to investigate the above dimensions independent of a priori groupings.

SUMMARY AND CONCLUSIONS

This study was conducted in order to investigate the day-to-day emotional interactions of couples who differ from each other in the relative adjustment of the relationship, and to assess the importance of certain aspects of communication as a critical determinant of the level of adjustment of intimate relationships.

Ten couples participated in the study. Couples were solicited by advertisement and by the referrals of therapists at a Psychological Service Clinic. Couples were told that participation offered an opportunity to learn more about their emotional reactions to each other, and to earn \$25. Five couples were assigned to the better adjusted group and five couples to the poorer adjusted group on the basis of their response to a Marital Communications Inventory and/or whether or not they were participating in marital therapy.

Relatively better and poorer adjusted couples differed from each other on several incidental characteristics: age, number of years living together, marital status, and parenthood. In general, better adjusted couples were younger and had been living together for fewer years than poorer adjusted couples. Two of the five couples in the better adjusted group were married and none of the couples

in this group had children, whereas four of the five couples in the poorer adjusted group were married and were parents. An attempt was made to evaluate the contribution of the incidental variables.

The basic design called for partners to independently record their most pleasant feeling and their most unpleasant feeling associated with an interaction or thought about their mate each day for 12 days. Partners were then asked to identify the situational factors that elicited their emotional reactions and to identify the wishes, impulses and behaviors that they experienced and carried out during and immediately following their emotional reaction. In addition, for each event, partners rated the pleasantness and duration of the emotion, and the degree of responsibility that they attributed to their mates for the elicitation of that emotion. The above information was recorded on forms for pleasant and unpleasant events. Included in the forms were a written description by the subject of the event, scales describing feeling states, descriptions of situations that predictably produce pleasant/unpleasant feelings, and items that describe response tendencies.

During the study, the partners were not allowed to show each other what they had written, but were told that they could discuss anything that they would normally talk about.

After a couple recorded 12 pleasant and 12 unpleasant events, each partner was asked if his/her mate was aware of the partner's reaction to each event, if the partner was willing to show his/her mate what was recorded, and how the partner thought his/her mate would react (i.e., degree of surprise, understanding, and emotional reaction) if the mate was to read what the partner had written. If the couple agreed to show each other some or all of their forms, each partner was asked to describe his/her reactions to each of his/her mate's forms.

The major dimensions which differentiated between better and poorer adjusted couples were as follows: (1) better adjusted couples felt more loved and loving than poorer adjusted couples, (2) better adjusted couples experienced and expressed aggressive impulses more frequently than poorer adjusted couples, and (3) better adjusted couples showed greater understanding of why their mates had reacted as they did to both pleasant and unpleasant events. The attitude which best characterized the ratings of better adjusted couples was "I'm O.K.-you're O.K.," whereas the attitude which characterized the ratings of poorer adjusted couples was "I'm O.K.-you're not O.K."

Females in relatively better adjusted relationships felt more loved and loving, more responsible for unpleasant

events, and experienced and expressed nurturant responses more frequently during and immediately following unpleasant events than females in poorer adjusted relationships. The data did not support previous findings that males in poorer adjusted relationships are more coercive, critical, or rejecting, but there is some support for their being less supportive.

Pleasant events had a greater impact for males than for females on all emotions and on response tendencies felt and expressed toward their mates (love, nurturance, affiliation and sex). In addition, males differed from females on the types of situations which elicited their most unpleasant daily emotions. Males reacted more often than females to what they perceived as moody, irritable, domineering, and stubborn behavior on the part of their mates, and more frequently experienced and expressed negative impulses toward their mates (aggression, dominance, rejection and autonomy), with the most marked difference occurring for aggressive impulses.

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APPENDICES

Appendix A: Nineteen Items of the
Marital Communications Inventory

Directions: Answer each question according to the following key:

usually - 1
sometimes - 2
seldom - 3
never - 4

Read each question carefully. If you cannot give the exact answer to a question, answer the best you can but be sure to answer each one. There are no right or wrong answers. Answer according to the way you feel at the present time (not the way you usually feel or felt last week).

1. Does your spouse have a tendency to say things which would be better left unsaid?
2. Do you find your spouse's tone of voice irritating?
3. Does your spouse complain that you don't understand him (her)?
4. Does your spouse insult you when he (she) gets angry with you?
5. Do you fail to express disagreement with him (her) because you're afraid he'll (she'll) get angry?
6. Does it upset you a great deal when your spouse gets angry at you?
7. Do you hesitate to discuss certain things with your spouse because you're afraid he (she) might hurt your feelings?
8. Do you find it difficult to express your true feelings to him (her)?
9. Is it easier to confide in a friend rather than your spouse?
10. Does he (she) seem to understand your feelings?
11. Do you help your spouse to understand you by telling him (her) how you think, feel, and believe?
12. Does your spouse nag you?
13. Do you feel he (she) says one thing but really means another?

14. Do you pretend you're listening to your spouse when actually you are not really listening?
15. Does he (she) try to lift your spirits when you're depressed or discouraged?
16. Does your spouse accuse you of not listening to what he (she) says?
17. Do you and your spouse engage in outside interests and activities together?
18. Are you and your spouse able to disagree with one another without losing your tempers?
19. Do you and your spouse ever sit down just to talk things over?

Appendix B: The Form for the
Recording of Pleasant Emotions

p. 1

NAME _____ DATE _____ SEX _____
AGE _____ COUPLE _____

PLEASANT EMOTION

- I. Write below the incident that led to your emotional reaction. Describe it in sufficient detail so that it is apparent why you had the reaction you did. If it is a complex incident that produced various emotions, underline the part of the situation that accounted for the specific pleasant feeling you are reporting.
 - A. Describe in detail the situation that produced the emotion, and how you felt and acted during and immediately following the situation.

B. What led up to the situation?

C. What finally happened? How did it turn out?

Place a B in the appropriate space to indicate how you felt before the situation you are reporting. Place a D in the appropriate space to indicate how you felt during the situation, that is, to what extent the specific feelings identified below were part of the emotional state you are reporting. So long as you are aware of a change from before to during the situation, please make sure that you enter the letters in different spaces. If you do not the feelings will be assumed to be identical. When you are through, examine your ratings to make sure that you have not confused the direction of any of the scales, and that you have entered a B and D on each scale.

	very	some-	slight-	neutral	slight-	some-	very	
	what	ly	or	inappli-	ly	what		
				cable				
secure, unafraid, unthreatened	worried, threatened, insecure
unhappy, sad, gloomy	happy, cheerful, content
pleased-with-self, worthy	displeased-with self, annoyed-with-self, unworthy
affectionate, kindly, warm-hearted	annoyed with, disgusted with, or angry at <u>0</u>
calm, relaxed, serene	jittery, nervous, tense
energetic, active, vigorous	tired, fatigued, sluggish
competent, adequate, capable	incompetent, inadequate, incapable
bewildered, confused, conflicted	clear-minded, organized, "all together"
unrestrained, free, unrestricted	blocked, restrained, frustrated
attractive, desirable, beautiful	unattractive, undesirable, ugly
likeable, loveable, appreciated	disliked, unloveable, rejected
stimulated, alive, alert	unreactive, unfeeling, withdrawn
helpless, hopeless, resigned	powerful, in-command-of-one's fate
guilty, ashamed-of-self	feeling that you are a good person
spontaneous, uninhibited, natural	inhibited, self conscious, unspontaneous
bored	
jealous	

III. Situational Factors that Usually Produce Pleasant Emotions

Please check each item below that describes what in O's behavior directly accounted for the pleasant emotion that you experienced. If your pleasant reaction was not a result of O's immediate behavior, see items #24, and #25.

Use a ? in place of a check if you are uncertain about an item. Use a double check for items that most accurately account for the pleasant emotion. Try to use at least one double check.

- _____ 1. p Acceptance - O made you feel accepted as a person, for what you are, for just being you without any strings attached. That is, O accepted your intentions, or actions, or ideas, or beliefs, or interests; or O encouraged you directly or indirectly to be yourself without having to impress or please anyone.
- _____ 2. p Positive Evaluation - O praised you, or gave some other indication that O approved of, or respected, or thought highly of you, or of something you did or said, or of how you looked.
- _____ 3. p Concern and Involvement - O acted attentive, interested, or involved in you or your relationship; or O was concerned about your welfare; or O otherwise indicated that you mattered to O.
- _____ 4. p Affection and Warmth - O was warm and affectionate to you.
- _____ 5. p Nurturance - O did something to help you. Includes any one of the following examples: O supported you; or O sympathized or consoled you; or O advised you; or O did something for you.
- _____ 6. p Consideration - O was sensitive to your needs, desires or interests.
- _____ 7. p Affiliation - O had a pleasant or interesting conversation with you; or you and O enjoyed doing something together; or you simply enjoyed O's company.
- _____ 8. p Entertainment - O made you laugh, or entertained you, or told you interesting stories, or otherwise amused you.
- _____ 9. p Effective Communication or Understanding - You were able to communicate with each other effectively; or O seriously considered your viewpoint; or O was able to grasp your thoughts or to understand what you were trying to convey to O.
- _____ 10. p Shared Values or Interests - O expressed values or attitudes or an outlook on life which was similar to your own; or O liked doing the same things as you; or O was interested in the same things or the same people as you.
- _____ 11. p Openness or Honesty - O was honest or sincere or open with you; or O was willing to reveal O's innermost thoughts or feelings; or O said or did something that made you feel you could trust O, that O would not deceive you.
- _____ 12. p Cooperation - O was cooperative and reasonable in working together with you, or in arriving at a common solution to a problem, or in getting something done.
- _____ 13. p Sex - O aroused pleasant erotic or sexual feelings in you; or O was responsive to your sexual overtures; or O satisfied your sexual desires.
- _____ 14. p Dependency - O needed you, or required your aid, or support, or protection, or advice or help.
- _____ 15. p Independence - You were pleased by a display of O's independence; or by O's assertiveness, or ability to get things done without having to rely upon you or anyone else.
- _____ 16. p Dominance - O used pressure to make you do as O wished despite your inclination to behave otherwise. You admired O's forcefulness, realizing that it was good for you, at times, to be made to give in to someone else.
- _____ 17. p Compliance - O was susceptible to your influence. Includes any one of the following: O did as you wished; or O followed your lead; or O gave in to you.

- _____ 18. p Stimulation or Challenge - O stimulated or challenged you by exposing you to new ideas or interests; or O encouraged you to face situations that you otherwise would not have.
- _____ 19. Identification with O's Positive Experience - You identified with O's happiness, or success or good fortune. It made you happy to see O happy or successful.
- _____ 20. p Termination or Avoidance of Unpleasant Situation - O did not behave in a way which would have been unpleasant for you; or O stopped behaving in a way which was unpleasant for you.
- _____ 21. p Stability - O discussed with you future plans or mutual goals; or O said or did something that made you feel the future was secure.
- _____ 22. O Positive Trait or Characteristic - O exhibited a trait or characteristic that you found admirable.
- _____ 23. Positive Ego Identification - You felt that O's accomplishments or behavior or appearance reflected well upon yourself; or you were happy that other people associated you with O; or that others envied you because of your relationship with O.
- _____ 24. Not Result of O's Immediate Behavior - Your positive emotion was not produced by anything O had done that day, but by the memory of something O had done on a previous day, or by the anticipation of O's happiness, or by your thoughts about O in general. For example, in observing O, or in thinking about O, you felt happy to be associated with O. (do not score with any other items)
- _____ 25. Positive Self-evaluation - You were pleased with the way you reacted to O. For example, you handled a situation well or used good judgement or you behaved unselfishly or you felt that you meant well, or you were pleased that you were able to feel or express positive feelings for O. (do not score with any other items)

IV. How pleasant was the feeling state you experienced?
Place a check in the appropriate space below.

Not At All Moderately Extremely

V. Duration of Feeling State

How long did the feeling-state last? (If you check more than one, the longest duration will be the only one counted.)

1. _____ It was a fleeting reaction, lasting less than a minute.
2. _____ It lasted more than a minute, but less than an hour.
3. _____ The feeling continued, or reoccurred, over an interval greater than an hour, but not into the next day. (This includes feelings and associated thoughts that reoccurred that night.)
4. _____ The feeling and associated thoughts continued, or reoccurred, over an interval extending into the next day, or night.
5. _____ The feeling and associated thoughts continued, or reoccurred, over an interval extending from 3 days to 1 week.

VI. Responsibility for the Elicitation of the Emotion

Please check the item that describes the degree of responsibility that you feel O had in eliciting your positive emotional experience.

1. _____ Direct Responsibility - O intended to do something positive to you and did. You feel that O deserves credit for having done so.
2. _____ Partial Responsibility - O did not intend to affect you particularly but behaved in such a way as to make you feel good. You felt O deserves some credit for having affected you as O did.
3. _____ No Responsibility - O behaved in such a way as to affect you positively, but the result was not intended and was not reasonably predictable from O's behavior. You feel that O does not deserve credit for your emotional experience.

VII. Behavioral-tendencies Check List

Place a check-mark in the left column next to each statement that describes an impulse, wish, or behavioral tendency that you had in the situation, or immediately after the situation. Use a double check for a particularly strong impulse, and a ? for a weak or questionable one. Try to use at least one double check.

Place a check-mark in the right column if you carried out the impulse aroused by the situation either during or shortly after the event.

Glance over your final responses to see if they adequately describe the impulses you had, and make final adjustments, if necessary.

	Felt	Carried out	
1.	_____	_____	to help or make things easier for <u>0</u>
2.	_____	_____	to insulate yourself - to try not to feel anything
3.	_____	_____	to develop you own interests or friendships independent of <u>0</u>
4.	_____	_____	to do what <u>0</u> wants in order to avoid a dispute
5.	_____	_____	to get revenge, get back at <u>0</u>
6.	_____	_____	to make love to <u>0</u>
7.	_____	_____	to try not to think about the situation, to forget
8.	_____	_____	to blame yourself
9.	_____	_____	to change your typical ways of reacting and behaving
10.	_____	_____	to ignore <u>0</u> , to pay no attention to <u>0</u>
11.	_____	_____	to avoid being alone
12.	_____	_____	to persuade <u>0</u> to change <u>0</u> 's viewpoint
13.	_____	_____	to express your affection for <u>0</u>
14.	_____	_____	to yield to <u>0</u> 's influence
15.	_____	_____	to criticize and evaluate your reactions
16.	_____	_____	to engage in outside interests or activities together with <u>0</u>
17.	_____	_____	to dismiss the situation from your mind
18.	_____	_____	to share your feelings and thoughts with <u>0</u>
19.	_____	_____	to re-examine your basic values
20.	_____	_____	to touch <u>0</u> , to caress <u>0</u>
21.	_____	_____	to accuse <u>0</u> of being responsible for your unhappiness or inconvenience
22.	_____	_____	to show <u>0</u> that <u>0</u> matters, that you care about <u>0</u>
23.	_____	_____	to take vigorous action to deal with the situation
24.	_____	_____	to prevent <u>0</u> from doing as <u>0</u> wishes
25.	_____	_____	to keep things between you and <u>0</u> calm, to avoid "touchy" issues
26.	_____	_____	to follow <u>0</u> 's lead
27.	_____	_____	to avoid <u>0</u> , to try to get away from <u>0</u>
28.	_____	_____	to obtain <u>0</u> 's approval
29.	_____	_____	to berate yourself
30.	_____	_____	to protect <u>0</u>
31.	_____	_____	to be alone, to be left to yourself for awhile
32.	_____	_____	to be self-sufficient, to not be dependent upon <u>0</u>
33.	_____	_____	to make <u>0</u> do as you wish
34.	_____	_____	to kiss and hug <u>0</u>
35.	_____	_____	to please <u>0</u> in order to avoid a confrontation
36.	_____	_____	to iron out differences, to reach an understanding with <u>0</u>
37.	_____	_____	to comfort <u>0</u>
38.	_____	_____	to have a sexual relationship with someone other than <u>0</u>

	Felt	Carried out	
39.	_____	_____	to make <u>Q</u> or others aware of <u>Q</u> 's faults, to put <u>Q</u> in <u>Q</u> 's place
40.	_____	_____	to be with <u>Q</u>
41.	_____	_____	to make <u>Q</u> happy
42.	_____	_____	to make yourself believe the situation is not what you think it is
43.	_____	_____	to keep your feelings and thoughts to yourself
44.	_____	_____	to wish you had never been born
45.	_____	_____	to devote yourself to goals apart from your relationship with <u>Q</u>
46.	_____	_____	to do what <u>Q</u> wants you to
47.	_____	_____	to analyze what happened, and learn from the experience
48.	_____	_____	to seek attention and affection from <u>Q</u>
49.	_____	_____	to tell <u>Q</u> you love <u>Q</u>
50.	_____	_____	to make amends, apologize, indicate you are sorry
51.	_____	_____	to have fun, joke with or converse with <u>Q</u>
52.	_____	_____	to be careful to do nothing that will antagonize <u>Q</u>
53.	_____	_____	to seek reassurance from <u>Q</u>
54.	_____	_____	to resist coercion or manipulation by <u>Q</u>
55.	_____	_____	to have sexual relations with <u>Q</u>
56.	_____	_____	to have nothing more to do with <u>Q</u>
57.	_____	_____	to take care of <u>Q</u>
58.	_____	_____	to convince <u>Q</u> that you are right
59.	_____	_____	to attack <u>Q</u> , tell <u>Q</u> off
60.	_____	_____	to disappear, be no more, not exist
61.	_____	_____	to behave rationally
62.	_____	_____	to give into <u>Q</u> 's wishes, to please <u>Q</u>
63.	_____	_____	to distract yourself from thinking about the situation by becoming preoccupied with other things
64.	_____	_____	to be alone with your thoughts and feelings

Appendix C: The Form for the Recording of Unpleasant Emotions

p. 1

NAME _____ DATE _____ SEX _____
 AGE _____ COUPLE _____

UNPLEASANT EMOTION

1. Write below the incident that led to your emotional reaction. Describe it in sufficient detail so that it is apparent why you had the reaction you did. If it is a complex incident that produced various emotions, underline the part of the situation that accounted for the specific pleasant feeling you are reporting.

A. Describe in detail the situation that produced the emotion, and how you felt and acted during and immediately following the situation.

B. What led up to the situation?

C. What finally happened? How did it turn out?

II. Description of Specific Emotion

Place a B in the appropriate space to indicate how you felt before the situation you are reporting. Place a D in the appropriate space to indicate how you felt during the situation, that is, to what extent the specific feelings identified below were part of the emotional state you are reporting. So long as you are aware of a change from before to during the situation, please make sure that you enter the letters in different spaces. If you do not the feelings will be assumed to be identical. When you are through, examine your ratings to make sure that you have not confused the direction of any of the scales, and that you have entered a B and D on each scale.

	very	some- what	slight- ly	neutral or inappli- cable	slight- ly	some- what	very	
1. secure, unafraid, unthreatened	worried, threatened, insecure
2. unhappy, sad, gloomy	happy, cheerful, content
3. pleased-with-self, worthy	displeased-with self, annoyed-with-self, unworthy
4. affectionate, kindly, warm-hearted	annoyed with, disgusted with, or angry at <u>0</u>
5. calm, relaxed, serene	jittery, nervous, tense
6. energetic, active, vigorous	tired, fatigued, sluggish
7. competent, adequate, capable	incompetent, inadequate, incapable
8. bewildered, confused, conflicted	clear-minded organized, "all together"
9. unrestrained, free, unrestricted	blocked, restrained, frustrated
10. attractive, desirable, beautiful	unattractive, undesirable, ugly
11. likeable, loveable, appreciated	disliked, unloveable, rejected
12. stimulated, alive, alert	unreactive, unfeeling, withdrawn
13. helpless, hopeless, resigned	powerful, in-command-of-one's fate
14. guilty, ashamed-of-self	feeling that you are a good person
15. spontaneous, uninhibited, natural	inhibited, self conscious unspontaneous
16. bored	
17. jealous	

III. Situational Factors that Usually Produce Unpleasant Emotions

Please check each item below that describes what in O's behavior directly accounted for the unpleasant emotion that you experienced. If your unpleasant reaction was not a result of O's immediate behavior, see items #26 and #27.

Use a ? in place of a check if you are uncertain about an item. Use a double check for items that most accurately account for the unpleasant emotion. Try to use at least one double check.

- _____ 1. p Lack of Acceptance - O did not accept you for what you are. O made you feel as if you had to be someone else, or as if you had to change in some basic way in order to please O.
- _____ 2. p Obstinacy or Inflexibility - O was stubborn and unyielding. Includes any one of the following: O would not be influenced by anything you had to say; or O would not admit error; or O would not seriously consider another viewpoint.
- _____ 3. p Negative Evaluation - O criticized, disapproved, or was disappointed in you. Includes any one of the following aspects of yourself or your behavior: your performance; your motives; your values; your beliefs or attitudes; or your appearance.
- _____ 4. p Rejection - O conveyed any of the following feelings: O's feelings for you had changed for the worse; or O found you dull or uninteresting; or O did not like you; or O did not want to be with you; or O did not want to maintain a relationship with you.
- _____ 5. p Competition - O tried in some way to prove that O is better than you. Includes the following examples: O tried to defeat you; or O tried to out-do you; or O tried to outwit you; or O tried to show you up in competition.
- _____ 6. p Attack - O intentionally tried to belittle you, or to harm you, or to make you unhappy, or to put you in your place, or to expose a weakness in you, or to embarrass you. Or O either physically or verbally assaulted you.
- _____ 7. p Dominance - O tried to impose O's will on you. Includes any one of the following examples: O tried to make you do something you did not wish to; or O tried to prevent you from doing something you wished to; or O put excessive pressure on you to agree with O, or -- -- to make you think as O did; or O in some way tried to "push you around."
- _____ 8. p Interest in Someone Else - O was interested in, or admired, someone else; or O was pleased by someone else's interest in O.
- _____ 9. p Sexual Frustration - O failed to satisfy your sexual desires; or O disappointed you sexually.
- _____ 10. p Dependence - O was very dependent upon your attention, or your aid, or your support, or your assurance, or your affection; or O expected you to take over O's responsibilities.
- _____ 11. p Overprotection - O was unnecessarily worried about you; or O was overly cautious not to offend you; or O smothered you with helpfulness, spoiled, or babied you; or O discouraged you from doing things for yourself; or O tried to make you too dependent upon O.
- _____ 12. p Lack of Understanding - O was unable to grasp your ideas or understand what you were trying to convey to O; or a breakdown in communication occurred.
- _____ 13. p Lack of Sensitivity or Consideration - O exhibited thoughtlessness or lack of consideration; or O should have shown greater sensitivity and awareness of your feelings. Although O did not intend to hurt you, or to let you down, O should have known better, or O should have behaved more responsibly or with greater sensitivity.
- _____ 14. p Lack of Concern or Involvement - O was inattentive or uninvolved in your ideas or experiences, or was preoccupied with other matters.
- _____ 15. p Lack of Nurturance - O was not supportive or helpful when you needed O. O was more interested in himself/herself than in your needs.

- _____ 16. p O's Self-sufficiency - O acted independently of you, in no way requiring your aid or support or relationship, thereby indicating to you that you were not needed by O.
- _____ 17. p Lack of Shared Values, Attitudes or Interests - O's values or attitudes or O's outlook on life was different from your own; or O's interests were different from your interests.
- _____ 18. p Lack of Stimulation - O did not want to do anything interesting; or O was unreceptive to new or challenging experiences or ideas, or to finding excitement or amusement.
- _____ 19. p Deception or Betrayal - O was dishonest or insincere with you; or O was keeping something from you; or O betrayed a confidence; or O tried to deceive you.
- _____ 20. p Undependability - O was undependable or irresponsible; or O would not take a fair share of your mutual responsibilities; or O said or did something which made you feel you could not count on O.
- _____ 21. p O Irritability or Bad Mood - O was irritable, or in a bad mood. O was unpleasant to be around.
- _____ 22. p Identification with O's Negative Experience - O was unhappy, or ill, or something unfortunate or unpleasant happened to O. It made you unhappy to see O unhappy or hurt.
- _____ 23. p Unintelligible Behavior - O's behavior was not intelligible to you, or did not make sense to you; or O's reactions to you were not understandable; or O did not make clear what it was O really wanted of you.
- _____ 24. p O Negative Trait or Characteristic - O exhibited a trait or characteristic that you found unpleasant.
- _____ 25. Negative Ego Identification - You felt that O's lack of accomplishments or behavior or appearance reflected poorly upon yourself; or O exhibited a quality or characteristic that you or others found unadmirable.
- _____ 26. Not Result of O's Immediate Behavior - Your negative reaction was not a response to anything O did that day, but rather to your thoughts about O, in general, or to the memory of something O had done at some other time, or to the anticipation of what O might do.
(do not score any other items)
- _____ 27. Negative Self-evaluation - You behaved to O in an incompetent way or in a way you were ashamed of; or you felt that you exhibited an undesirable trait or characteristic in your reaction to O.
(do not score any other items)

IV. How unpleasant was the feeling state you experienced?

Place a check in the appropriate space below.

Not At All

Moderately

Extremely

V. Duration of Feeling State

How long did the feeling-state last? (If you check more than one, the longest duration will be the only one counted.)

1. _____ It was a fleeting reaction, lasting less than a minute.
2. _____ It lasted more than a minute, but less than an hour.
3. _____ The feeling continued, or reoccurred, over an interval greater than an hour, but not into the next day. (This includes feelings and associated thoughts that reoccurred that night.)
4. _____ The feeling and associated thoughts continued, or reoccurred, over an interval extending into the next day, or night.
5. _____ The feeling and associated thoughts continued, or reoccurred, over an interval extending from 3 days to 1 week.

VI. Responsibility for the Elicitation of the Emotion

Please check the item that describes the degree of responsibility that you feel O had in eliciting your negative emotional experience.

1. _____ Direct Responsibility - O intended to do something negative to you and did. You feel that O deserves blame for having done so.
2. _____ Partial Responsibility - O did not intend to affect you particularly but behaved in such a way as to make you feel bad. You felt O deserves some blame for having affected you as O did.
3. _____ No Responsibility - O behaved in such a way as to affect you negatively, but the result was not intended and was not reasonably predictable from O's behavior. You feel that O does not deserve blame for your emotional experience.

VII. Behavioral-tendencies Check List

Place a check-mark in the left column next to each statement that describes an impulse, wish, or behavioral tendency that you had in the situation, or immediately after the situation. Use a double check for a particularly strong impulse, and a ? for a weak or questionable one. Try to use at least one double check.

Place a check-mark in the right column if you carried out the impulse aroused by the situation either during or shortly after the event.

Glance over your final responses to see if they adequately describe the impulses you had, and make final adjustments, if necessary.

Felt Carried
 out

- | | | | |
|-----|-------|-------|--|
| 1. | _____ | _____ | to help or make things easier for <u> </u> |
| 2. | _____ | _____ | to insulate yourself - to try not to feel anything |
| 3. | _____ | _____ | to develop you own interests or friendships independent of <u> </u> |
| 4. | _____ | _____ | to do what <u> </u> wants in order to avoid a dispute |
| 5. | _____ | _____ | to get revenge, get back at <u> </u> |
| 6. | _____ | _____ | to make love to <u> </u> |
| 7. | _____ | _____ | to try not to think about the situation, to forget |
| 8. | _____ | _____ | to blame yourself |
| 9. | _____ | _____ | to change your typical ways of reacting and behaving |
| 10. | _____ | _____ | to ignore <u> </u> , to pay no attention to <u> </u> |
| 11. | _____ | _____ | to avoid being alone |
| 12. | _____ | _____ | to persuade <u> </u> to change <u> </u> 's viewpoint |
| 13. | _____ | _____ | to express your affection for <u> </u> |
| 14. | _____ | _____ | to yield to <u> </u> 's influence |
| 15. | _____ | _____ | to criticize and evaluate your reactions |
| 16. | _____ | _____ | to engage in outside interests or activities together with <u> </u> |
| 17. | _____ | _____ | to dismiss the situation from your mind |
| 18. | _____ | _____ | to share your feelings and thoughts with <u> </u> |
| 19. | _____ | _____ | to re-examine your basic values |
| 20. | _____ | _____ | to touch <u> </u> , to caress <u> </u> |
| 21. | _____ | _____ | to accuse <u> </u> of being responsible for your unhappiness or inconvenience |
| 22. | _____ | _____ | to show <u> </u> that <u> </u> matters, that you care about <u> </u> |
| 23. | _____ | _____ | to take vigorous action to deal with the situation |
| 24. | _____ | _____ | to prevent <u> </u> from doing as <u> </u> wishes |
| 25. | _____ | _____ | to keep things between you and <u> </u> calm, to avoid "touchy" issues |
| 26. | _____ | _____ | to follow <u> </u> 's lead |
| 27. | _____ | _____ | to avoid <u> </u> , to try to get away from <u> </u> |
| 28. | _____ | _____ | to obtain <u> </u> 's approval |
| 29. | _____ | _____ | to berate yourself |
| 30. | _____ | _____ | to protect <u> </u> |
| 31. | _____ | _____ | to be alone, to be left to yourself for awhile |
| 32. | _____ | _____ | to be self-sufficient, to not be dependent upon <u> </u> |
| 33. | _____ | _____ | to make <u> </u> do as you wish |
| 34. | _____ | _____ | to kiss and hug <u> </u> |
| 35. | _____ | _____ | to please <u> </u> in order to avoid a confrontation |
| 36. | _____ | _____ | to iron out differences, to reach an understanding with <u> </u> |
| 37. | _____ | _____ | to comfort <u> </u> |
| 38. | _____ | _____ | to have a sexual relationship with someone other than <u> </u> |

	Felt	Carried out	
39.	_____	_____	to make <u>Q</u> or others aware of <u>Q</u> 's faults, to put <u>Q</u> in <u>Q</u> 's place
40.	_____	_____	to be with <u>Q</u>
41.	_____	_____	to make <u>Q</u> happy
42.	_____	_____	to make yourself believe the situation is not what you think it is
43.	_____	_____	to keep your feelings and thoughts to yourself
44.	_____	_____	to wish you had never been born
45.	_____	_____	to devote yourself to goals apart from your relationship with <u>Q</u>
46.	_____	_____	to do what <u>Q</u> wants you to
47.	_____	_____	to analyze what happened, and learn from the experience
48.	_____	_____	to seek attention and affection from <u>Q</u>
49.	_____	_____	to tell <u>Q</u> you love <u>Q</u>
50.	_____	_____	to make amends, apologize, indicate you are sorry
51.	_____	_____	to have fun, joke with or converse with <u>Q</u>
52.	_____	_____	to be careful to do nothing that will antagonize <u>Q</u>
53.	_____	_____	to seek reassurance from <u>Q</u>
54.	_____	_____	to resist coercion or manipulation by <u>Q</u>
55.	_____	_____	to have sexual relations with <u>Q</u>
56.	_____	_____	to have nothing more to do with <u>Q</u>
57.	_____	_____	to take care of <u>Q</u>
58.	_____	_____	to convince <u>Q</u> that you are right
59.	_____	_____	to attack <u>Q</u> , tell <u>Q</u> off
60.	_____	_____	to disappear, be no more, not exist
61.	_____	_____	to behave rationally
62.	_____	_____	to give into <u>Q</u> 's wishes, to please <u>Q</u>
63.	_____	_____	to distract yourself from thinking about the situation by becoming preoccupied with other things
64.	_____	_____	to be alone with your thoughts and feelings

Appendix D: Grouping of Items into Categories for the Scoring of Response Tendencies

1. n Express Love

- 13. to express your affection for 0
- 22. to show 0 that 0 matters, that 0 you care about 0
- 41. to make 0 happy
- 49. to tell 0 that you love 0

2. n Nurturance

- 1. to help or make things easier for 0
- 30. to protect 0
- 37. to comfort 0
- 57. to take care of 0

3. n Affiliation

- 16. to engage in outside interests or activities together with 0
- 18. to share your feelings and thoughts with 0
- 40. to be with 0
- 51. to have fun, joke with or converse with 0

4. n Sex, Physical Expression

- 6. to make love to 0
- 20. to touch 0, to caress 0
- 34. to kiss and hug 0
- 55. to have sexual relations with 0

5. n Rejection

- 10. to ignore 0, to pay no attention to 0
- 27. to avoid 0, to try to get away from 0
- 38. to have a sexual relationship with someone other than 0
- 56. to have nothing more to do with 0

6. n Aggression

- 5. to get revenge, get back at 0
- 21. to accuse 0 of being responsible for your unhappiness or inconvenience
- 39. to make 0 or others aware of 0's faults, to put 0 in 0's place
- 59. to attack 0, tell 0 off

7. n Dominance

- 12. to persuade O to change O's viewpoint
- 24. to prevent O from doing as O wishes
- 33. to make O do as you wish
- 58. to convince O that you are right

8. n Autonomy

- 3. to develop your own interests or friendships independent of O
- 32. to be self-sufficient, to not be dependent upon O
- 45. to devote yourself to goals apart from your relationship with O
- 54. to resist coercion or manipulation by O

9. n Dependency

- 11. to avoid being alone
- 28. to obtain O's approval
- 48. to seek attention and affection from O
- 53. to seek reassurance from O

10. n Submission

- 14. to yield to O's influence
- 26. to follow O's lead
- 46. to do what O wants you to
- 62. to give into O's wishes to please O

11. n Self-punishment, Intra-aggression, Guilt

- 8. to blame yourself
- 29. to berate yourself
- 44. to wish you had never been born
- 60. to disappear, be no more, not exist

12. n Problem Solving, Self-evaluation

- 9. to change your typical ways of reacting and behaving
- 19. to re-examine your basic values
- 47. to analyze what happened, and learn from the experience
- 61. to behave rationally

13. n Counter-action

- 15. to criticize and evaluate your reactions
- 23. to take vigorous action to deal with the situation
- 36. to iron out differences, to reach an understanding with O
- 50. to make amends, apologize, indicate you are sorry

14. n Withdrawal

- 2. to insulate yourself--to try not to feel anything
- 31. to be alone, to be left to yourself for awhile
- 43. to keep your feelings and thoughts to yourself
- 64. to be alone with your thoughts and feelings

15. n Mental Escape, Denial of Experience

- 7. to try not to think about the situation, to forget
- 17. to dismiss the situation from your mind
- 42. to make yourself believe the situation is not what you think it is
- 63. to distract yourself from thinking about the situation by becoming preoccupied with other things

16. n Blame or Conflict Avoidance

- 4. to do what O wants in order to avoid a dispute
- 25. to keep things between you and O calm, to avoid "touchy" issues
- 35. to please O in order to avoid a confrontation
- 52. to be careful to do nothing that will antagonize O

Appendix E: Instructions for Filling Out Daily Rating Forms

Fill out two forms each night, one for your most pleasant, and one for your most unpleasant feeling associated with an interaction or thought about your companion or mate on that day. Emotional reactions which occur after you have filled out your forms for that day should be considered along with reactions which occur the following day. Fill out the forms privately and do not show each other what you have written. If you cannot fill out the forms privately in the evening, fill them out the following morning.

Try to identify the high spot and low spot each day in your reaction to your partner. Even in a relatively uneventful day, you usually will be able to find at least one slightly pleasant and one slightly unpleasant reaction if only for a fleeting moment and of little consequence, such as having had someone to talk to you at breakfast or having had a feeling of annoyance at your partner for being slightly late for dinner. Do not try to choose situations which you think will be informative. Choose that situation which produced your most pleasant or unpleasant feeling whether or not it is interesting or informative.

Try to fill out two forms each night for consecutive nights until you have filled out 12 forms for pleasant emotions and 12 forms for unpleasant emotions. If you cannot identify a pleasant feeling and/or an unpleasant feeling on a particular day make note of this on the top of the appropriate form and record your name and the date leaving the rest of the form blank. Extend the study one day for each day that you cannot identify one or both feelings. Please do not skip a day unless you cannot identify either feeling.

Some of the situations you wish to report may be complex, involving a series of instigating circumstances and more than one emotion. The same situation may even elicit both pleasant and unpleasant feelings. Given such complex situations and reactions, select the one emotion you wish to report, and indicate the instigating conditions only for that particular emotion. At first you may find it difficult to select out a particular emotion and its instigating circumstances from a complex sequence, but with practice it will become easier.

More latitude is permitted in rating the Behavioral Tendencies. Indicate the wishes, impulses and response tendencies that occurred during or shortly after the emotion. However, do not rate those impulses that you only felt prior to the situation, but rather those impulses that resulted from the situation or from the emotions you felt during the situation.

As a result of selecting out a particular emotion from a more complex configuration, you should not check emotions that are contradictory to each other. That is, you will not be able to report that you were both happy and angry at the same time, but will have to select one, and check the instigating circumstances with respect to that one emotion only. You may, however, check response tendencies that are contradictory.

For convenience, your mate or companion will be referred to as O throughout the forms.

Example of a Complex Situation

A feeling of annoyance was produced by O's constant demands for reassurance of your feelings towards O. However, you also felt somewhat pleased that your feelings about O were very important to O. You reacted by expressing your irritation at O's nagging, then feeling ashamed for having done so. Assume that the irritation was your most negative reaction to O during that day.

How should this be scored? First you should decide on the specific emotion you wish to report. Since you are reporting your most negative emotion of the day, you should ask yourself which emotion was more intense, feeling angry or feeling ashamed with yourself. Let us assume it is anger, you would then fill out the form for Unpleasant Emotions only on the experience of anger.

(1) In rating the emotions, you are to first rate how you felt prior to the situation. For example, were you in a good mood or a bad mood? You would then have to decide how much each dimension was a part of the overall feeling state of anger you experienced. Since feeling good about being important to O, or feeling ashamed with yourself for expressing your anger towards O, were not part of the anger state you have chosen to report, you would not rate these feelings.

(2) In order to rate the situational variables, you would first have to decide what the essence of the situation was (as you perceived it) that produced anger (not shame). You would have to ignore all other emotions that you experienced immediately before and after the anger. Thus, it would be incorrect to score Concern and Involvement (on the positive form), since this by itself would have produced a positive feeling. It would also be incorrect to score Negative Self-evaluation (on the negative form), since it was your feeling of being ashamed with yourself, rather than your feeling of anger, that resulted from your negative evaluation of your own behavior. The correct score would be Dependence, and perhaps 0 Negative Trait or Characteristic.

(3) In rating the Behavioral Tendencies Check List, check wishes, impulses, and response tendencies that occur during or shortly after the emotion. For example, all of the following would be permissible: to attack 0; tell 0 off; to berate yourself; to make amends; apologize; indicate you are sorry, etc.

NOTE: If feeling good that you are important to 0 was your most pleasant feeling of the day, you would record the emotion on the form for Pleasant Emotions. However, be sure to ignore the negative aspects of the situation.

Appendix F: Post Questionnaire I

1. Is your partner aware of your reaction to the situation you described?

Yes No

2. Check the item which best describes how willing you would be to allow your partner to read this form.

_____ a. I am completely unwilling to have my partner read this form.

_____ b. I have mixed feelings about his(her) reading this form, and would prefer not to show it.

_____ c. I have mixed feelings about his(her) reading this form, but would still show it.

_____ d. I do not care whether or not my partner reads this form.

_____ e. I would like my partner to read this form.

Why did you give the above answer?

3. If your partner did read this form

a. how surprised do you think he(she) would be by your reaction?

very somewhat slightly not at all

b. would he(she) understand why you reacted as you did?

yes maybe no

c. how do you think he(she) would feel

	very	some- what	slightly	neutral	slightly	some- what	very	
secure								insecure
unafraid								worried
unthreatened								threatened
unhappy								happy
sad, gloomy								cheerful
								content
affectionate								annoyed with
kindly								disgusted with, or
warm hearted								angry at you.

Appendix G: Post Questionnaire II

1. Are you aware of your partner's reaction to the situation described?

Yes No

2. How surprised are you by your partner's reaction?

very somewhat slightly not at all

3. Do you understand why your partner reacted as he/she did?

Yes maybe no

4. What feelings are evoked by reading your partner's form?

	very	some- what	slightly	neutral	slightly	some- what	very	
secure, unafraid, unthreatened								insecure, worried, threatened
unhappy, sad, gloomy								happy, cheerful, content
affectionate, kindly, warm hearted								annoyed with, disgusted with, or angry at 0.

additional Comments

