

## Week 10

### The Benefits (And Myths) Of Anger and Conflict – Part 1

Not all interactions that are negative in the moment are negative long-term. For instance, it has long been thought that a lot of fighting at the beginning of a marriage indicates that the relationship is doomed.

To the contrary, significant conflict early in marriage is a sign that the woman feels secure enough to bring up issues with her husband, as opposed to the women in other relationships who are afraid to do so.

When conflict is driven by the wife bringing up issues, the marriage turns out to be stronger and more successful. Researchers call this the “negative wife effect.”

This dynamic existed in only one direction, however, from the wife to her husband. As it turns out, husbands, as a rule, have no difficulties in bringing up issues with their wives.

Conversely, low-conflict marriages are, in fact, more fragile than these higher-conflict marriages. Wives in these relationships tend to suppress their needs instead of expressing them, perhaps because they fear hostility or abandonment. As we all know, suppressed needs eventually surface, at which time extensive damage takes place.

Next week: The Benefits (and Myths) of Anger and Conflict - Part 2