

Gratitude Increases the Motivation to Fulfill Partners' Sexual Needs

Brady et al. (2021)

How does being grateful impact the extent to which you are motivated to be responsive to your partner's sexual needs?

We Conducted 3 Studies...

The first involved 185 participants who completed one survey

The second involved 118 heterosexual couples who completed 21 consecutive nightly surveys in a study on Romantic Relationships



For both studies' surveys, participants reported their feelings of appreciation for and from their romantic partner

In the third study 203 participants had writing tasks either about feeling gratitude for their partner, their partner expressing gratitude for them, or about general things them or their partner enjoyed (control condition).

In all studies, participants reported their motivation for meeting their partner's sexual needs.

Our Results!

The first two studies revealed that feeling grateful for and receiving gratitude from your partner leads greater motivation to meet a partner's sexual needs

The third study confirms these findings and also found that people who felt grateful for or experienced gratitude from their partner did not differ significantly in their motivations for meeting their partners' sexual needs.



In Short

Feeling grateful for and receiving gratitude from your partner is shown to be associated with greater motivation to meet your partner's sexual needs, future research then is suggested to look into the impact of gratitude on other sexual outcomes such as sexual self-disclosure!