

# Is one grateful partner enough? Differing levels of gratitude between romantic partners: Concurrent and longitudinal links with satisfaction and commitment in six dyadic datasets.

Gratitude promotes higher quality relationships, but what happens when partners differ in how grateful they are for their partner?

## Methods

Authors of this study analyzed data collected from 2012 to 2018 from 562 couples who reported their tendency to feel and express gratitude towards their partner, their satisfaction with their relationship, and their commitment for one another. Couples completed these surveys at two timepoints.



## Results

37% of couples were composed of one partner who felt more grateful than the other.

Being a very grateful partner was associated with feeling more satisfied with and commitment to the relationship over time and also helped to buffer against reduced feelings of commitment or relationship satisfaction associated with having less grateful partners. Overall, having a less grateful partner did not decrease the benefits of being highly grateful oneself.



## In Conclusion

having a greater tendency to feel and express gratitude for your partner will allow you to experience higher quality relationships, even if your partner has less of this tendency. Being more grateful improves your commitment and both yours and your partner's feelings of satisfaction within the relationship.



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