

# Sacrifices: Costly prosocial behaviors in romantic relationships.

How does sacrificing effect yours or your partner's wellbeing? How should you navigate these consequences?

**Sacrifice:** Giving up your personal goals and preferences to promote your partner's welfare in a context wherein your goals and preferences conflict.

## The link between sacrifice and personal and relationship well-being

Sacrifices can be costly for the giver's well-being, and while many may sacrifice to better their relationship, relationship quality is shown to be unaffected in the short-term.



## Sacrifice is a double-edged sword.

A recent study combining correlational, longitudinal, and experimental data showed that perceiving sacrifice is a mixed blessing.

Though feeling positive, participants also reported feeling negative (e.g., guilty, a sense of indebtedness) towards sacrifices made by their partners.



The participants who made the sacrifices also reported feeling a mixture of positive and negative feelings.

And sadly, these feelings of ambivalence from either partners are associated with thoughts of breakup and actual breakup a year later.



## In Short.

Sacrificing for your partner can harm your well-being and inflict feelings of ambivalence in both partners, feelings shown to be associated with break up.

We recommend future research to investigate which possible ways couples may work around conflicting goals and preferences e.g., based on personality and the magnitude of sacrifice that either partner may suffer as a result.