

# Understanding the links between perceiving a partner's gratitude and romantic relationship satisfaction using an accuracy and bias framework.

Tissera et al. (2022)

Does perceiving your partner's appreciation influence your (and your partner's) relationship satisfaction?

## Two Studies were done...

One where 205 couples completed an online survey on how much they experienced gratitude for their partner and their partner's gratitude for them...

...and one where 309 couples completed a survey before a follow up survey 3 months later on how much they expressed appreciation to one another.

## Our Findings Showed That...

overall, couples were significantly accurate at estimating how much gratitude their partner expressed and felt, but they typically perceived less gratitude from their partner than there really was.

## And Also That...

Underestimating the amount of gratitude expressed and felt by their partner was associated with the participants feeling less satisfied with their relationship. They felt more satisfied when assuming a similar level of gratitude to their own.

## In Short

This study has demonstrated that although people are relatively accurate in their estimations of how appreciative their partners are of them, people also have a tendency to underestimate their partners' appreciation.

This in turn was found to be associated with less satisfaction with the relationship; However, assuming **similar** levels of appreciation suggests greater satisfaction.