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**Why arguing with your partner CAN be healthy for your relationship**

* The average Brit argues with their partner six times per month – that’s 72 arguments a year
* Most common causes of disagreements include: not listening (47%), saying the wrong thing (34%) and thoughtlessness (29%)
* However, relationship experts reveal that fighting can be of benefit to couples

When it comes to relationships, we all know that arguments aren’t fun. However, new research suggests it may actually be beneficial for some couples to fight.

This is according to experts at [eHarmony](http://www.eharmony.co.uk) who analysed a combination of site data and research, and found that the impact of arguments on a relationship is largely dependant on the personality types of the couple involved – whether it’s something mundane, or a more serious issue.

While (24%) of people in relationships who say that they never fight, the average Brit has six arguments with their partner per month. The most common triggers for disagreements are: not listening (47%), saying the wrong thing (34%) and thoughtlessness (29%). Snoring (13%) and a lack of sex (10%) both also feature in the top ten reasons why couples fight (see table one).

**Table one. The top ten most common reasons for fights in relationships**

|  |  |
| --- | --- |
| Rank  | Reason |
| 1 | Not listening (47%) |
| 2 | Insensitivity/ saying the wrong thing (34%) |
| 3 | Thoughtlessness (29%) |
| 4 | Money worries (27%) |
| 5 | Family concerns (22%) |
| 6 | Kids (17%) |
| 7 | Always on technology (phone, internet) 13% |
| 8 | Snoring (13%) |
| 9 | Working hours (10%) |
| 10  | Sex (a lack of) (10%) |

But while half (50%) of Brits agree that arguments are a natural and normal part of relationships, the research shows that they are typically more productive between more confrontational people. Interestingly, the majority of those currently in relationships (59%) view themselves as argumentative, with women more likely than men to identify themselves as confrontational[[1]](#endnote-1).

In cases where both people admit to being argumentative, the study shows they felt better than the average couple post fight[[2]](#endnote-2). [eHarmony](http://www.eHarmony.co.uk) psychologist Dr. Linda Papadopoulos explains that for these couples: *“Conflict is often an immediate release of tension, which enables both parties to get their feelings off their chests and feel like they are being heard. Often once the heat of the moment has passed, they feel closer to one another as a result.”*

Dr Linda Papadopoulos notes that the same cannot be said for those with opposing temperaments. She explains that, *“In these cases, arguments between conformational and passive people will tend to make the aggressor angrier and the more passive person anxious and upset. To combat this, both need to remain aware of how their actions appear to their other half and watch their body language and tone.”*

[eHarmony](http://www.eharmony.co.uk) psychologist Dr Linda Papadopoulos adds, *“Whilst some personality types naturally deal better with conflict, arguments can be of benefit to most relationships if handled correctly. The key is to remain respectful of your partner and their opinion and work towards finding a shared resolution. Yes, the stress caused by arguments is very real, but don’t forget that temporary tension can give way to resolution and hopefully a deeper understanding of your loved one.”*

**ENDS**

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**About the research**

The research was conducted by ICM on behalf of Third City in January 2017. The research was conducted among 2,000 people in a nationally representative sample.

**About eHarmony.co.uk**

eHarmony launched in the UK in 2008 with a clear vision: to create more lasting love in the world. The relationship experts are committed to helping singles find the best possible match, using science and psychology to determine key personality traits. Prior to launch, the brand invested in further extensive research into love and relationships, conducted in partnership with Oxford University’s Internet Institute to develop UK relationship-compatibility models. Today eHarmony, fondly known as ‘the brains behind the butterflies’, proudly serves almost 60million members globally, and has amassed 4.5m registered users since launching in Britain. Find out more at <http://www.eharmony.co.uk/tour>.

1. According to research conducted by ICM in January 2017, women are more likely than men to self identify as confrontational (39% women vs. 36% men). [↑](#endnote-ref-1)
2. According to research conducted by ICM in January 2017, when two people in a couple both people self identify as argumentative in a relationship they feel happier on average post argument (average 5% vs.7%). [↑](#endnote-ref-2)