

EFFECT OF FORGIVENESS ON RELATIONSHIP SATISFACTION

Snimar Kaur Saini

Dept. Student Bachelors

Dept. of Psychology Hons. With Research Amity University, Punjab

Nandini Terhan

Student Bachelors

Dept. of Psychology Hons. With Research Amity University, Punjab

Anuradha Ranjan

Assistant Professor

Amity University, Punjab

ABSTRACT

The study aims to determine the impact of forgiveness on partner and relationship satisfaction. The study also examines gender differences in forgiveness, which tend to indicate that males and females tend to forgive more often. It also highlights the difference between married and unmarried individuals who are in a relationship. The study was conducted on 50 male and 50 female participants. Data were collected through two questionnaires: the Heartland Forgiveness Scale by Laura Yamhure Thompson, C.R. Snyder, and Lesa Hoffman, and the Couple Satisfaction Index (CSI). The data were analyzed using descriptive statistics, t-tests, and correlation analysis through SPSS (Statistical Package for the Social Sciences). The findings revealed a significant positive correlation between forgiveness and relationship satisfaction; females reported having a greater tendency to forgive as compared to males.

Keywords: Forgiveness, relationship satisfaction, Couples, Correlation.

INTRODUCTION

Healthy and satisfying romantic relationships may become more difficult to maintain in today's fast-paced and frequently roller-coaster world. With personal goals, emotional stressors, and changing social expectations to contend with, conflict and misunderstanding are unavoidable. Forgiveness is an essential relationship skill in such situations, as it not only heals and fosters emotional health but also maintains long-term partnership satisfaction. Although the emotional advantages of forgiveness are well established, scholars are increasingly studying its contribution to the structure and quality of romantic relationships. For example, infidelity, one of the most frequent and heart-wrenching violations of trust, has become more widespread, with research showing that about 20% of married men and 13% of married women in recent polls have confessed to having extramarital affairs. Even after the pain inflicted through such betrayals, most partners opt to forgive to repair their relationships.

Forgiveness is, however, a complicated process that depends on numerous variables, such as emotional strength, communication patterns, and power structures. On the other hand, relationships can go wrong without forgiveness or the possibility of forgiveness. A tragic Indian example illustrates this: In March 2025, Bengaluru IT worker Rakesh Rajendra Khedekar killed his wife, Gauri Anil Sambekar, in the wake of a furious argument. The failure to settle their quarrel peacefully and a lack of forgiveness turned into violence,

demonstrating the extreme price that unresolved relational conflicts may sometimes exact. This tragic case highlights the need to understand how forgiveness, or lack thereof, influences relationship satisfaction and general emotional well-being.

The question makes us consider why forgiveness is essential in a relationship. It is because it allows the couple to heal from past hurts, helps to rebuild trust between the couple, and move forward together. When we read about this, it makes us choose this topic. In this study, we are trying to understand that higher forgiveness means higher relationship satisfaction. If there is “no significant correlation” or “no relationship” between the variables, it can be said that the null hypothesis is supported. In the research paper, we are trying to understand the difference between the genders that forgive more, the male or the female.

So, what exactly is forgiveness? Forgiveness involves willfully putting aside resentment toward someone who has committed a wrong, been unfair or hurtful, or otherwise harmed you in some way. Forgiveness is not merely accepting what happened or ceasing to be angry. Rather, it involves a voluntary transformation of your feelings, attitudes, and behavior so that you are no longer dominated by resentment and can express compassion, generosity, or the like toward the person who wronged you. Relationship Satisfaction evaluates the feelings, thoughts, and behaviors of a romantic relationship. It reflects the level of contentment and fulfillment individuals experience within their romantic partnership. Relationship satisfaction has been defined as a subjective sense of relational quality arising from evaluations of the positive and negative dimensions of one's romantic relationship (Fallis et al., 2016, adapted from Lawrence & Byers, 1997).

We understood forgiveness and relationship satisfaction. Many researchers have made theories on forgiveness and relationship satisfaction. To establish a theoretical framework for this research, some psychological models are applicable in the explanation of the place of forgiveness in relationship satisfaction. Attachment Theory (Bowlby, 1969) describes how early emotional attachments shape adult relationship behaviors such as the ability to forgive and achieve intimacy.

The theory under discussion is Enright's Four-Stage Forgiveness Model. The model was developed by Enright, along with the Human Development Study Group, in 1991, and it consists of four phases. The four phases are uncovering, deciding, working, and deepening. This theory is a step-by-step process that helps individuals become a better version and heal from the hurt they have faced. The first phase is the Uncovering Phase, also known as Facing the Pain. In this Phase, individuals get to know and explore their emotional pain. They recognize the impact of anger, resentment, or bitterness on one's well-being. This phase is difficult but very important in beginning the forgiveness process in the individual. The second phase is the decision to forgive the individual. They decided to forgive despite their feelings. They understand that forgiveness is a choice that they make, not just an emotional reaction. They know that forgiveness is not an excuse or justification for one's actions. It is committed to working toward. The third Phase is the Work Phase. It is also known as the Phase of Developing Empathy and Understanding. In this stage, individual cognitive reframing happens; the offender changes their perspective by thinking of the individual as human rather than purely evil. They develop empathy and compassion towards others. This doesn't mean giving an excuse for the wrong, but understanding that people are complex. The last Phase is Deepening. In this Phase, individuals find meaning in their suffering and grow from the experience. After that, they may recognize their strength. They may experience emotional relief and inner peace after all of the stressful things. One key point of the model is that when we talk about forgiveness, it doesn't mean forgetting; instead, it is about changing

one's emotional response to the hurt. Forgiveness takes time; it cannot be rushed. This model is one of the important ones; it is used in therapy, conflict resolution, and self-help programs.

Attachment Theory, first developed by John Bowlby (1969) and later by researchers like Hazan and Shaver (1987), offers vital information on how early relationship experiences influence adult forgiveness patterns. Research has demonstrated that attachment security enables empathy, trust repair, and emotional control—all key aspects of the process of forgiveness. Therefore, Attachment Theory provides a useful theoretical foundation for the variation in individuals' ability to forgive in romantic relationships, explaining the extent to which personal history determines relational satisfaction and resilience in the aftermath of interpersonal betrayal. Research studies have identified several theoretical frameworks that contribute to our understanding of relationship satisfaction with Equity Theory, as formulated by Walster et al. (1978), holds that relationship satisfaction is most influenced by whether or not there is perceived equity between a partner's inputs (e.g., emotional energy, time, effort) and outputs (e.g., affection, love, support). Following this theory, people are most satisfied in their relationships when they perceive that their rewards are in keeping with their inputs. A disruption of this equilibrium can lead to significant consequences for example, when one of the partners feels that they are contributing more than they are getting, dissatisfaction and resentment can develop. In forgiveness, equity is preserved when both partners give and receive acts of forgiveness equally, maintaining fairness in the relationship. If forgiveness is unidirectional, with one of the partners continuously forgiving without mutual reciprocation, the relationship becomes skewed and can lead to feelings of injustice and lower satisfaction. Therefore, forgiveness, if mutually practiced, restores equity in such a way that both partners feel valued and supported emotionally, and hence contribute towards long-term satisfaction in the relationship.

The Social Exchange Theory (SET) is a sociological and psychological theory that defines social behavior as a cost-benefit analysis. According to the theory, human relationships are established and sustained based on the costs and rewards involved in them. The theory presupposes that people maximize rewards (like love, support, status, or money) and minimize costs (like time, emotional pain, or effort). Social Exchange Theory is based on several key assumptions, which we will now discuss. Rational Choice: Individuals base their decisions on a rational weighing of costs versus benefits. Comparison Level (CL): People measure their relationships according to previous experiences and expectations. Comparison Level for Alternatives (CLalt): Individuals compare the present relationship to possible alternatives and decide whether or not to leave. Equity and Reciprocity: Equitable exchanges foster stable relationships, and perceived unfairness can cause dissatisfaction and dissolution. Rewards and Costs: Rewards may be emotional (love, respect), material (money, gifts), or social (status, approval), whereas costs may involve emotional strain, conflicts, or obligations. If needs change or remain unmet, dissatisfaction can occur. Collectively, these models inform the study's investigation of how forgiveness leads to relational harmony and satisfaction. Understanding the relationship between forgiveness and satisfaction is essential when navigating the intricacies of human relationships. Forgiveness not only heals and promotes emotional development but also builds trust and long-term relationship commitment. Though theories currently available provide useful input on relationship functioning, much remains unknown about how forgiveness varies across gender and relationship status. Through exploring these elements, this research hopes to help advance the level of understanding of psychological processes that maintain well-adjusted, satisfying relationships.

REVIEW OF LITERATURE

Forgiveness has been a central theme in psychological research, particularly in the context of romantic relationships. It is widely regarded as a critical factor contributing to emotional regulation, conflict resolution, and long-term relational well-being. Enright et al. (1998) define forgiveness as a conscious decision to replace negative emotions such as resentment and hostility with empathy and compassion toward the transgressor. Similarly, Worthington (2005) views forgiveness as an affective process that reduces negative emotions and encourages the restoration of relational harmony. Relationship satisfaction, on the other hand, is described by Hendrick and Hendrick (1986) as the degree of emotional gratification, intimacy, and commitment experienced in a romantic partnership.

Theoretical models such as Attachment Theory, Interdependence Theory, and the REACH Model provide valuable frameworks for understanding how forgiveness influences relationship dynamics. Forgiveness has been consistently linked to relationship satisfaction across empirical studies.

Notably, Sharma and Kola (2024) found only a weak correlation between forgiveness and relationship satisfaction among Indian adults, challenging the assumption that forgiveness always predicts satisfaction. They proposed that factors such as communication style and attachment patterns may moderate this link. Kaleta and Mróz (2021) found men to be more inclined toward self-forgiveness, while emotional correlates of forgiveness differed significantly across genders. Philip and Sharma (2021), in a mixed-method Indian study, found no quantitative gender differences in forgiveness but noted differing motivations—men emphasised admission of fault, while women prioritised emotional empathy. These findings underscore the relevance of sociocultural and gendered interpretations in forgiveness research. Gallo-Giunzioni et al. (2020) extended this by validating the Heartland Forgiveness Scale in Spanish-speaking populations, highlighting the cross-cultural applicability of forgiveness measures and the importance of context-sensitive assessment tools. Ghiurca and Vintila (2019), through their review of 31 studies, reported that individuals who are more forgiving exhibit higher levels of marital happiness and stability. They advocated for the integration of forgiveness training in marital counselling as a pathway to relational harmony. Braithwaite et al. (2011) further identified relationship effort and reduced negative conflict tactics as key mediators between forgiveness and satisfaction. Meta-analytic research supports the robust association between forgiveness and marital satisfaction. Fincham, Hall, and Beach (2006) emphasised its dual role as an emotional response and relational process that fosters emotional recovery and shields against satisfaction decline. Karremans and Van Lange (2004) found that forgiveness enhances pro-relationship behaviors such as accommodation, sacrifice, and cooperation, even when relationship commitment is controlled.

In summary, forgiveness appears to play a significant role in promoting relationship satisfaction by facilitating emotional recovery, fostering positive behaviors, and mitigating conflict. However, cultural and gender-based differences suggest the need for more localized research. The current study aims to address these gaps by exploring how forgiveness functions in romantic relationships within the Indian context, with special attention to gender differences.

Hypotheses

The Hypotheses are as follows-

H1: Higher the level of Forgiveness in the relationship, the greater the relationship satisfaction.

H2: The level of forgiveness is higher in females than in males.

The test used

- The Heartland Forgiveness Scale (HFS), given by Laura Yamhure Thompson, C.R. Snyder, and Lesa Hoffman, evaluates dispositional forgiveness
- Relationship satisfaction is assessed using the Couple Satisfaction Index (CSI) by Funk, J. L., & Rogge, R. D., a recognized tool for measuring satisfaction in romantic relationships.

Sample

The study used purposive sampling to select 100 Married or unmarried individuals who are in a relationship; there were 50 males and 50 females. The age range is 18 to 50, which is divided into four categories. Participants could read and understand basic English. The participants were recruited online via survey websites and social media. The criteria for inclusion involved requiring all the participants to be in a current romantic relationship, whether or not they were married.

INCLUSION AND EXCLUSION CRITERIA

Inclusion Criteria:

1. Participants must currently be in a romantic relationship, such as dating, engaged, or cohabiting, regardless of marital status.
2. Participants must be between 18 and 50 years old.
3. Participants should be able to read and comprehend the English language.
4. Participants should provide informed consent to participate in the study.

Exclusion Criteria:

1. Participants who are currently not in a romantic relationship.
2. Participants who are divorced or widowed.
3. Respondents with a confirmed diagnosis of severe psychological disorders that can impact interpersonal relationships (as self-reported).
4. Inconsistent or incomplete responses to the survey were not included in the final analysis.

Statistics used

Data analyses were conducted employing SPSS (Statistical Package for the Social Sciences). Descriptive statistics such as mean, standard deviation, and frequency distributions were calculated to provide an overview of participant responses to the Heartland Forgiveness Scale and Couple Satisfaction Index. Pearson's correlation coefficient was computed to assess the correlation between forgiveness and relationship satisfaction. Additionally, independent samples t-tests were carried out to compare gender differences in relationship satisfaction and forgiveness. All tests of statistical significance were done at a significance level of $p < 0.05$

RESULTS

TABLE 1: Depicts the Mean and SD of forgiveness for Males and Females

TABLE 1

		MALES	FEMALES
FORGIVENESS	MEAN	78.16	85.84
	SD	11.0256843	17.85698286

1. Mean Forgiveness Score:

- Males: The average forgiveness score for males is 78.16.
- Females: The average forgiveness score for females is 85.84.
- Interpretation: On average, females scored higher on forgiveness than males.

2. Standard Deviation (SD):

- Males (11.03): The forgiveness scores for males are relatively close to the mean (less variation).
- Females (17.86): The forgiveness scores for females show more variation around the mean compared to males.
- Interpretation: Female forgiveness scores are more spread out, while male scores are more consistent.

TABLE 2: Represents the mean and SD for Males and Females of Relationship Satisfaction

		MALES	FEMALES
RELATIONSHIP SATISFACTION	MEAN	107.7	110.76
	SD	22.45017158	23.48647896

1. Mean Scores:

- Males - The average relationship satisfaction score is 107.70.
- Females: The average score is slightly higher at 110.76.
- Interpretation - This suggests that Females reported higher relationship satisfaction on average.

2. Standard Deviation:

- Males - 22.45
- Females: 23.49
- Interpretation - These values indicate a similar spread of scores around the mean in both groups.

3. t-Ratio (Independent Samples t-test):

- Males t-ratio = 4.0093: This suggests a statistically significant difference, likely indicating that the difference in relationship satisfaction for this group compared to another is meaningful.
- Females t-ratio = 1.00019: This is not statistically significant, meaning the difference is likely due to chance.

Table 3: Depicts the T Ratio for both Forgiveness and Relationship Satisfaction

T RATIO	FORGIVENESS	RELATIONSHIP SATISFACTION
	0.0113707	0.464614

The T-ratios for forgiveness and relationship satisfaction are 0.0114 and 0.4646, respectively, both of which are very low. This indicates that there is no significant difference between the groups (e.g., males and females) in terms of these variables. The results suggest that gender does not significantly influence forgiveness or relationship satisfaction in this sample.

TABLE 3.1 represents the major statistics of the research findings.

MEAN	9548
SD	23.99496597
CORRELATION	0.18984

1. Mean (9548):
 This represents the average value of our dataset. It means that the central tendency (average) of your data is 9548.
2. Standard Deviation (23.99):
 This measures the amount of variation or dispersion in our dataset. A standard deviation of 23.99 suggests that the values in your dataset typically differ from the mean by about 24 units.
3. Correlation (0.18984):
 This value indicates the strength and direction of a relationship between two variables (often represented as X and Y).
 - A correlation of 0.18984 is a weak positive correlation.

Correlation Analysis

$R = 0.18984$

A positive correlation exists between forgiveness and relationship satisfaction for both men and women. This suggests that more forgiving individuals are also likely to experience higher satisfaction in their relationships.

Women reported higher average scores on forgiveness and relationship satisfaction than men, indicating a gender difference in emotional processing and relationship dynamics.

The t-ratio for forgiveness ($t = 4.00$) indicates a statistically significant difference between males and females in forgiveness levels, with females scoring higher. However, the difference in relationship satisfaction ($t = 1.00$) was not statistically significant.

The study's findings suggest that forgiveness is positively related to relationship satisfaction, particularly among females. Individuals who exhibit higher levels of forgiveness tend to demonstrate better emotional regulation and empathy, which can significantly enhance their overall satisfaction within the relationship. However, it's important to note that the correlations observed were relatively weak, indicating that while forgiveness plays a crucial role, it is only one of many factors contributing to relational harmony. Other elements, such as communication styles, conflict resolution strategies, and personal values, also likely influence the quality and satisfaction of romantic partnerships. Understanding these dynamics can help couples foster healthier and more fulfilling relationships.

DISCUSSION

The research on the relationship between forgiveness and romantic relationship satisfaction has a specific view on whether more forgiving people are likely to be more satisfied in romantic relationships. Forgiveness is an interpersonal and psychological process that is essential in conflict resolution and emotional bonding. Theoretical models like Worthington's REACH model and Attachment Theory call attention to the way forgiveness helps in emotional healing, empathy, and relational commitment. With relational conflict on the rise in our time, knowing the importance of forgiveness can shed light on fostering emotional well-being and healthier romantic relationships. The research also examined gender differences in forgiveness; women forgive more than men.

Results of this study indicate a positive correlation between relationship satisfaction and forgiveness, suggesting that people who are forgiving report higher satisfaction in their romantic relationships. This is an affirmation of the theoretical framework of the REACH Model (Worthington, 2001), which stresses that forgiveness facilitates healing, empathy, and intimacy—factors that enhance the sustenance of healthy relationships. Likewise, the Attachment Theory (Bowlby, 1969) proposes that when people forgive, they tend to stay emotionally committed and safe in the relationship. The findings are also consistent with earlier research that demonstrates forgiveness to be an important predictor of long-term relational satisfaction, further supporting its facilitating role in conflict resolution and emotional intimacy.

The research also discovered that women forgive more than men when in romantic relationships. This is in line with previous studies indicating that women have higher empathy and emotional expressiveness, which can lead to a greater tendency to forgive. Social and cultural factors may also contribute to this, as women are generally taught to value harmony and emotional closeness in relationships. In addition, past research, including Miller et al. (2008) and Toussaint & Webb (2005), has discovered that women tend to emphasize relational closeness and employ forgiveness as a strategy for preserving emotional ties. These outcomes indicate the need to take into account gender-based emotional inclinations when investigating interpersonal relationships and propose that interventions for forgiveness could be designed differently for males and females.

Further research on forgiveness and relationship satisfaction can go into some promising areas. Longitudinal designs are needed to examine how forgiveness behavior influences relationship satisfaction over the long term and what factors reinforce or undermine this relationship in the long run. Creating evidence-based forgiveness treatments, such as couple therapy models, psychoeducational workshop curricula, and computerized self-help programs, may offer structured means of improving emotional health and building closeness. Cross-cultural and demographic studies need to be highlighted in order to explore the extent to which forgiveness operates differently based on different cultural norms, age, sex, and

socio-economic status, since they might moderate the effect of forgiveness on satisfaction. Furthermore, as relationships are becoming more developed in digital and long-distance settings, exploring how forgiveness functions in online communication and virtual disputes can be instructive. In addition, integrating biopsychological theories—e.g., neurochemical processes associated with stress reduction, empathy, and regulation of hormones—can be useful to describe the underlying processes of forgiveness. The study can also investigate personality traits, attachment patterns, and mental health states as factors influencing tendencies towards forgiveness and their resulting impacts on relationship outcomes. Combining these guidelines will not only advance theory but also help build usable, culturally appropriate, and accessible instruments to facilitate forgiveness and lasting relational peace.

CONCLUSION

The conclusion of this research aimed to explore the correlation between relationship satisfaction and forgiveness, as well as gender differences in forgiving tendency in romantic relationships. These findings also provided robust empirical support. Evidence for the hypothesis that high levels of forgiveness relate to increased relationship satisfaction. Members who indicated being more forgiving also indicated they were more satisfied in their romantic relationships, pointing to forgiveness as a key psychological characteristic that leads to emotional balance and successful relational longevity.

The research also discovered that women have a greater degree of forgiveness than men. Such gender differences can be moderated by different psychological and social factors, including higher emotional expressiveness, relational orientation, and patterns of socialization that stress empathy and care in women. The results align with previous literature, demonstrating that women are generally more empathetic and emotionally sensitive in interpersonal relationships, which, in turn, can contribute to a stronger inclination and capacity for forgiveness.

These findings hold not only theoretical significance but also practical relevance. Forgiveness is an emotional repair process that assists in allowing individuals and couples to work their way through conflict, disappointment, and betrayal—states of affairs that cannot be avoided in intimate relationships. When individuals select to forgive, they can dampen negative feelings, rebuild trust, and restore intimacy. This, in turn, increases relationship satisfaction overall and fosters psychological health.

Nonetheless, the limitations of this research should be noted. The sample was restricted to one demographic group, and the research was based largely on self-report measures, which could be susceptible to social desirability or subjective bias. Second, the cross-sectional nature of the research design precludes cause-and-effect conclusions, and the research could potentially be improved by a longitudinal design with follow-up measurements of change over time in forgiveness and satisfaction.

Even with these constraints, the results of this study provide important information about the psychological processes involved in forgiveness and healthy relationships. Future studies might investigate forgiveness across cultures or generations, explore personality influences on forgiveness, or review the effects of forgiveness interventions on emotional recovery. As society continues to understand more about emotional intelligence and relational health, forgiveness remains a core element of healthy, enduring relationships.

REFERENCES

1. Swamy, H. M. C. (2025, April 3). After murdering his wife, Bengaluru techie talked to the body throughout the night, and consumed phenyl in a suicide bid. *The Times of India*. https://timesofindia.indiatimes.com/city/bengaluru/after-killing-wife-bengaluru-techie-spoke-to-body-all-night-drank-phenyl-in-suicide-attempt/articleshow/119637453.cms?utm_source=chatgpt.com
2. Lazo. (2024, November 4). 2025 cheating statistics: Infidelity in modern relationships. <https://blog.getlazo.app/2025-cheating-statistics>
3. Kaleta, K., & Mróz, J. (2021). Gender differences in forgiveness and its affective correlates. *Journal of Religion and Health*, 60(4), 2819–2837. <https://doi.org/10.1007/s10943-021-01369-5>
4. Mirzadeh, M., & Fallahchai, R. (2012). The relationship between forgiveness and marital satisfaction. *Journal of Life Science and Biomedicine*, 2(6), 278–282.
5. Ghiurca, M. V., & Vintila, M. (2019). The relationship between forgiveness and marital satisfaction within couples. *Social Research Reports*, 11(1), 26–34. <https://doi.org/10.33788/srr11.1.2>
6. Braithwaite, S. R., Selby, E. A., & Fincham, F. D. (2011). Forgiveness and relationship satisfaction: Mediating mechanisms. *Journal of Family Psychology*/ 25(4), 551–559. <https://doi.org/10.1037/a0024526>
7. Gallo-Giunzioni, K., Prieto-Ursúa, M., Fernández-Belinchón, C., & Luque-Reca, O. (2020). Measuring forgiveness: Psychometric properties of the Heartland Forgiveness Scale in the Spanish population. *International Journal of Environmental Research and Public Health*, 18(1), 45. <https://doi.org/10.3390/ijerph18010045>
8. Kaleta, K., & Mróz, J. (2021). Gender Differences in Forgiveness and Its Affective Correlates. *Journal of Religion and Health*, 61(4), 2819–2837. <https://doi.org/10.1007/s10943-021-01369-5>
9. Sharma, K., & Kola, N. (2024). The role of forgiveness for long-term satisfaction in adult relationships. *International Journal of Indian Psychology*, 12(2), 1735–1763. <https://doi.org/10.25215/1202.149>
10. Jain, S., & Arya, M. (2024). Role of conflict resolution and forgiveness in predicting marital satisfaction. *ShodhKosh: Journal of Visual and Performing Arts*, 5(1), 1672–1679. <https://doi.org/10.29121/shodhkosh.v5.i1.2024.4508>
11. Philip, A. A., & Sharma, M. (2021). Forgiveness in Romantic Relationships: A comparison across the genders. *International Journal of Indian Psychology*, 9(1). <https://doi.org/10.25215/0901.160>
12. Karremans, J. C., & Van Lange, P. a. M. (2004). Back to caring after being hurt: the role of forgiveness. *European Journal of Social Psychology*, 34(2), 207–227. <https://doi.org/10.1002/ejsp.192>
13. Bell, C. A., Kamble, S. V., & Fincham, F. D. (2018). Forgiveness, attributions, and marital quality in U.S. and Indian marriages. *Journal of Couple Relationship Therapy*, 17(4), 276–293. <https://doi.org/10.1080/15332691.2018.1433569>