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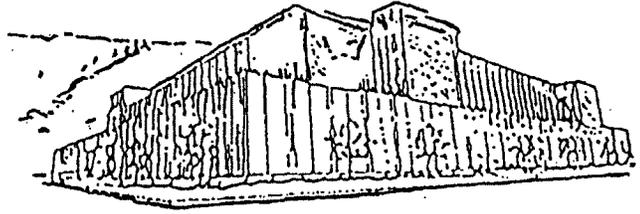
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Emotional Expressiveness in Romantic Relationships:  
Advantages and Disadvantages of Similarities and Differences  
in Expressiveness

by Stacey M. De Witt

B.S. California Polytechnic State University, 1991

presented in partial fulfillment of the requirements

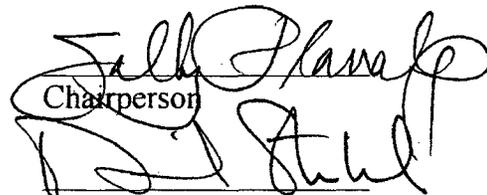
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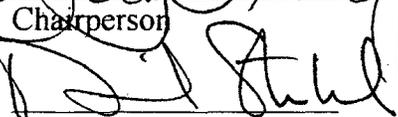
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Emotional Expressiveness in Romantic Relationships: Advantages and Disadvantages of Similarities and Differences in Expressiveness (148 pp.)

Director: Sally Planalp 

ABSTRACT

Emotional expressiveness is an important component of communication in romantic relationships. It promotes intimacy between romantic partners and encourages relational development. Previous research indicates that there is a connection between partners' levels of expressiveness in the relationship and relationship satisfaction.

Three predictions served as the basis for this study. First, it was predicted that the greater the differences in emotional expressiveness between romantic partners, the more difficulty the couple will experience in the relationship. Second, the greater the differences between partners' expressiveness, the less satisfied they will be in the relationship. Third, women will report higher levels and frequencies of expressiveness than men. Expressiveness, problems and advantages due to similarities or differences in expressiveness, and relationship satisfaction was assessed by two questionnaires. One questionnaire (Self-Expressiveness in the Family Questionnaire) has been used in previous research to assess frequency of emotional expressiveness and the other (Couple Expressiveness Questionnaire) was designed to identify problems and advantages associated with similarities or differences in expressiveness and satisfaction in the relationship.

The predictions for this study were supported by women's responses but not by men's. Men were inconsistent in their responses and they did not seem to be able to identify similarities or differences in expressiveness that were associated with problems or advantages for the relationship and relationship satisfaction. Women were more consistent in their responses. They identified connections between similarities and differences in expressiveness, advantages and disadvantages for the relationship, and relationship satisfaction.

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## CHAPTER 1: RATIONALE AND LITERATURE REVIEW

Susan and Tim are having an argument. Susan is frustrated because she is attempting to express her feelings to Tim. However, Tim is criticizing her for being “overly emotional.” Susan experiences Tim as having extreme difficulty expressing his feelings, particularly in the romantic part of their relationship. She thinks that she can be closer to Tim if she could get him to “open up” and share his feelings with her. Conversely, Tim is not comfortable expressing his feelings. It is not in his context of communication. He believes that if Susan would not get so emotional about everything, they would just get along fine together.

We all experience feelings of happiness, sadness, anger, and fear, but we differ in the manner and frequency with which we express them. Some people openly express their emotions in a variety of situations while others keep most of their feelings hidden inside and/or only express particular emotions in certain contexts. For example, one individual may openly express feelings of sadness by verbally sharing these feelings with family members and co-workers, while another individual may only express these feelings with those with whom he/she is very close (such as family members).

People also interpret emotional expressions differently depending on their own expressive styles and experiences. Every individual will have different perceptions on emotional expressiveness depending on what they view as “normal” and acceptable and will judge others accordingly. High expressive individuals will likely interpret other high expressive individuals’ expressions as appropriate and ordinary whereas low expressive

individuals will likely interpret them as inappropriate. For example, high expressive individuals may believe that it is acceptable to cry in front of others when one is sad. Low expressive individuals may feel that crying is inappropriate in the presence of others.

The scenario of Susan and Tim's emotional relationship is an example of what can transpire when two people are involved in a close relationship with differing styles of emotional expression. As they attempt to develop and maintain their relationship with one another, these differences may lead to difficulties in the relationship when one partner is emotionally expressive and the other is not.

This scenario provides one example of possible negative outcomes of communication between two romantically involved individuals when they exhibit different styles of expressiveness. However, there are likely to be positive outcomes as well. Differences in expressiveness may benefit the relationship because it helps balance the expressive component of the relationship. For example, when one partner is expressive and the other is inexpressive, the expressive partner can help draw out the inexpressive partner's feelings. This will encourage the inexpressive partner to share feelings with the other partner that he/she may not have expressed otherwise. The current study will pursue the question of whether people with similar styles of emotional expression have an easier time understanding one another, managing each other's emotions, and working together in a relationship, or whether people with different expressive styles have greater difficulties managing these issues in their relationship.

## Literature Review

Four areas of research will be reviewed for this study: expressiveness, gender differences in expressiveness, relationship satisfaction, and conflict resulting from differences in expressiveness. Expressiveness will be discussed first because it is the focus of the present study. Definitions of expressiveness are presented, measures of assessing expressiveness are described, and research on expressiveness is presented.

Gender differences are reviewed because a pilot study revealed a pattern of significant differences in the ways that men and women express themselves in romantic relationships. These gender differences will be described to provide a general understanding of how men and women express themselves in these relationships. Moreover, differences in men's and women's expressive style will also be linked to issues in romantic relationships that are associated with similarities and differences in expressiveness.

Relationship satisfaction was reviewed to provide an understanding of how expressiveness in romantic relationships is associated with satisfaction in those relationships. Research on satisfaction in marital, as well as, dating relationships is presented. In addition, expressiveness and its association with relationship satisfaction will be discussed.

The literature on conflict in romantic relationships (primarily marital relationships) is also consulted to understand how differences in expressiveness may affect romantic relationships. Differences in husband's and wives' expressive style

during conflict are described to illustrate how these differences have been found to affect marital satisfaction in the research literature.

### Expressiveness

#### What is expressiveness?

In order to study expressiveness and how it affects interpersonal relationships, we must first understand what it is and how it is measured. Halberstadt defined expressiveness as “a persistent pattern of exhibiting emotional expressions in a variety of socioemotional situations” (1991, p. 107). Her definition distinguishes expression of emotions from expressiveness. She defines emotion expressions as nonverbal or verbal behaviors that indicate that an individual is experiencing one or more affective states. This is different from expressiveness which reflects a pattern of expressing emotions in different situations. She further states that emotion expressions may vary depending on the context and prescribed social expectations while expressiveness is more consistent across various contexts.

Other researchers have defined emotional expressiveness as “the extent to which people outwardly display their emotions, regardless of emotional valence or channel of expression” (Kring, Smith, & Neale, 1994 p.936) and as “the potentially observable surface changes in face, voice, body, and activity level that accompany emotional states” (Lewis & Michalson, 1983, p. 112). These two definitions offer differing perspectives on expressiveness. One provides a more general definition while the other describes observable behaviors. For the purpose of this study, Halberstadt’s definition of expressiveness will be used because it refers to overall patterns of expressiveness.

Halberstadt assessed three components of expressiveness in her research: frequency, intensity, and acceptability. Frequency refers to how often the emotional expression occurs in the family. Intensity refers to the degree of intensity of the emotional expression. Acceptability refers to the acceptability of the emotional expression by the family.

#### How is expressiveness measured?

Halberstadt developed a questionnaire to assess specific dimensions of emotional expressiveness. She used it in her studies to obtain a thorough assessment of emotional expressiveness and how it affects individuals' communications in interpersonal relationships.

#### Family Expressive Questionnaire

Halberstadt developed the original Family Expressiveness Questionnaire (FEQ) to assess the overall expressive environment of the family. The FEQ (see Appendix A) consists of 40 scenarios in a self-report format that taps subjects' recollections of family affect during their childhood (Halberstadt, 1983). It includes twenty affective scenarios that subjects were asked to rate according to their acceptability in their family, and twenty scenarios asking them to rate the intensity of their own and their family members' responses. Participants were instructed to "Try to think of the following scenarios in terms of how frequently they occurred in your family, compared to other families, while you were growing up." All of the responses were based on a nine-point scale from 1 (not at all acceptable in your family) to 9 (fully acceptable in your family) for the

acceptability items and an additional nine-point scale for intensity items (no examples were provided by Halberstadt).

The original format for the FEQ was reorganized by Halberstadt “to provide a more specific behavioral referent and to have weaker connotations regarding social desirability” (Halberstadt, 1983, p. 19). Her updated version included forty scenarios involving emotional expression and replaced the acceptability and intensity scales with a frequency scale of 1 (not at all frequently in my family) to 9 (very frequently in my family). For example, the questionnaire included items such as “Expressing deep affection or love for someone” or “Quarreling with a family member” and asks the individual to rate the frequency of their occurrence (1=not at all frequently in my family, 9=very frequently in my family). She also included categories of positive and negative items and dominant and submissive items. These four categories of items were organized into four quadrants: positive-submissive positive-dominant, negative-submissive, and negative-dominant according to whether the item described a positive or negative, dominant or submissive expression of emotion.

#### Self-Expressiveness in the Family Questionnaire

Halberstadt further revised the FEQ to assess individual expressiveness within the family context. The new version of the FEQ, the Self-Expressiveness in the Family Questionnaire (see Appendix B) instructs adult children to report the overall frequency of their individual expressions of emotion in their family (Halberstadt, Cassidy, Stifter, Parke, Fox, 1995). The items on the Self-Expressiveness in the Family Questionnaire (SEFQ) are identical to those included on the FEQ; however, the instructions were

revised to assess individual expressiveness in the family instead of the overall frequency of emotional events in their families (Halberstadt et. al., 1995). The new instructions direct participants to “try and think how frequently you express yourself during each of the following situations with family members.”

#### Reliability of the SEFQ

Halberstadt and colleagues tested reliability of the SEFQ in four different studies. The long (40 item) version of the SEFQ revealed .87 to .93. The shortened version was tested in two studies (Halberstadt, Cassidy, Stifter, Parke, Fox, 1995). These revealed reliability of .80 to .83. The shortened version correlated with the long version were .93 to .96.

#### Validity of the SEFQ

Study 1: Women’s items correlated with marital satisfaction revealed  $r=.30$  for positive subset, correlated with loneliness was  $r=-.52$  for positive subset, and  $r=-.39$  overall. Men’s items correlated with marital satisfaction was  $r=-.50$  for negative subset and correlated with loneliness was  $r=.60$  for negative subset.

Study 2: Women’s items correlated with extraversion was .30 for positive subscale and correlated with neuroticism was  $r=.58$  for negative subscale. Data were not reported for men’s items.

Study 3: Positive, negative, and total expressiveness was not correlated with social desirability.

Study 4: Women’s overall expressiveness correlated with trait anxiety was  $r=.36$ , correlated with trait anger was  $r=.50$ , and correlated with affect intensity was  $r=.55$ .

Negative expressiveness correlated with depression was  $r=.35$ . Overall subscales correlated with Anger-Out was  $r=.57$ , with Anger-Control was  $r=-.47$ , and with Anger-In was  $r=.05$ . Women also reported being significantly more expressive, especially of positive emotions.

#### How has expressiveness been studied?

Halberstadt has conducted the most extensive research on expressiveness. Her research has focused on family socialization of expressiveness and its influences on individuals' expressiveness and interpersonal skills. She compared individuals on the basis of their expressiveness styles and the interpersonal skills associated with them.

Halberstadt studied individuals from high expressive family environments and individuals from low expressive family environments and found, not surprisingly, that individuals from high expressive families were high in expressiveness and individuals from low expressive families were low in expressiveness (Halberstadt, 1983; 1986). She further found that high expressive individuals were more adept at expressing emotions (particularly difficult emotions) and less adept at interpreting them. Conversely, individuals who are low in expressiveness are more skilled at interpreting emotional expressions (particularly difficult emotions) and less able to express emotions, (Halberstadt, 1983; 1986). Her interpretation for these results was that individuals from low expressive families must become sensitive to subtle displays of emotion from family members in order to effectively communicate with them. Moreover, low expressive individuals, according to Halberstadt, are also less skilled at expressing emotions because

their families expressed emotion only in subtle forms. Therefore, they are more skilled at interpreting emotional expressions than they are at expressing them.

Individuals from high expressive families would exhibit a pattern opposite to individuals from low expressive families (Halberstadt, 1984). She reasoned that individuals from high expressive families have an easier time interpreting family members' emotional expressions and would not have to work as hard to understand them. As a result, individuals from high expressive families are more skilled at expressing emotions than they are at interpreting them.

Halberstadt (1984) also studied individuals' perceptions towards others and their association with styles of expressiveness. She found that subjects reported greater liking of confederates that were similar to themselves in expressive style. She found that individuals from high expressive families reported greater liking of individuals from high expressive families than of those from low expressive families, and individuals from low expressive families reported greater liking of individuals from low expressive families than those from high expressive families. Thus, individuals' perception of others is at least partially based on similarity or dissimilarity of emotional expressiveness.

Individuals' ability to communicate with others and judge others' communication is associated with the family expressive environment (Halberstadt, 1983). The family expressive environment seems to influence individuals' expressive style which in turn affects interactions with others outside the family. Individuals from low expressive families are more comfortable communicating with individuals from low expressive families whereas individuals from high expressive families are more comfortable

communicating with individuals from high expressive families (Halberstadt, 1983). Thus, it appears that individuals who have similar expressive styles will be able to communicate more effectively than individuals who have different expressive styles. As will be further explored, similarities and differences in levels of emotional expressiveness can result in problems and advantages in close relationships.

### Gender Differences in Expressiveness

Men and women differ in the manner and frequency in which they express emotions. A number of studies show that women express their emotions more frequently than men do and that they express a wider variety of emotions than do men (Allen and Haccoun, 1976; Balswick & Avertt, 1977; Dosser, Balswick, & Halverson, 1983; Wagner, Buck, & Winterbotham, 1993). Allen and Haccoun (1976) utilized a self-report measure to assess gender differences in expressing specific emotions (anger, fear, joy and sadness). They found that women reported that they expressed more than men for all four emotions.

Balswick & Avertt (1977) also found that women are more expressive of love, happiness, and sadness than men. They utilized a questionnaire that contained four dimensions of emotion: Hate scale (measuring anger, hate, resentment, and rage), Love scale (measuring love, tenderness, affection, and warmth), Sadness scale (measuring sorrow, grief, sad, and blue), and Happiness scale (measuring happy, delight, joy, and elation). Men reported that they expressed these feelings less often than women (except for hate).

Dosser, Balswick, & Halverson (1983) utilized a self-rating measure to assess the expression of four emotions: love, hate, happiness, and sadness. Their results were consistent with those of Balswick & Avertt (1977) in that women expressed more feelings than men, and women were more expressive than men of love, happiness, and sadness.

King & Emmons (1990) also found gender differences in the expressions of emotion. Their findings revealed that women were more expressive than men, particularly of positive emotions. The results of this study as well as those of Dosser, Balswick, & Halverson (1983) are in accordance with Halberstadt's (1983; 1984; 1986) findings that men have more difficulty expressing positive emotions whereas women have more difficulty expressing negative emotions.

Wagner, Buck, & Winterbotham (1993) also assessed gender differences in the expression of specific emotions. They analyzed videotaped sessions where men and women viewed emotionally toned slides and then described their feelings. Their results indicated that men suppressed the expression of pleasantness, disgust, distress, fear, and anger more than women did. Thus, they found that women expressed more emotions than men.

There are also prescribed expressive behaviors that vary according to gender. Stoppard & Gruchy (1993) found that women are expected to be more positively expressive than men. The results of their study revealed that women's expression of positive emotions was influenced by situational context and whether the positive emotions were directed toward self or others. Women seem to be aware of the social

consequences of the expression of positive emotions only when it involves expression toward others. According to Stoppard & Gruchy, this implies that the requirement of expressing positive emotion is limited to situations involving others. They further concluded that this awareness of self-directed versus other-directed nature of the situation was not characteristic of men. Therefore, they concluded that women appear to follow prescribed social expectations for expressing positive emotions whereas men do not.

Blier & Blier-Wilson (1989) also assessed how men and women express specific emotions. They found that men tend to suppress the expression of pleasantness, disgust, distress, fear, and anger more than do women. Moreover, they found women were more confident than men in expressing feelings of fear and sadness. This is consistent with Balswick & Avertt's (1977) findings that men have more difficulty expressing vulnerable emotions such as sadness, and also extends beyond their findings to include fear.

These differences are also characteristic of marital relationships. Research on marital relationships indicates that husbands and wives seem to differ in the manner and frequency in which they express their emotions. Wives seem to be more expressive and tend to reciprocate their husbands' emotional expressions more than husbands do towards their wives (Guthrie & Noller, 1988).

One of the most common complaints of wives about their husbands is that they do not talk enough, do not listen well, and are emotionally withdrawn and inexpressive (Komarovsky, 1962 and Rubin, 1976, as cited by Krokoff, 1990). Husbands have reported that their wives express more feelings than they do (Levinger & Senn, 1967).

They seem to feel that their wives are overemotional and irrational. It seems that men tend to view things logically while women tend to view things from an emotional perspective and these differences create difficulties in the relationship.

Wives also tend to be more non-verbally expressive than husbands (Noller & Gallois, 1986). Noller & Gallois (1986) found that wives expressed a greater variety of non-verbal behaviors (both positive and negative) than husbands. For example, wives used more positive behaviors, such as smiling, during positive affect situations whereas husbands used similar behaviors during both positive and negative affect contexts (such as eyebrow raising). As indicated by Noller and Gallois, it is obvious why women's behaviors were easier to interpret because they used different behaviors depending on the situation. Men's behaviors were more difficult to interpret as they tended to use the same behaviors across different contexts.

### Relationship Satisfaction

The expression of emotion is considered to be the hallmark of close relationships (Fitzpatrick, 1988; Levinger & Senn, 1967). It facilitates relationship development and serves as the basis for interpersonal bonds (Bowers, Metts, & Duncanson, 1985; Fitness & Strongman, 1991). The expression of emotion is an important component of communication in romantic couples and expressiveness seems to play an important role in the development and maintenance of satisfying relationships (Siavelis & Lamke, 1992). Thus, it is not surprising that expressiveness has been linked to relationship satisfaction.

Marital satisfaction appears to be associated with levels of expressiveness in the relationship. Guthrie & Snyder (1988) assessed spousal perceptions of emotional behaviors in the relationship focusing on differences between men's and women's responses. They reported that "Husbands and wives who report low marital adjustment are less expressive of all emotions (except for showing anger) than husbands and wives high in marital adjustment" (Guthrie & Snyder, 1988, p.150). Thus, it appears that satisfaction in the relationship is affected by levels of expressiveness when *both* partners exhibit high levels of expressiveness. However, they did not report any findings regarding differences in expressiveness (one partner expressive and the other inexpressive). Therefore, it is not possible to make conclusions regarding the effects of differences in expressiveness from these findings.

Several studies have also found that in marital relationships in which both husbands and wives displayed feminine characteristics, greater satisfaction was reported than in marriages in which one spouse did not display feminine characteristics (Antill, 1983; Baucom, & Aiken, 1984; Davidson & Sollie, 1987). These studies examined masculinity, femininity, and androgyny in marital relationships to determine which was most strongly related to marital satisfaction.

Antill (1983) utilized the BSRI (Bem Sex-Role Inventory) which defines masculine traits as "assertive," "strong personality," "forceful," and "dominant," and feminine traits as "affectionate," "sympathetic," "compassionate," and "warm" (to name a few). He found that happiness of husbands was positively related to the wife's femininity and the happiness of wives was strongly related to husband's femininity.

Moreover, he found that couples in which both partners were high on femininity were happier than couples in which one or both of the partners were low in femininity.

Davidson & Sollie (1987) also assessed the relationship between sex-role orientation and marital adjustment. In accordance with Antill (1983), they found that couples who were high in femininity were significantly greater in adjustment than couples who were low in both masculine and feminine traits. These results were consistent for both husbands and wives.

Baucom & Aiken (1984) also found that femininity was positively related to marital satisfaction. They utilized the masculinity and femininity scales and described masculinity as including “active, assertive, goal-oriented set of attitudes and behaviors” and femininity as valuing interpersonal relationships and being attuned to the needs and feelings of others (p.439). They found that both masculinity and femininity were positively related to marital satisfaction while indicating that femininity was correlated at slightly higher levels.

The studies conducted by Antill (1983), Baucom & Aiken (1984), and Davidson & Sollie (1987) examined feminine characteristics that relate to expressiveness. However, they do not assess expressiveness directly as Halberstadt as done through her questionnaire. Thus, while these studies provide a general link between expressiveness and marital satisfaction, they cannot be directly linked to the specific dimensions of expressiveness.

Lamke (1989) also studied expressiveness and its association with marital satisfaction. His results indicated that husbands’ expressiveness was related to marital

adjustment for both husbands and wives. However, wives' expressiveness was not predictive of either husbands' or wives' marital satisfaction. While Lamke assesses expressiveness more directly (through the use of the PAQ), the results only reveal general relationships between expressiveness and marital satisfaction.

Satisfaction in dating relationships has also been associated with expressiveness. Partners in dating relationships have been found to be more satisfied when both partners are high in expressiveness (Siavelis & Lamke, 1992). In addition, they also found that perception of partner expressiveness was predictive of relationship satisfaction. Thus, in serious romantic relationships, couples who are expressive and who perceive their partners as expressive are more likely to be satisfied with their relationships than those who are inexpressive.

The ability to identify and express feelings openly has also been shown to affect relationship satisfaction in couples. Hendrick (1981) reported that self-disclosure was a good predictor of marital satisfaction. She found that each spouse's self-disclosure to the other was significantly related to the other spouse's marital satisfaction. Levinger & Senn (1967) also found that the greater the disclosure of feelings the higher the levels of marital satisfaction. However, these studies do not suggest that higher disclosure causes higher satisfaction. They only suggest that there is a link between the two.

It appears that differences in expressiveness (one partner high in expressiveness and the other low in expressiveness) in intimate heterosexual relationships may affect the level of satisfaction in both marital and dating relationships. This indicates a need for

further assessment of expressiveness and how it is related to satisfaction in romantic relationships.

### Conflict as a Result of Differences in Expressiveness

Styles of conflict resolution appear to be associated with gender (Cartensen, Graff, Levenson, & Gottman, 1996). Men's misinterpretations of women's communication can lead to conflict. Men may perceive women's expressions of love as hostility because they do not interpret their communications correctly (Gaelick, Bodenhausen, & Wyer, Jr., 1985). "Men's and women's different attitudes to talk are likely to increase the chances that women will want to keep the interaction going, whereas men (who believe that talk, particularly talk about negative emotions, is bad for relationships) are more likely to want to withdraw" (Noller, 1993, p.147).

Men appear to withdraw emotionally more often than women, while women tend to be more demanding than men (Levenson & Gottman, 1985). Christensen (1988) identified this "demand-withdraw" pattern as a common pattern of interaction in marital relationships. This is where one partner confronts the other with a problem and the other partner tries to avoid the confrontation by withdrawing from the situation. In his research, Christensen found that husbands were more likely to withdraw and wives were more likely to be demanding. Other studies confirmed this finding. Cartensen, Graff, Levenson, & Gottman (1996) found that men appear to try to terminate conflict through reconciliation or withdrawal while women try to resolve conflicts. They found that wives expressed more emotion than husbands and husbands exhibited more stonewalling

behaviors than wives. Another study also found that women tend to be the ones who raise complaints and men tend to withdraw to avoid dealing with wives' confrontations (Gottman & Carrere, 1994; Levenson & Gottman, 1985).

A demand-withdraw pattern of interaction during conflict situations is characteristic of unhappily married couples (Christensen & Heavey, 1990; Levenson & Gottman, 1983). One partner will attempt to confront a problem while the other flees to avoid facing it. If this pattern persists over time, it can result in a long-term inability to resolve disagreements that can wear down marital satisfaction (Levenson, Cartensen, & Gottman, 1993; Mackey & O'Brien, 1995).

Constructive conflict management is strongly associated with future marital success while lack of problem-solving ability is associated with future problems (Markman, 1991). The extent to which wives can confront and express negative feelings and to which husbands can respond to their wives' expressions is a major determinant of future outcomes for the relationship (Markman, 1991). Thus, it seems that couples who avoid conflict are less satisfied than couples who work through it (Gottman & Krokoff, 1989).

The research on conflict and its association with relationship satisfaction indicates that differences in expressiveness in marital relationships can lead to conflict which can in turn affect the level of satisfaction of the relationship. Thus, it seems that marital relationships where men and women exhibit differing levels and styles of expressiveness are likely less satisfied than those where partners exhibit more similarities in expressiveness.

## Rationale for the Current Study

While several researchers have studied differences in expressiveness in romantic couples, only a few have analyzed specific problem areas that arise as a result of those differences. The focus is primarily on global expressiveness differences or gender differences in expressing specific emotions. Therefore, further research is necessary to determine more specifically how differences in expressiveness affect intimate relationships.

## The Current Study

A review of the literature has left several questions unanswered: 1) Is emotional expressiveness (as measured in more specific ways by Halberstadt's questionnaire) related to ease or difficulty in maintaining romantic relationships?, 2) Are gender differences identified using specific measures of emotional expressiveness?, 3) Is it incompatibility of emotional expressiveness or emotional expressiveness per se that is the issue?, and 4) Are there more specific ways in which similarities or differences in expressiveness impact relationships (i.e. effects on relationship satisfaction)? The present study will seek to answer these questions. Three hypotheses serve as the basis for this study:

H<sub>1</sub>: The greater the differences in emotional expressiveness between partners, the more difficulty the couple will experience in that relationship.

When romantic partners have different styles and/or frequencies of expressing their feelings, they are more likely to experience discord in their relationship. Difficulties will be experienced through conflict between partners including relationship and content issues (differences in expressiveness and issues that arise as a result). For example, discord may arise over a direct discussion about expressiveness differences between partners and their effects on the relationship (relationship issue). Or an argument may ensue over other topics (content issues) such as money issues.

H<sub>2</sub>: The greater the differences between partners' expressiveness, the lower the satisfaction they will report in their relationship.

It appears that individuals who have similar styles of expressiveness would be more satisfied with their relationships than individuals who have different styles of expressiveness. For example, if one partner in a relationship is expressive while the other is inexpressive, they may experience difficulties in communicating because they have different expressive styles. The partner who is expressive will strive to maintain the relationship by expressing his/her feelings openly and frequently. In contrast, the partner who is inexpressive will be less open to sharing thoughts and feelings. The expressive partner will feel unsure of his/her partner's feelings while the inexpressive partner will feel that the other's expressions are excessive and unwarranted. This can create frustration, conflict, and reduce satisfaction within the relationship.

H<sub>3</sub>: Female participants will report higher levels and frequencies of expressiveness than male participants.

A number of studies have found that women are more emotionally expressive than men (Allen and Haccoun, 1976; Fischer, 1993; Hall, 1984; Wagner, Buck, & Winterbotham, 1993). Women tend to share their thoughts and feelings verbally and nonverbally in a variety of contexts. Conversely, men tend to limit their expressiveness to certain emotions and certain contexts. These differences can ultimately escalate to tension and conflict as the couple struggles to maintain balance in their relationship.

### Summary

This study will focus on how distinct differences in expressiveness affect communication in adult romantic relationships. Overall expressiveness will be assessed to determine how individuals express themselves in those relationships. Also, gender differences in expressiveness will be explored, as a result of previous research which indicates that men and women differ in the manner in which they express themselves. Furthermore, the issue of relationship satisfaction will be addressed to determine whether couples with partners who are similar in style and frequency of expressiveness are more satisfied than couples who are dissimilar in style and frequency of expressiveness.

## CHAPTER 2: METHODS

There were three main components for methodology: pilot study, reorientation, and actual study. The first study focused on the socialization of emotional expression, how socialization influences expressiveness in adulthood, and the association between expressiveness differences and communication in adult close relationships. The second study eliminated the focus on socialization and focused on gender differences in expressiveness, whether these differences create difficulties in the relationship, and their association with satisfaction in the relationship.

### Study 1: Pilot Study

The initial assumption was that family expressiveness was strongly related to adult expressiveness (as indicated by Halberstadt's studies). The Family Expressiveness questionnaire was administered to see if this was the case and to gather exploratory data to identify possible advantages or disadvantages that similarities or differences in expressiveness have for close relationships.

### Methods

#### Data-gathering Techniques

The measures used to gather data in the pilot study were the Self-Expressiveness in the Family Questionnaire (SEFQ) and an additional 2-page questionnaire designed by the researcher (see Appendix C). The SEFQ measures individual expressiveness within the family context. The instructions were reworded to assess self-expressiveness during

interactions with family members (see Appendix C). The SEFQ instructs participants to think of how frequently they express themselves in several situations with family members. Some examples of items are “Thanking family members for something they have done” (1=not at all frequently in my family, 9= very frequently in my family) and “Expressing anger at someone else’s carelessness (1=not at all frequently in my family, 9= very frequently in my family).

The researcher-designed questionnaire was created to 1) compare expressiveness with family members and expressiveness with partners (close friend, spouse, or romantic partner), 2) compare self-expressiveness and partner expressiveness and 3) identify whether similarities or differences in expressiveness make things easier or more difficult in their relationship.

### Procedure

Consent forms (see Appendix D) were distributed to all participants informing them of the intentions of the study and that their answers would remain anonymous. Completion of the questionnaire served as consent to participate (as stated in the consent form). The questionnaires were distributed by the course instructor to all students present in class on a designated day. They were instructed to complete the questionnaire during class time and return the questionnaire to the instructor. In addition, they were asked to distribute an additional questionnaire to a “partner” that could be either a close friend, romantic partner, spouse, or other, and to return the partner questionnaires within four days. All participants were asked to assign a code name to the questionnaires so that

student and partner questionnaires could be compared. Participants were also instructed to indicate their gender and age on the questionnaire and they were also provided envelopes to use for the partners' questionnaires to assure confidentiality of partner responses. The researcher visited the class after the questionnaires were returned to the instructor to report the results. In addition, the researcher asked the students for feedback regarding the questionnaire and suggestions for use in future studies.

### Participants

Participants were 26 college students enrolled in an upper division course on communication and emotion (85% were females and 15% were males). Ages ranged from 18-45 with a mean of 24. Participants' relationships with partners were 39% close friends, 42% romantic partners, 8% spouse, and 12% other (mother, sister). Participants reported interacting with their partner a minimum of one hour per week and a maximum of 80 hours per week with a mean of 24.4 and a standard deviation of 23.4.

Questionnaires were also obtained from 6 partners, 5 males and one female, with ages ranging from 19-49. Out of the six pairs of questionnaires, five pairs were heterosexual romantic relationships and one pair was close friends (both females).

### Results

The results of the pilot study indicated that some changes needed to be made to improve the methodology of future studies. It revealed five main areas that were in need of improvement or alteration: 1) assumptions about the socialization of emotional

expression, 2) ways of measuring whether differences in expressiveness create difficulties in the relationship, 3) narrowing the range of relationships to be studied, 4) issues related to gender differences in expressiveness, and 5) redesigning the questionnaires.

#### Socialization of emotional expression.

The findings indicated that there was not a strong correlation between expressiveness in the family and expressiveness in adult relationships outside the family (romantic, spousal, close friendships). The correlation between the average score on the Family Expressiveness Questionnaire and participant rating of emotional expressiveness with partner (In general, how would you rate your emotional expressiveness during interaction with your partner? 1=not very expressive, 9=very expressive) was .180,  $p > .05$ , one-tailed. The correlation between emotional expressiveness with partner (“In general, how would you rate your emotional expressiveness during interactions with your partner? 1=not very expressive, 9=very expressive) and emotional expressiveness with family was (“In general, how would you rate your emotional expressiveness during interactions with family members” 1=not very expressive, 9=very expressive) was  $r = .354$ ,  $p < .05$ , one-tailed. Most participants indicated that they express themselves differently with their partners than they do with family members. The basis for the comparison of expressiveness in the family and outside the family in adult relationships was Halberstadt’s finding that there is some association between the two. The results of this study confirm Halberstadt’s findings; however, they were weak and not statistically

significant associations. Therefore, the focus on the family's role in the socialization of emotional expression was eliminated. Instead, the next study focused on how differences in expressiveness between romantic partners affect communication in close adult relationships, regardless of their family socialization of expressiveness.

#### Differences in expressiveness create difficulties in the relationship.

The results revealed that differences in expressiveness between partners can create difficulties in the relationship. Nine participants out of 32 reported differences in expressiveness when they were asked to directly compare their own expressiveness with their partners' ("Overall how would you rate your emotional expressiveness compared to your partner's?" 1=very similar, 9=very different) and reported difficulties in the relationship due to those differences ("Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship?" 1=very easy, 9=very difficult). Seven of the nine participants that reported difficulties when comparing expressiveness levels also provided specific examples of how the differences created problems ("Can you recall specific incidents that have made things more difficult in your relationship? If so, please describe them as thoroughly and in as much detail as you can"). For example, one participant reported that she is more expressive than her partner and that it "leads to arguments with him over his lack of emotion." Another participant reported that differences in expressiveness cause conflict at times. Thus, although not significant in the pilot study, it appears that difficulties can arise when partners exhibit different levels of

expressiveness. Therefore, the next study will assess more specifically how differences in expressiveness affect close adult relationships.

### Romantic relationships.

The pilot study yielded information primarily from college students and from some of their partners. The intent was to obtain information from individuals as well as from their partners in larger quantities in order to analyze both partners involved in the relationship. Unfortunately, this was not the case in the pilot study because the response rate for partners was minimal. Only six partners responded to the questionnaires.

However, out of the partners that did complete the questionnaires, those that yielded the most information were those involved in romantic relationships. In addition, out of the seven participants who reported specific incidents where differences in expressiveness created difficulties in the relationship, all were involved in romantic relationships.

Therefore, the next study focused on participants involved in romantic relationships.

### Gender differences in expressiveness.

The results of the pilot study also indicated a pattern that females are more expressive compared to males and that these differences create difficulties in the relationship. Female participants in romantic or spousal relationships indicated that they were more expressive than their male partners. They reported some frustration in communicating with their partners and felt that their partners perceived their emotional expressions as excessive or unwarranted. For example, one woman wrote that she

expresses herself more than her partner does and that it “leads to arguments with him over his lack of emotion.” A man wrote that he and his partner have different ways of expressing themselves and that he tends to keep things inside more than his partner does. He also reported that these differences lead to arguments. These results indicate a need to explore gender differences in expressiveness and their effects on romantic relationships.

### Redesign of questionnaires.

The Self-Expressiveness in the Family Questionnaire was revised to assess expressiveness with romantic partners instead of family members and shortened to help insure completion of the questionnaire. The instructions were reworded to apply to romantic relationships instead of family relationships. The questions were also reworded to apply to participants’ relationships with romantic partners instead of family members. For example, “Snuggling up to a family member” became “Snuggling up to your partner.”

Participant responses (or lack of response) indicated a need to alter the researcher-developed portion of the questionnaire. It contained many open-ended questions designed to elicit more detailed information from participants regarding problems or advantages in their relationship resulting from differences or similarities in expressiveness. However, few people were willing or able to describe how expressiveness made things easier or more difficult in their relationship. Most participants responded to the questions nonspecifically or not at all. Only 12 out of 32 provided specific information relating to the question. The remainder responded by

providing information that involved aspects of their relationship not related to expressiveness. For example, some participants wrote about other topics, such as death of a loved one, or problems they are working on for themselves (e.g. self confidence). This indicated that the open-ended question format is not ideal in obtaining information in this context. Therefore, the researcher-designed questionnaire was redesigned to eliminate open-ended questions and replace them with items that provide examples of ways in which differences or similarities in emotional expressiveness might make things easier or more difficult in close relationships. This provided options for future participants to rate rather than having to come up with items on their own. It was reasonable to expect that this would elicit more information from participants related to emotional expressiveness and its effects on romantic relationships.

## Study 2: Methods

### Questionnaire Development

The measures used to gather data in this study were a shortened, altered version of the Self-Expressiveness in the Family Questionnaire, a Self-Expressiveness in the Family Questionnaire adapted for partner expressiveness, and an additional 3-page questionnaire designed by the researcher (Couple Expressiveness Questionnaire). The Self-Expressiveness in the Family Questionnaire was redesigned to assess self-expressiveness with a romantic partner, and also to assess participants' perception of partner expressiveness. The Self-Expressiveness Questionnaire will be used to assess participants' own expressiveness with romantic partners. The Partner Expressiveness

Questionnaire will be used to assess participants' perceptions of their partner's expressiveness with themselves.

The current study utilized the shortened version of the Self-Expressiveness in the Family Questionnaire (SEFQ) and revised it to apply to romantic relationships instead of family relationships. Two versions were created by rewording the SEFQ instructions and questionnaire items to assess participants' perceptions of self-expressiveness with their partners (Self-Expressiveness Questionnaire) and their partners' expressiveness with them (Partner Expressiveness Questionnaire) (see Appendixes E and F). The Self-Expressiveness Questionnaire instructions ask participants to "try and think how frequently you express yourself during each of the following situations with your partner." The Partner Expressiveness Questionnaire instructions ask participants to "try and think how frequently your partner expresses himself/herself during each of the following situations with you." Some examples of items from the Self-Expressiveness Questionnaire are "Trying to cheer up your partner when he/she is sad" (1=not at all frequently, 9=very frequently) and "Quarreling with your partner" (1=not at all frequently, 9=very frequently). Some examples of items from the Partner Expressiveness Questionnaire are "Expressing deep affection for you" (1=not at all frequently, 9=very frequently) and "Expressing sympathy for your troubles" (1=not at all frequently, 9=very frequently).

In addition to the Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaires, a more direct measure of self and partner expressiveness was included. An item rating self-expressiveness with partner "In general, how would you rate your

emotional expressiveness during interactions with your partner? (1=not very expressive, 9=very expressive) was included at the end of the Self-Expressiveness Questionnaire. It was designed to assess participant perceptions of self-expressiveness with partner. An item rating partner expressiveness “In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you? (1=not very expressive, 9=very expressive) was also included at the end of the Partner Expressiveness Questionnaire. This item was designed to assess perceptions of partner expressiveness.

#### Couple Expressiveness Questionnaire

The Couple Expressive Questionnaire (see Appendix G) was designed to obtain more specific information about problems and advantages resulting from differences or similarities in expressiveness between partners. To develop the questionnaire, the researcher combined all possible combinations of expressiveness into four categories 1) Expressive-Expressive: problems or advantages arising from both partners being expressive, 2) Inexpressive-Inexpressive: problems or advantages arising from both partners being inexpressive, 3) Inexpressive-Expressive: problems and advantages arising from partner being more expressive than self, and 4) Expressive-Inexpressive: problems and advantages arising from self being more expressive than partner. Next, utilizing Halberstadt’s dimensions of frequency, intensity, and acceptability of expressiveness, three examples of problems or advantages resulting from all four combinations of expressiveness were developed (see Appendix H). Halberstadt utilized these dimensions in her original version of the FEQ and they are utilized here to obtain a more thorough assessment of expressiveness in romantic relationships. Twenty four items were

generated from combining the four combinations of expressiveness (expressive-expressive, inexpressive-inexpressive, inexpressive-expressive, and expressive-inexpressive), the three dimensions of expressiveness (frequency, intensity, and acceptability) and examples of one problem and one advantage for the relationship (resulting in a 4x3x2 grid). Predictions were also made for each combination (see Appendix H).

#### Additional Relational Measures

Five additional items were also included at the end of the Couple Expressiveness Questionnaire. Two items, 1) *Overall, how would you rate your emotional expressiveness compared to your partner's?* and 2) *Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship?* were used in the pilot study. They were developed by the researcher and are designed to assess participants' general perceptions of their own and their partners' expressiveness and whether differences or similarities in expressiveness create difficulties in their relationship. In addition to these items, the researcher included three items from the Dyadic Adjustment Scale to assess relationship satisfaction: 1) In general, how often do you think that things between you and your partner are going well, 2) How often do you and your partner quarrel, and 3) Please circle the dot which best describes the degree of happiness, all things considered, of your relationship (1=extremely unhappy, 7= perfect). They were the items from the dyadic satisfaction subscale that loaded the highest on relevant factors and were most directly related to this study.

### Participants

Participants were 28 heterosexual romantic couples participating in a pre-marital workshop through a Lutheran church in Missoula. The researcher contacted a social worker from a local church social service program. Arrangements were made for the researcher to attend three premarital workshops held once a month for three consecutive months. Participants' ages ranged from 19 to 34 and the average age was 24.5.

### Procedure

The researcher attended three premarital workshops and distributed the questionnaires to the participants. Consent forms (see Appendix I) were distributed to all participants informing them of the intentions of the study and that their answers would remain anonymous. Completion of the questionnaire served as consent to participate (as stated in the consent form). Participants were allowed 20 minutes to complete the questionnaires and then they were permitted to ask questions of the researcher when they were finished. Participants were asked to assign a code name to the questionnaires so that partner questionnaires could be compared. Envelopes were also provided to assure confidentiality of responses.

## CHAPTER 3: RESULTS

Due to the complexity and quantity of variables analyzed in this study, the results were reported in three groupings: 1) according to sex to determine gender differences in expressiveness, 2) how expressive style makes things easier or more difficult in close relationships, and 3) the effects on relationship satisfaction.

### What Did We Learn About Expressiveness Including Possible Gender Differences?

Responses on the three measures of expressiveness for self and partner were analyzed for men and women to identify any gender differences. Scores on the Self-Expressiveness Questionnaire (average score), Partner Expressiveness Questionnaire (average score), direct judgment of self-expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive), direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?”, 1=not very expressive, 9=very expressive) and direct comparison of self and partner expressiveness (“Overall, how would you rate your emotional expressiveness compared to your partner’s? 1=very similar, 9=very different) were analyzed to identify if there were any significant gender differences in expressiveness.

Self-Expressiveness and Partner Expressiveness Questionnaires. The Self-Expressiveness Questionnaire is designed to assess self-expressiveness with a romantic partner. It includes several statements regarding emotional expressiveness and asks participants to rate each according to the frequency in which they occur (1=not at all

frequently, 9=very frequently). The Partner Expressiveness Questionnaire is identical in content to the Self-Expressiveness Questionnaire except that the items are reworded to assess participants' perceptions of their partners' expressiveness with them (scale is 1=not at all frequently, 9=very frequently).

Cronbach's alpha for the twenty-three items on the Self-Expressiveness Questionnaire were .70 for men and .67 for women. Cronbach's alpha for the twenty three items of the Partner Expressiveness Questionnaire were .56 for men and .72 for women. Men were less consistent in their answers than women. No factor analysis was warranted due to the small sample size.

Descriptive statistics are reported to compare men and women on both questionnaires (see Tables 1 and 2). Scores for men and women averaged near the midpoint of the expressiveness scale (1=not at all frequently, 9=very frequently) on both the Self-Expressiveness and Partner Expressiveness Questionnaires. However, there were differences in the manner in which men and women rated self and partner expressiveness. Men rated self and partner expressiveness slightly above the mid-point of the scale. Women rated self expressiveness slightly above the mid-point of the scale and rated their partner's expressiveness slightly below the mid-point of the scale.

Table 1

Self-Expressiveness Questionnaire

	Mean	Standard Deviation	Median	Minimum	Maximum
Men	5.1	.61	5.2	3.8	6.2
Women	5.6	.63	5.6	4.2	6.9

T-test comparing men's Self-Expressiveness and Partner Expressiveness Questionnaire scores were  $t(27) = .37, p = .71$  (mean of 5.1 on Self-Expressiveness Questionnaire and 5.2 on the Partner Expressiveness Questionnaire) and T-test comparing women's Self-Expressiveness and Partner Expressiveness Questionnaire scores were  $t(27) = -3.7, p = .00$  (mean of 5.6 Self-Expressiveness Questionnaire and 5.0 for Partner Expressiveness Questionnaire). The results for men indicate that there is no significant difference between differences in self and partner questionnaire scores. The results for women indicate that they rate their own expressiveness as significantly higher than partners' expressiveness.

These results suggest that men do not differentiate between self and partner expressiveness while women think that their partners are less expressive than themselves. It would have been helpful to compare these results to previous studies conducted by Halberstadt that have utilized similar expressiveness questionnaires. However, Halberstadt did not report any descriptive statistics of participants' scores on the Self-Expressiveness in the Family Questionnaire in her studies. Therefore, the results from this study could not be compared to hers.

Table 2

Partner Expressiveness Questionnaire

	Mean	Standard Deviation	Median	Minimum	Maximum
Men	5.2	.67	5.2	3.9	6.6
Women	5.0	.78	4.9	3.2	6.4

Direct judgment of self and partner expressiveness

Direct judgment of self-expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?”, 1=not very expressive, 9=very expressive) were also used to assess expressiveness. They were included at the end of the self expressiveness and partner expressiveness questionnaires and are designed to assess participant perceptions of self and partner expressiveness more directly.

Descriptive statistics for participants’ ratings of direct judgment of self-expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?”, 1=not very expressive, 9=very expressive) were analyzed to determine whether partners rate each other similarly or differently in expressiveness (see Tables 3 and 4). Men rated self and partner expressiveness above the midpoint of the scale and rated their partners as slightly more

expressive than themselves. Women rated self and partner expressiveness above the midpoint of the scale and they rated self expressiveness as slightly higher than partner expressiveness.

Table 3

## Direct Judgment of Self Expressiveness

	Mean	Standard Deviation	Median	Minimum	Maximum
Men	6.8	1.2	7.0	5.0	9.0
Women	7.3	1.4	7.5	2.0	9.0

Table 4

## Direct Judgment of Partner Expressiveness

	Mean	Standard Deviation	Median	Minimum	Maximum
Men	7.0	1.5	7.0	3.0	9.0
Women	6.8	1.8	7.5	3.0	9.0

T-tests comparing men's direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and men's direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?", 1=not very expressive, 9=very expressive) revealed  $t(27)=-.54, p=.56$  (means of 6.8 and 7.0, respectively). Thus, there is no significant difference in how men rate their own expressiveness compared to how they rate their partners' expressiveness through direct judgment measure of expressiveness.

T-test for women's direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?", 1=not very expressive, 9=very expressive) revealed  $t(27)=1.6$ ,  $p=.11$  (means of 7.3 and 6.8, respectively). This was a bigger mean difference than that of men, but still not significant. Thus, there is no significant difference in how women rate their own expressiveness compared to how they rate their partners' expressiveness.

T-tests were also run comparing direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?", 1=not very expressive, 9=very expressive) to see if men and women rate themselves similarly to how their partners rate them. The results reveal  $t(27)=.00$ ,  $p=1.00$  for men's direct judgment of own expressiveness (mean of 6.8) and women's direct judgment of partner expressiveness (mean of 6.8) and  $t(27)=-.78$ ,  $p=.44$  for women's direct judgment of own expressiveness (mean of 7.3) and men's direct judgment of partner expressiveness (mean of 7.0). Thus, there is no significant difference in how men and women rate their own expressiveness compared to how their partners rate them.

A comparison of the results for men and women on different measures of expressiveness (through questionnaire and direct judgment) reveals that the means for

both men and women were above the midpoint and generally higher on direct judgment of self and partner expressiveness than they were on average Self-Expressiveness Questionnaire or Partner Expressiveness Questionnaire scores. Moreover, women rated themselves higher in expressiveness than their partners on direct judgment of expressiveness than they did on the Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire ratings of expressiveness.

#### Direct comparison of self and partner expressiveness

Direct comparison of self and partner expressiveness (“Overall, how would you rate your emotional expressiveness compared to your partner’s? 1=very similar, 9=very different) was also used to compare directly participants’ assessments of self and partner expressiveness (see Table 5). Men’s scores indicated a mean slightly toward the “similar” end (1=very similar, 9=very different). Women’s scores revealed a mean slightly toward the “different” end (1=very similar, 9=very different).

T-tests were also run to compare men’s and women’s averages on direct comparison revealing  $t(27)=-1.5$ ,  $p=.14$  (with means of 4.6 for men and 5.4 for women). This indicates that there is no significant difference between men’s and women’s average score on the direct comparison item.

Table 5

#### Direct Comparison of Self and Partner Expressiveness

	Mean	Standard Deviation	Median	Minimum	Maximum
Men	4.6	2.1	5.0	1.0	8.0
Women	5.4	2.2	5.0	1.0	9.0

How consistent are ratings of expressiveness?

The three measures of assessing self and partner expressiveness 1) Self-Expressiveness (SEQ) and Partner Expressiveness Questionnaires (PEQ), 2) direct judgment of self and partner expressiveness, and 3) direct comparison of self and partner expressiveness were designed to determine how similar or different partners are in expressiveness. Participants' responses on each of these three measures were correlated to determine whether they were consistent in rating self and partner expressiveness.

How consistent are people's ratings of their own expressiveness? The average score on the Self-Expressiveness Questionnaire correlated with direct judgment of self-expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) was  $r=.185$ ,  $p=.345$  for men and  $r=-.248$ ,  $p=.204$  for women. Neither men nor women were consistent in rating self expressiveness on the Self-Expressiveness Questionnaire and direct judgment of self expressiveness at statistically significant levels.

How consistent are partners' ratings of each others' expressiveness? Average scores on Partner Expressiveness Questionnaire correlated with direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" (1=not very expressive, 9=very expressive) revealed a correlation of  $r=.252$ ,  $p=.197$  for men and  $r=.392$ ,  $p=.039$  for women. Women's scores were moderately correlated at statistically significant levels ( $p<.05$ ) and reveal that women were more consistent in rating their partners' expressiveness than men were.

How consistent are the measures used to compare self and partner expressiveness? Participants' ratings of self and partner expressiveness on different measures were correlated to see if they were consistent in comparing their own and their partner's expressiveness using different measures (see Tables 3 and 4). These measures were compared in three ways:

- 1) Average Self-Expressiveness Questionnaire Score minus average Partner Expressiveness Questionnaire score (SEQ-PEQ)
- 2) Direct judgment of self-expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) minus direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" (1=not very expressive, 9=very expressive)
- 3) Direct comparison of self and partner expressiveness ("Overall, how would you rate your emotional expressiveness compared to your partner's? 1=very similar, 9=very different).

Table 6

Comparison of Measures of Expressiveness for Men

	SEQ - PEQ	Direct judge self-partner
Direct judge self-partner	.38 (p=.05)	
Direct Comparison	-.11 (p=.58)	-.11 (p=.58)

SEQ-PEQ: Self-Expressiveness Questionnaire average - Partner Expressiveness Questionnaire average

Direct judge self-partner: "How would you rate your emotional expressiveness during interactions with your partner?" (1=not very expressive, 9=very expressive) - "How would you rate your partner's emotional expressiveness in his/her interactions with you?" (1=not very expressive, 9=very expressive)

Direct Comparison: "Overall, how would you rate your emotional expressiveness compared to your partner's?" (1=very similar, 9=very different)

Table 7

Comparison of Measures of Expressiveness for Women

	SEQ - PEQ	Direct judge self-partner
Direct judge self-partner	.65 (p=.00)	
Direct Comparison	.43 (p=.02)	.23 (p=.25)

SEQ-PEQ: Self-Expressiveness Questionnaire average - Partner Expressiveness Questionnaire average

Direct judge self-partner: "How would you rate your emotional expressiveness during interactions with your partner?" (1=not very expressive, 9=very expressive) - "How would you rate your partner's emotional expressiveness in his/her interactions with you?" (1=not very expressive, 9=very expressive)

Direct Comparison: "Overall, how would you rate your emotional expressiveness compared to your partner's?" (1=very similar, 9=very different)

Men's scores revealed one significant relationship among the three measures. The correlation between measure 1 (SEQ - PEQ) and measure 2 (direct judge self - direct judge partner expressiveness) was  $r=.38$ ,  $p=.05$ . This indicates that men are inconsistent in how they rate self and partner expressiveness when asked to rate expressiveness on different formats, except for significance but only moderate correlation between

measure 1 (SEQ-PEQ) and measure 2 (direct judgment of self minus direct judgment of partner expressiveness).

Women were more consistent than men in rating self and partner expressiveness. Two out of the three correlations were significant at  $p < .05$ , and one correlation was significant at  $p < .01$ . However, none were more than moderate. Like the men, the strongest correlation for women was between measure 1 (SEQ - PEQ) and measure 2 (direct judgment of self minus direct judgment of partner expressiveness).

These correlations indicate that men and women do not rate their own and their partner's expressiveness consistently across different measures. However, women seem to be more consistent than men as their correlation was significant for measure 1 (SEQ-PEQ) and measure 2 (direct judgment of self minus direct judgment of partner expressiveness), although no correlations were more than moderate and correlations for both men and women were significant for SEQ-PEQ and self-expressiveness - partner expressiveness.

#### What Advantages and Disadvantages in the Relationship are Related to Self and Partner Expressiveness?

The advantages and disadvantages of similarities or differences in expressiveness were assessed through the use of the Couple Expressiveness Questionnaire (CEQ). The CEQ contains items that ask participants to rate several problems or advantages that are associated with differences or similarities in expressiveness.

The items on the Couple Expressiveness Questionnaire were analyzed individually. No Cronbach's alpha was done because the CEQ is not a unidimensional questionnaire. CEQ items were, however, grouped into positive and negative items that were correlated for men and women. Finally, they were correlated with different expressiveness measures to determine whether any associations exist between similarities and differences in expressiveness and problems and advantages in the relationship.

#### Analysis of Couple Expressive Questionnaire items

Items on the Couple Expressiveness Questionnaire were grouped according to whether they described possible positive or negative effects on the relationship. Males' scores were correlated with their female partners' scores to determine how much they agreed on advantages and disadvantages for their relationship.

Analysis of positive and negative CEQ items. Men's negative items correlated with women's negative items revealed  $r=.36$ ,  $p=.07$ , and men's positive items correlated with women's positive items revealed  $r=.62$ ,  $p=.00$ . This indicates that partners agreed strongly on the positive influences of expressiveness on their relationship, but less strongly on the negative ones.

Descriptive statistics were also calculated for all positive and negative items for men (see Tables 8 and 9) and women (see Tables 10 and 11). Men's positive items were above the mid-point of the scale for nine out twelve items. Men's negative items were below the mid-point for all twelve negative items.

Women's positive items were above the mid-point for five out of twelve positive items. Women's negative items were below the mid-point of the scale for all twelve positive items.

T-tests were also run comparing positive and negative items for men and women. Men's positive items compared to men's negative items revealed  $t(27)=-6.6$ ,  $p=.00$  (means were 5.5 for positive items and 3.2 for negative items). Women's positive items compared to women's negative items revealed  $t(27)=-.44$ ,  $p=.00$  (means were 5.0 for positive items and 3.2 for negative items). The scores for men and women indicate that both see more positive effects of expressiveness on their relationships than negative effects.

Men's positive items compared to women's positive items revealed  $T(27)=2.8$ ,  $p=.01$ . Thus, men's positive items were more positive than women's.

Men's scores on negative items were below the mid-point of the scale on all twelve items. Women's scores were also below the mid-point of the scale on all twelve negative items. T-tests on men and women's negative items revealed  $t(27)=-.31$ ,  $p=.76$ . It seems that neither men nor women see negative outcomes resulting from expressiveness issues when rating items of the Couple Expressiveness Questionnaire.

Table 8

## Men's Positive CEQ Items

CEQ Item	Mean	Standard Deviation	Median
2. My partner helps draw me out when I have a hard time expressing my feelings.	5.89	1.83	6.50
4. My partner and I are able to work through issues because we express our feelings openly.	6.46	1.86	6.00
5. My partner and I express our emotions calmly so we are able to manage situations well.	5.79	2.22	6.00
8. When my partner expresses feelings I know that he/she means them.	7.57	1.14	7.00
11. It is easy for me to understand my partner's feelings because we both express our emotions strongly.	5.50	2.27	6.00
12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.	6.18	2.40	7.00
14. My partner calms me down when I express intense emotions.	5.82	2.23	6.00
18. My partner and I are able to work through issues because we control our emotional expressions.	5.39	2.13	5.00
19. My partner's emotional expressions are reasonable and appropriate.	6.29	1.89	7.00
20. My partner and I try not to burden each other with emotional issues.	2.93	1.51	3.00
22. My partner makes me comfortable by expressing feelings more openly around other people than I would.	4.14	2.12	4.00
24. I like it that my partner and I both express our emotions openly around other people.	4.21	2.23	4.00

scale: 1=not at all frequently, 9=very frequently

Table 9

## Men's Negative CEQ Items

CEQ Item	Mean	Standard Deviation	Median
1. My partner and I have a hard time during conflict situations because my partner gets too emotional.	4.39	2.28	4.00
3. My partner's emotional expressions overwhelm me.	4.14	2.29	4.00
6. My partner and I do not know how the other is feeling because we do not express our emotions.	2.93	1.65	2.00
7. My partner and I get into conflicts because we both express our feelings openly.	3.75	1.96	4.00
9. I am unsure of how my partner is feeling much of the time.	2.61	1.69	2.00
10. It bothers me when my partner and I express feelings that makes other people uncomfortable.	3.39	2.11	3.00
13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings.	2.68	1.77	2.00
15. My partner comes across as more distant and uncaring around others than I would like.	3.00	2.28	2.00
16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle.	3.21	1.85	3.00
17. My partner embarrasses me by expressing feelings in the presence of others that I would not express.	3.21	2.30	2.00
21. When I have strong reactions to situations my partner doesn't seem to care.	2.11	1.31	2.00
23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down.	2.64	1.70	2.00

scale: 1=not at all frequently, 9=very frequently

Table 10

## Women's Positive CEQ Items

CEQ Item	Mean	Standard Deviation	Median
2. My partner helps draw me out when I have a hard time expressing my feelings.	4.54	2.35	4.00
4. My partner and I are able to work through issues because we express our feelings openly.	6.00	2.13	6.00
5. My partner and I express our emotions calmly so we are able to manage situations well.	5.43	2.33	5.50
8. When my partner expresses feelings I know that he/she means them.	7.14	1.74	8.00
11. It is easy for me to understand my partner's feelings because we both express our emotions strongly.	4.61	2.06	4.00
12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.	4.93	1.90	5.00
14. My partner calms me down when I express intense emotions.	6.32	1.87	6.00
18. My partner and I are able to work through issues because we control our emotional expressions.	4.71	2.14	5.00
19. My partner's emotional expressions are reasonable and appropriate.	5.75	1.90	5.50
20. My partner and I try not to burden each other with emotional issues.	2.82	1.63	2.00
22. My partner makes me comfortable by expressing feelings more openly around other people than I would.	3.57	2.13	3.00
24. I like it that my partner and I both express our emotions openly around other people.	3.61	2.30	3.00

scale: 1=not at all frequently, 9=very frequently

Table 11

## Women's Negative CEQ Items

CEQ Item	Mean	Standard Deviation	Median
1. My partner and I have a hard time during conflict situations because my partner gets too emotional.	3.14	1.98	2.50
3. My partner's emotional expressions overwhelm me.	2.61	1.60	2.00
6. My partner and I do not know how the other is feeling because we do not express our emotions.	2.96	1.71	3.00
7. My partner and I get into conflicts because we both express our feelings openly.	3.46	1.90	3.00
9. I am unsure of how my partner is feeling much of the time.	3.57	2.23	3.00
10. It bothers me when my partner and I express feelings that makes other people uncomfortable.	3.81	2.40	3.00
13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings.	3.00	2.05	2.00
15. My partner comes across as more distant and uncaring around others than I would like.	3.50	2.74	2.00
16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle.	3.00	1.81	2.00
17. My partner embarrasses me by expressing feelings in the presence of others that I would not express.	2.61	1.91	2.00
21. When I have strong reactions to situations my partner doesn't seem to care.	3.14	2.51	2.00
23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down.	3.57	2.35	3.00

scale: 1=not at all frequently, 9=very frequently

### Correlation of Couple Expressiveness Questionnaire items with Expressiveness

#### Measures. Items one through twenty-four on the Couple Expressiveness

Questionnaire were correlated with measures of expressiveness to determine

whether similarities or differences in expressiveness are associated with problems

or advantages in the relationship. The Couple Expressiveness Questionnaire items

were divided into three categories according to whether advantages and

disadvantages in the relationship are related to 1) differences in expressiveness, 2)

couple expressiveness, or 3) levels of partner expressiveness.

The three categories of CEQ items were correlated with six variables created from the measures of expressiveness. Three variables were created from questionnaire measures of expressiveness and three measures were created from direct judgment of self and partner expressiveness. A description of each variable is listed below.

- 1) Average SEQ - average PEQ: the difference between average scores on the Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire.
- 2) Direct judge self - partner: the difference between scores on direct judgment of self expressiveness (“In general, how would you your emotional expressiveness during interaction with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive).
- 3) Average SEQ & PEQ score: the average score on the Self-Expressiveness and Partner Expressiveness Questionnaires.
- 4) Average direct judge self - partner: the average of scores on direct judgment of self (“In general, how would you your emotional expressiveness during interaction with your partner?” 1=not very expressive, 9=very expressive) and partner expressiveness (“In general, how would you rate your partner’s expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive).
- 5) PEQ score: average score on Partner Expressiveness Questionnaire

- 6) Direct judge partner: average score on direct judgment of partner expressiveness (“In general, how would you rate your partner’s expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive).

These variables were correlated with the Couple Expressiveness Questionnaire items according to whether they describe differences in expressiveness, assess the level of couple expressiveness, or whether they assess the level of partner expressiveness (see Table 12). Both measures of expressiveness (questionnaire and direct judgment) are utilized to determine whether both measures are significantly related to participants’ ratings on CEQ items. Correlations were analyzed in two sections: one for correlations related to questionnaire measure of expressiveness, and one for correlations related to direct judgment of expressiveness. Correlations for men and women are discussed separately in each section.

Analyses of correlations Related to Self-Expressiveness and Partner Expressiveness Questionnaires.

Differences in Self-Expressiveness Questionnaire and Partner Expressiveness

Questionnaire Scores. Differences in Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire scores (SEQ-PEQ score) were correlated with items 1, 2, 3, 8, 9, 12, 14, 15, 17, 19, 21, 22 on the Couple Expressiveness Questionnaire. High SEQ-PEQ scores mean that self is more expressive and low SEQ-PEQ scores mean that partner is more expressive. SEQ-PEQ score was correlated with these items to determine whether differences in expressiveness (as indicated by SEQ-PEQ score) are associated with problems or advantages that result from differences in expressiveness between

partners (as described in the selected Couple Expressiveness Questionnaire items). For example, item one on the Couple Expressiveness Questionnaire is “My partner and I have a hard time during conflict situations because my partner gets too emotional” (1=not at all frequently, 9=very frequently). This item describes a difficulty in the relationship due to differences in expressiveness when the partner is more expressive. A negative correlation means lower scores on SEQ-PEQ (which indicate that partner is more expressive) should be associated with higher scores on the item “My partner and I have a hard time during conflict situations because my partner gets too emotional” (1=not at all frequently, 9=very frequently).

#### Average Self-Expressiveness Questionnaire and Partner Expressiveness

##### Questionnaire scores. Average Self-Expressiveness and Partner Expressiveness

Questionnaire scores (average SEQ & PEQ) for each participant were correlated with items that describe problems or advantages that result from average couple expressiveness (items 4, 5, 6, 7, 10, 11, 13, 16, 18, 20, 23, and 24). High average scores indicate more expressive couple, low average scores indicate low expressive couple. For example, item four on the Couple Expressiveness Questionnaire describes an advantage of similarities in expressiveness for high expressive couples (“My partner and I are able to work through issues because we express our feelings openly”). A positive correlation between this item and average SEQ & PEQ scores would indicate that high expressive couples report being able to work through issues more than low expressive couples do.

### Partner Expressiveness Questionnaire

Scores rating partner expressiveness (average PEQ score) were correlated with items that relate to partner expressiveness (item #'s 8, 9, and 12). For example, item nine ("I am unsure of how my partner is feeling much of the time") describes a problem that results from the partner's inexpressiveness. A negative correlation between this item and average Partner Expressiveness Questionnaire score indicates that the participant perceives his/her partner as inexpressive (as reflected in lower scores on partner expressiveness questionnaire) and has difficulty identifying how his/her partner feels because his partner does not express his feelings.

Overall, the majority of the correlations were low and not statistically significant. However, a few yielded medium to high correlations, were highly significant, and matched the predictions for those correlations. The results are presented first for men than women. Correlations significant at  $p < .01$  and  $p < .05$  are discussed because of the small sample size.

Men. Predictions for male responses were in the direction predicted for seventeen out of twenty-four correlations. Average size of correlations that were consistent with predictions was .17 and average size of correlations that were not consistent was .13. One out of the seventeen consistent correlations were significant ( $p < .05$ ). All significant correlations were in the direction predicted.

Item 20 ("My partner and I try not to burden each other with emotional issues") correlated with Average Self-Expressiveness and Partner Expressiveness Questionnaire score yielded a medium negative correlation of  $r = -.40$ ,  $p = .04$ . This correlation indicates

that, according to men, the more inexpressive partners are, the more frequently they try not to burden each other with emotional issues.

Women. Predictions for female responses were in the direction predicted for sixteen out of the twenty-four correlations. Average size of consistent correlations was .30 and average size of nonconsistent correlations was .16. Five out of the sixteen correlations were significant at  $p < .05$  and two out of those five were significant at  $p < .01$ . All significant correlations were in the direction predicted.

When difference between Self-Expressiveness and Partner Expressiveness Questionnaire score was correlated with Couple Expressiveness Questionnaire items that describe differences in expressiveness between partners, three items out of nine indicated significant correlations. When SEQ-PEQ scores were correlated with item 2 (“My partner helps draw me out when I have a hard time expressing my feelings”) it revealed a medium significant correlation of  $r = -.45$ ,  $p < .05$ . This negative correlation indicates that women are less expressive than their partners (self expressiveness score - partner expressiveness score is a negative number) which means that they should rate this item with high numbers. It seems that the greater the differences in ratings of self and partner expressiveness by women (with self less expressive than partner), the more women feel that their partners help draw them out when they have a hard time expressing their feelings.

SEQ-PEQ scores correlated with item 15 (“My partner comes across as more distant and uncaring around others than I would like”). This indicates that the more

expressive women are compared to their partners, the more the partner comes across as more distant and uncaring around others than they would like.

When SEQ-PEQ scores were correlated with item 21 (“When I have strong reactions to situations my partner does not seem to care”) it revealed a medium significant correlation of  $r=.47$ ,  $p<.05$ . This positive correlation indicates that women are more expressive than their partners (self expressiveness score - partner expressiveness score is a positive number) which means that they should rate this item with high numbers. It seems that the greater the differences in ratings of self and partner expressiveness by women (with partner less expressive than self), the more women feel that their partners do not care when they have strong reactions to situations.

When average Self-Expressiveness and Partner Expressiveness Questionnaire scores for women were correlated with items that describe couple expressiveness, one item out of twelve yielded a significant correlation at  $p<.05$ . Item 10 (“It bothers me when my partner and I express feelings that make other people uncomfortable”) correlated with average Self-Expressiveness and Partner Expressiveness Questionnaire scores for women revealed a significant positive correlation with  $r=.49$ ,  $p=.01$ . It seems that women are bothered when they and their partners express feelings that make others uncomfortable which reflects a problem in the relationship due to both partners being high in expressiveness).

Table 12

## Predictions for Expressiveness Measures and CEQ Items

CEQ Item	Variable	Prediction	Finding	Finding Match Prediction?
1. My partner and I have a hard time during conflict situations because my partner gets too emotional.	SEQ-PEQ Score <sup>1</sup>	-	men: .11, p=.59 women: -.154, p=.43	men: no women: yes
	Direct judge self-partner <sup>2</sup>	-	men: -.09, p=.67 women: .39, p=.04	men: yes women: no
2. My partner helps draw me out when I have a hard time expressing my feelings.	SEQ-PEQ Score <sup>1</sup>	-	men: -.05, p=.81 women: -.45, p=.017	men: yes women: yes
	Direct judge self-partner <sup>2</sup>	-	men: -.01, p=.98 women: -.30, p=.12	men: yes women: yes
3. My partner's emotional expressions overwhelm me.	SEQ-PEQ Score	-	men: -.14, p=.47 women: -.24, p=.22	men: yes women: yes
	Direct judge self-partner	-	men: -.27, p=.17 women: .13, p=.53	men: yes women: no
4. My partner and I are able to work through issues because we express our feelings openly.	Average SEQ & PEQ Score <sup>3</sup>	+	men: .08, p=.68 women: -.08, p=.68	men: yes women: no
	Average direct judge self & partner <sup>4</sup>	+	men: .59, p=.00 women: .64, p=.00	men: yes women: yes
5. My partner and I express our emotions calmly so we are able to manage situations well.	Average SEQ & PEQ Score	-	men: -.11, p=.57 women: -.22, p=.27	men: yes women: yes
	Average direct judge self & partner	-	men: .58, p=.00 women: .48, p=.01	men: no women: no
6. My partner and I do not know how the other is feeling because we do not express our emotions.	Average SEQ & PEQ Score	-	men: .11, p=.57 women: .25, p=.20	men: no women: no
	Average direct judge self & partner	-	men: -.63, p=.00 women: -.10, p=.63	men: yes women: yes
7. My partner and I get into conflicts because we both express our feelings openly.	Average SEQ & PEQ Score	+	men: .06, p=.75 women: .19, p=.33	men: yes women: yes
	Average direct judge self & partner	+	men: -.52, p=.01 women: .06, p=.77	men: no women: yes
8. When my partner expresses feelings I know that he/she means them.	PEQ Score <sup>5</sup>	-	men: .33, p=.09 women: .11, p=.56	men: no women: no
	Direct judge partner <sup>6</sup>	-	men: .27, p=.16 women: .53, p=.00	men: no women: no
9. I am unsure of how my partner is feeling much of the time.	PEQ Score	-	men: .11, p=.59 women: .06, p=.77	men: no women: no
	Direct judge partner	-	men: -.27, p=.17 women: -.30, p=.12	men: yes women: yes
10. It bothers me when my partner and I express feelings that makes other people uncomfortable.	Average SEQ & PEQ Score	+	men: .13, p=.45 women: .49, p=.01	men: yes women: yes
	Average direct judge self & partner	+	men: -.23, p=.24 women: -.54, p=.00	men: no women: no
11. It is easy for me to understand my partner's feelings because we both express our emotions strongly.	Average SEQ & PEQ Score	+	men: .001, p=1.0 women: .08, p=.68	men: yes women: yes
	Average direct judge self & partner	+	men: .78, p=.00 women: .49, p=.01	men: yes women: yes
12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.	PEQ Score	+	men: .33, p=.08 women: .61, p=.001	men: yes women: yes
	Direct judge partner	+	men: .36, p=.06 women: .49, p=.01	men: yes women: yes
13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings.	Average SEQ & PEQ Score	-	men: -.29, p=.13 omen: .26, p=.19	men: yes women: no
	Average direct judge self & partner	-	men: -.41, p=.03 women: -.02, p=.93	men: yes women: yes

14. My partner calms me down when I express intense emotions.	SEQ-PEQ Score	+	men: -.32, p=.10 women: -.12, p=.60	men: no women: no
	Direct judge self-partner	+	men: -.13, p=.52 women: -.35, p=.07	men: no women: no
15. My partner comes across as more distant and uncaring around others than I would like.	SEQ-PEQ Score	+	men: .15, p=.46 women: .62, p=.00	men: yes women: yes
	Direct judge self-partner	+	men: -.07, p=.73 women: .44, p=.02	men: no women: yes
16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle.	Average SEQ & PEQ Score	-	men: -.12, p=.54 women: .22, p=.26	men: yes women: no
	Average direct judge self & partner	-	men: -.56, p=.00 women: -.29, p=.14	men: yes women: yes
17. My partner embarrasses me by expressing feelings in the presence of others that I would not express.	SEQ-PEQ Score	-	men: -.26, p=.19 women: -.22, p=.27	men: yes women: yes
	Direct judge self-partner	-	men: -.19, p=.35 women: .01, p=.94	men: yes women: no
18. My partner and I are able to work through issues because we control our emotional expressions.	Average SEQ & PEQ Score	-	men: .02, p=.93 women: -.16, p=.41	men: no women: yes
	Average direct judge self & partner	-	men: .53, p=.00 women: .53, p=.00	men: no women: no
19. My partner's emotional expressions are reasonable and appropriate.	SEQ-PEQ Score	+	men: .06, p=.76 women: .14, p=.47	men: yes women: yes
	Direct judge self-partner	+	men: .24, p=.22 women: -.46, p=.01	men: yes women: no
20. My partner and I try not to burden each other with emotional issues.	Average SEQ & PEQ Score	-	men: -.4, p=.04 women: -.09, p=.65	men: yes women: yes
	Average direct judge self & partner	-	men: -.52, p=.01 women: -.19, p=.34	men: yes women: yes
21. When I have strong reactions to situations my partner doesn't seem to care.	SEQ-PEQ Score	+	men: .29, p=.13 women: .47, p=.01	men: yes women: yes
	Direct judge self-partner	+	men: -.05, p=.80 women: .56, p=.00	men: no women: yes
22. My partner makes me comfortable by expressing feelings more openly around other people than I would.	SEQ-PEQ Score	-	men: -.10, p=.61 women: -.3, p=.13	men: yes women: yes
	Direct judge self-partner	-	men: .07, p=.73 women: -.24, p=.23	men: no women: yes
23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down.	Average SEQ & PEQ Score	+	men: .26, p=.18 women: .34, p=.07	men: yes women: yes
	Average direct judge self & partner	+	men: -.20, p=.32 women: -.08, p=.69	men: no women: no
24. I like it that my partner and I both express our emotions openly around other people.	Average SEQ & PEQ Score	+	men: -.03, p=.88 women: -.18, p=.37	men: no Women: no
	Average direct judge self & partner	+	men: .29, p=.13 women: .23, p=.25	men: yes women: yes

1. **SEQ-PEQ Score:** Difference between Self-Expressiveness and Partner Expressiveness Questionnaire averages for each participant
2. **Direct judge self-partner:** difference between scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive)
3. **Average SEQ & PEQ Score:** Average of Self-Expressiveness and Partner Expressiveness Questionnaire scores for each participant
4. **Average direct judge self & partner:** average of scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive)
5. **PEQ Score:** Average Partner Expressiveness Questionnaire score
6. **Direct judge partner:** Score on direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive)

One item out of three yielded a significant medium correlation when correlated with Partner Expressiveness Questionnaire average. Item 12 (“My partner’s emotional expressions are so intense that I can almost always recognize his/her feelings” 1=not at all frequently, 9=very frequently) correlated with average Partner Expressiveness Questionnaire score rated by women was  $r=.61$ ,  $p=.00$ . Thus, when women rate their partners’ expressiveness, the higher the rating, the more frequently they report that their partner’s emotional expressions are so intense that they can almost always recognize his/her feelings. This correlation was also in the direction predicted.

Analyses of correlations related to direct judgment of self and partner expressiveness

This section presents the data on correlations between CEQ items and direct judgments. They are presented first for men, then women.

Men. Six correlations out of twenty-four were significant at  $p<.01$  and three were significant at  $p<.05$ . Four of the significant correlations at  $p<.01$  were in the direction predicted and two were opposite to the direction predicted. Two of the significant correlations at  $p<.05$  were in the direction predicted and one was opposite to the direction predicted. Predictions for male responses were in the direction predicted for fourteen out of the twenty-four correlations. Average size of correlations that were consistent with predictions (significant at  $p<.05$ ) was .58 and average size of correlations opposite to predictions was .27. The significant correlations ( $p<.01$  and  $p<.05$ ) are

discussed first for items consistent with predictions and second for the items opposite to predictions.

#### Correlations consistent with predictions

Six items (items 4, 6, 11, 13, 16, and 20) were significantly related to average of scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive). Six were significant at  $p < .05$  and four were significant at  $p < .01$ .

Item 4 (“My partner and I are able to work through issues because we express our feelings openly” 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive) was  $r = .59$ ,  $p = .00$ . This indicates that when both partners are expressive they are able to work through issues because they express their feelings openly.

Item 6 (“My partner and I do not know how the other is feeling because we do not express our emotions” 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness (“In general, how would you rate your

emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) was  $r = -.63$ ,  $p = .00$ . This indicates that men feel that when they are both inexpressive, they tend not to know how each other is feeling.

Item 11 ("It is easy for me to understand my partner's feelings because we both express our emotions strongly" 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) was  $r = .78$ ,  $p = .00$ . This indicates that when they are both expressive they are able to understand their partners' feelings because they both express their emotions strongly.

Item 13 ("Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings" 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) was  $r = -.41$ ,

$p=.03$ . This indicates that when both partners are inexpressive important issues do not get discussed because they are uncomfortable expressing certain kinds of feelings.

Item 16 (“My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle” 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive) was  $r=-.56$ ,  $p=.00$ . This indicates that when both partners are inexpressive they have a hard time identifying what each other is feeling because their emotional expressions are so subtle.

Item 20 (“My partner and I try not to burden each other with emotional issues” 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive) was  $r=-.52$ ,  $p=.01$ . This indicates that when both partners are inexpressive they try not to burden each other with emotional issues.

#### Correlations opposite to predictions

All three significant correlations opposite to predictions (18, 7, and 5) were associated with average scores on direct judgment of self expressiveness (“In general,

how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive). Item 5 ("My partner and I express our emotions calmly so we are able to manage situations well" 1=not at all frequently, 9=very frequently), item 7 ("My partner and I get into conflicts because we both express our feelings openly" 1=not at all frequently, 9=very frequently), and item 18 ("My partner and I are able to work through issues because we control our emotional expressions" 1=not at all frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) revealed correlations of  $r=.58$ , ( $p=.00$ ),  $r=-.52$ , ( $p=.01$ ), and  $r=.53$ , ( $p=.00$ ), respectively. All three correlations are inconsistent with predictions for those items and are difficult to interpret. However, these correlations involve expressing emotions calmly, controlling emotional expressions and the occurrence of conflict due to differences in expressiveness. Men seem to see a pattern among these three items and similarities in expressiveness. However, their responses on these items did not reveal a logical association.

### Women

Five correlations out of twenty-four were significant at  $p < .01$  and five were significant at  $p < .05$ . Two of the significant correlations at  $p < .01$  were in the direction predicted and three were opposite to the direction predicted. Three of the significant correlations at  $p < .05$  were in the direction predicted and two were opposite to the direction predicted. Predictions for female responses were in the direction predicted for fourteen out of the twenty-four correlations. Average size of correlations that were consistent with predictions (significant at  $p < .05$ ) was .52 and average size of correlations opposite to predictions was .35. The significant correlations ( $p < .01$  and  $p < .05$ ) are discussed first for items consistent with predictions and second for the items opposite to predictions.

#### Correlations consistent with predictions

Two items on the Couple Expressiveness Questionnaire (items 15 and 21) were significantly related (one at  $p < .05$  and one at  $p < .01$ ) to the difference between scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive). Item 15 ("My partner comes across as more distant and uncaring around others than I would like" 1=not at all frequently, 9=very frequently) correlated with difference in direct judgment scores for women was  $r = .44$ ,  $p = .02$ . The positive correlation indicates that women are more expressive than their partners (score

on self expressiveness is higher than score on partner expressiveness revealing a positive number) which means that they should answer with high numbers on that item because it describes a situation where partner is less expressive than self.

Item 21 (“When I have strong reactions to situations my partner doesn’t seem to care” 1=not at all frequently, 9=very frequently) correlated with difference between scores on direct judgment of self-expressiveness and direct judgment of partner expressiveness revealed  $r=.56$ ,  $p=.00$ . The positive correlation for this item indicates that self expressiveness is higher than partner expressiveness (women rated self higher in expressiveness than partner). As a result, women should answer this item with high numbers because this item describes a situation where self is more expressive than partner. It also describes a problem in the relationship that is associated with differing levels of self and partner expressiveness. Thus, it appears that women think that when they are more expressive than their partners it is associated with difficulties in the relationship.

Two items on the Couple Expressiveness Questionnaire (items 4 and 11) were significantly related (one at  $p<.05$  and one at  $p<.01$ ) to the average scores on direct judgment of self-expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive ).

Item 4 (“My partner and I are able to work through issues because we express our feelings openly” 1=not very frequently, 9=very frequently) correlated with average scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive ) revealed  $r=.64$ ,  $p=.00$ . These items were positively correlated which indicates that when partners are similar in expressiveness (both partners expressive) it is associated with advantages for the relationship.

Item 11 (“It is easy for me to understand my partner’s feelings because we both express our emotions strongly” 1=not very frequently, 9=very frequently) correlated with average of scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive) revealed  $r=.49$ ,  $p=.01$ . This indicates a significant relationship between similarity of self and partner expressiveness (both partners expressive) and advantages of those similarities for the relationship (easier to understand partner’s emotions).

One item on the CEQ (item 12) was significantly related ( $p<.05$ ) to direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive,

9=very expressive ). Item 12 (“My partner’s emotional expressions are so intense that I can almost always recognize his/her feelings” 1=not very frequently, 9=very frequently) correlated with direct judgment of partner expressiveness was  $r=.49$ ,  $p=.01$ . This was a positive correlation indicating that when women think that high partner expressiveness is associated with advantages in the relationship.

#### Correlations opposite to predictions

Five correlations revealed significant relationships that were opposite to the direction predicted. One item (item 1) was associated with differences in expressiveness, three items (5, 10, and 18) were associated with couple expressiveness, and one item (item 8) was associated with partner expressiveness.

Item 1 was significantly related ( $p<.05$ ) to the difference between scores on direct judgment of self-expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive). Item 1 (“My partner and I have a hard time during conflict situations because my partner gets too emotional” 1=not at all frequently, 9=very frequently) correlated with difference between scores on direct judgment of self-expressiveness and direct judgment of partner expressiveness revealed  $r=.56$ ,  $p=.00$ . the positive correlation indicates that women rated themselves higher in expressiveness than they rated their partners. However, item one describes a situation where partner is more expressive than self. This item is opposite to the prediction and is difficult to explain.

Three CEQ items (5,10, and 18) were significantly correlated (two at  $p < .01$  and one at  $p < .05$ ) with average of scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive ). Item 5 (“My partner and I express our emotions calmly so we are able to manage situations well” 1=not at all frequently, 9=very frequently) and item 18 (“My partner and I are able to work through issues because we control our emotional expressions” 1=not at all frequently, 9=very frequently) correlated with average of scores on direct judgment of self expressiveness (“In general, how would you rate your emotional expressiveness during interactions with your partner?” 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive ) revealed  $r = .48$ . ( $p = .01$ ) and  $r = .53$  ( $p = .00$ ), respectively. These items were opposite to the predictions and were also listed as correlations opposite to predictions for men’s responses. Thus, men and women seem to interpret these items similarly and both indicated that there were no patterns between these items and measure of couple expressiveness (where both partners are low in expressiveness).

Item 10 (“It bothers me when my partner and I express feelings that make other people uncomfortable” 1=not at all frequently, 9=very frequently) correlated with average of scores on direct judgment of self expressiveness (“In general, how would you

rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive ) revealed  $r=-.54$ .  $p=.00$ . This item describes a situation where couple being high in expressiveness creates difficulty in the relationship. However, it is negatively correlated with average couple expressiveness. It is difficult to identify a meaningful interpretation for this finding.

Item 8 ("When my partner expresses feelings I know that he/she means them" 1=not at all frequently, 9=very frequently) correlated with average of scores on direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive) revealed  $r=.53$ .  $p=.00$ . This item describes an advantage when partner is low in expressiveness and is positively associated with direct judgment measure of partner being high in expressiveness. This correlation is opposite to the prediction and is difficult to interpret.

### How is Expressiveness Related to Relational Satisfaction?

To determine how expressiveness is related to relationship satisfaction, scores on the satisfaction items were analyzed, compared, and correlated with the three measures of expressiveness (difference between average Self-Expressiveness and average Partner

Expressiveness Questionnaire scores, direct judgment of self and partner expressiveness, and direct comparison of self and partner expressiveness) and Couple Expressiveness Questionnaire items (1-24).

Analysis of relationship satisfaction items. Descriptive statistics were calculated for items related to relationship satisfaction for men (see Table 13) and women (see Table 14). The relational satisfaction items are 1) In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never), 2) How often do you and your partner quarrel? (1=all the time, 6=never), and 3) Please circle the dot which describe the degree of happiness, all things considered, of your relationship (1=extremely unhappy, 7=perfect). The item "Have the similarities or differences between yours and your partner's expressiveness generally made things easier or more difficult in your relationship?" (1=very easy, 9=very difficult) is included with the measures of relationship satisfaction because it is a general measure of ease or difficulty in the relationship which may be related to overall satisfaction. Each item is interpreted differently because the scales are different. Men and women rated below the midpoint of the scale on ease or difficulty indicating that in general they thought that it made things more easy than more difficult (but men rated lower than women).

On the measure of how often things go well in the relationship, men and women both averaged below the midpoint of the scale (1=all the time, 6=never). This indicates that they both think that things are going well in the relationship.

On item measuring frequency of quarreling, both men and women rated below the midpoint of the scale (1=all the time, 6=never). This indicates that they think that they

quarrel more often than not. On item measuring happiness, men and women rated above the midpoint of the scale (1=extremely unhappy, 7=perfect).

Table 13

Men's Relationship Satisfaction

	Mean	Standard deviation	Median
Have the similarities or differences between yours and your partner's expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)	4.0	2.1	4.0
In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)	2.1	.67	2.0
How often do you and your partner quarrel? (1=all the time, 6=never)	4.3	.70	4.0
Please circle the dot which best describes the degree of happiness, all things considered, of your relationship (1=extremely unhappy, 7=perfect)	5.6	1.1	6.0

Table 14

Women's Relationship Satisfaction

	Mean	Standard Deviation	Median
Have the similarities or differences between yours and your partner's expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)	4.6	1.7	5.0
In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)	2.1	.69	2.0
How often do you and your partner quarrel? (1=all the time, 6=never)	4.2	.96	4.0
Please circle the dot which best describes the degree of happiness, all things considered, of your relationship (1=extremely unhappy, 7=perfect)	5.1	1.2	5.5

The items used to assess relationship satisfaction were correlated with each other and with judgments of ease or difficulty in the relationship to determine consistency among the satisfaction measures (see Tables 15 and 16).

Table 15

Men's Correlations for Relationship Satisfaction Items

	26	27	28
26	--	--	--
27	.65**	--	--
28	-.58**	-.60**	--
29	-.56**	-.80**	.53**

- 26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)
- 27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)
- 28: How often do you and your partner quarrel? (1=all the time, 6=never)
- 29: Please circle the dot which best describes the degree of happiness in your relationship. (1=extremely unhappy, 7=perfect)

Table 16

Women's Correlations for Relationship Satisfaction Items

	26	27	28
26	--	--	--
27	.57**	--	--
28	-.68**	-.77**	--
29	-.56**	-.50**	.54**

- 26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)
- 27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)
- 28: How often do you and your partner quarrel? (1=all the time, 6=never)
- 29: Please circle the dot which best describes the degree of happiness in your relationship. (1=extremely unhappy, 7=perfect)

Average of the absolute values of all correlations (both men and women) was .61.

Men's correlations revealed six significant relationships out of six total correlations. All correlations were in the direction expected and all were significant at the  $p < .01$  level.

Women's correlations also revealed six significant relationships out of six correlations.

All were in the direction expected and all were significant at the  $p < .01$  level.

T-tests were also run for the relationship satisfaction items comparing means for men and women. They are listed according to the relationship satisfaction item.

- 1) Have the similarities or differences between yours and your partner's expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult):  $t(27)=-1.5$ ,  $p=.13$ . (mean for men=4.0, mean for women=4.6)
- 2) In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never):  $t(27)=-.33$ ,  $p=.75$  (mean for men=2.1, mean for women=2.1)
- 3) How often do you and your partner quarrel? (1=all the time, 6=never):  $t(27)=.27$ ,  $p=.79$  (mean for men=4.3, mean for women=4.2)
- 4) Please circle the dot which best describes the degree of happiness, all things considered, of your relationship (1=extremely unhappy, 7=perfect):  $t(27)=2.0$ ,  $p=.06$  (mean for men=5.6, mean for women=5.1)

None of the items were significant, indicating no statistically significant differences in men's and women's satisfaction on any of the four measures.

#### Correlations for relationship satisfaction items with expressiveness measures

The items related to relationship satisfaction were correlated with the three measures of expressiveness to determine whether similarities and/or differences in expressiveness are related to higher or lower levels of satisfaction in the relationship. 1) Difference scores (absolute values) on the Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire, (indicating degree of mismatch but disregarding whether men or women more expressive), 2) difference scores (absolute value) on direct judgment of self expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very

expressive) and direct judgment of partner expressiveness (“In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” 1=not very expressive, 9=very expressive) (also indicating degree of mismatch but disregarding whether men or women more expressive), and 3) direct comparison of self and partner expressiveness (“How would you rate your emotional expressiveness compared to your partner’s? 1=very similar, 9=very different) were correlated with the four items related to relationship satisfaction for both men (see Table 17) and women (see Table 18).

Table 17

Association between Relationship Satisfaction and Measures of Expressiveness for Men

Relationship Satisfaction Item	SEQ-PEQ	Direct judgment Self - Partner	Direct Comparison
Have the similarities or differences between you and your partner generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)	.29 (p=.13)	.13 (p=.52)	.31 (p=.11)
In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)	.06 (p=.75)	.06 (p=.77)	.31 (p=.11)
How often do you and your partner quarrel? (1=all the time, 6=never)	-.16 (p=.42)	-.05 (p=.79)	-.39 (p=.04)
Please describe the degree of happiness, of your relationship. (1=extremely unhappy, 7=perfect)	-.12 (p=.53)	-.14 (p=.47)	-.20 (p=.30)

**SEQ - PEQ:** Difference between average scores on Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire

**Direct judgment self - partner:** Difference between scores on “In general, how would you rate your emotional expressiveness during interactions with your partner?” (1=not very expressive, 9=very expressive) and “In general, how would you rate your partner’s emotional expressiveness in his/her interactions with you?” (1=not very expressive, 9=very expressive).

**Direct comparison:** “Overall, how would you rate your emotional expressiveness compared to your partner’s?” (1=very similar, 9=very different).

### Men

The pattern of results for men’s items was not significant. However, all twelve of the correlations were in the direction expected. Of the twelve tests for men’s items, only one was significant at  $p < .05$ . The correlation between direct comparison of self and partner expressiveness (“How would you rate your emotional expressiveness compared to

your partner's?" 1=very similar, 9=very different) and "How often do you and your partner quarrel?" (1=all the time, 6=never) revealed a significant relationship ( $r=-.385$ ,  $p<.05$ ). It seems that the greater the differences in expressiveness that men perceive the more they report that they and their partners quarrel.

Table 18

Association between Relationship Satisfaction and Measures of Expressiveness for Women

Relationship Satisfaction Item	SEQ-PEQ	Direct Judgment Self - Partner	Direct Comparison
Have the similarities or differences between you and your partner generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)	.48 ( $p=.01$ )	.37 ( $p=.05$ )	.68 ( $p=.00$ )
In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)	.58 ( $p=.00$ )	.41 ( $p=.03$ )	.32 ( $p=.10$ )
How often do you and your partner quarrel? (1=all the time, 6=never)	-.30 ( $p=.15$ )	-.31 ( $p=.12$ )	-.41 ( $p=.03$ )
Please describe the degree of happiness, of your relationship. (1=extremely unhappy, 7=perfect)	-.47 ( $p=.01$ )	-.44 ( $p=.02$ )	-.40 ( $p=.03$ )

**SEQ - PEQ:** Difference between average scores on Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire

**Direct Judgment Self - Partner:** Difference between scores on "In general, how would you rate your emotional expressiveness during interactions with your partner?" (1=not very expressive, 9=very expressive) and "In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" (1=not very expressive, 9=very expressive).

**Direct Comparison:** "Overall, how would you rate your emotional expressiveness compared to your partner's?" (1=very similar, 9=very different).

Women. Out of the twelve correlations for women's items, eight were significant at  $p<.05$  and two at  $p<.01$ . All items were in the direction expected.

The correlations for ease or difficulty in the relationship ("Have the similarities or differences between you and your partner generally made things easier or more difficult in your relationship?" 1=very easy, 9=very difficult) and the three measures of expressiveness revealed two significant relationships. The highest correlation was the correlation with direct comparison of self and partner expressiveness ("Overall, how would you rate your emotional expressiveness compared to your partner's?" 1=very

similar, 9=very different). This correlation was higher than the correlation for men and highly significant ( $p < .001$ ). Thus, it appears that women feel that differences in self and partner expressiveness are associated with greater difficulty in the relationship. In addition, the overall pattern of the correlations between ease or difficulty in the relationship and the three measures of expressiveness indicates that women feel that the greater the difference in expressiveness between self and partner, the more difficult it makes things in their relationship.

#### How well things are going and measures of expressiveness

The correlations between “In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never) and the three measures of expressiveness yielded two out of three significant correlations. The strongest correlation was with the difference between average Self-Expressiveness Questionnaire and Partner Expressiveness Questionnaire scores (SEQ-PEQ) with  $r = .58$ ,  $p = .001$ . The overall pattern suggests that women think that the greater the differences in expressiveness, the less often things go well in their relationship.

#### Frequency of quarrels and measures of expressiveness

One out three correlations were significant at  $p < .05$ . Direct comparison of self and partner expressiveness (“Overall, how would you rate your emotional expressiveness compared to your partner’s?” 1=very similar, 9=very different) correlated with “How often do you and your partner quarrel? (1=all the time, 6=never) revealed that women think that the greater the differences in self and partner expressiveness, the more often they quarrel with their partners.

### Happiness in the relationship and measures of expressiveness

All three measures of expressiveness were significantly correlated ( $p < .05$ ) with measure of happiness. The highest of the three correlations was the association between the degree of happiness in their relationship (1=extremely unhappy, 7=perfect) and difference between average scores on the Self-Expressiveness and Partner Expressiveness Questionnaires. This is a higher correlation than reported by men. It appears that women feel that the more similar they and their partner's expressiveness levels, the happier they are in their relationship.

### Relationship Satisfaction Items Correlated with Couple Expressiveness Questionnaire

#### Items

Relational satisfaction items were correlated with items one through twenty-four on the Couple Expressiveness Questionnaire to identify any relationships between similarities or differences in expressiveness and relationship satisfaction for both men and women. They were divided into groupings based on whether they describe advantages or disadvantages for the relationship for men (see Tables 19-22) and women (see Tables 23-26).

#### Men

Thirty one out of ninety six correlations were significant at the  $p < .05$  level and sixteen out of 96 correlations were significant at the  $p < .01$  level. All were medium correlations and all were in the direction predicted. Average size of the sixteen significant correlations at  $p < .01$  was .54 (ignoring the signs).

Table 19

Advantage of Couples' Expressiveness or Inexpressiveness for Men

	predicted r = negative		predicted r = positive	
	26	27	28	29
4. My partner and I are able to work through issues because we express our feelings openly. (1=not at all frequently, 9=very frequently)	-.33	-.33	.45*	.28
5. My partner and I express our emotions calmly so we are able to manage situations well. (1=not at all frequently, 9=very frequently)	-.56**	-.59**	.49**	.56**
11. It is easy for me to understand my partner's feelings because we both express our emotions strongly. (1=not at all frequently, 9=very frequently)	-.37	-.25	.29	.38*
18. My partner and I are able to work through issues because we control our emotional expressions. (1=not at all frequently, 9=very frequently)	-.28	-.47*	.53**	.35
20. My partner and I try not to burden each other with emotional issues. (1=not at all frequently, 9=very frequently)	.01	.19	-.16	-.23
24. I like it that my partner and I both express our emotions openly around other people. (1=not at all frequently, 9=very frequently)	-.13	-.44*	.32	.38*

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Ten of the twenty four correlations for advantages of similarities in expressiveness and relationship satisfaction were significant at the  $p<.05$  level and five were significant at  $p<.01$  level. All were in the direction expected. Four of the significant correlations ( $p<.01$ ) were associated with item 5 ("My partner and I express our emotions calmly so we are able to manage situations well," 1=not at all frequently, 9= very frequently). The results indicate that the more frequently men reported that when both they and their partners express their emotions calmly so they are able to manage

situations well the more frequently that similarities in expressiveness make things easier in their relationship, the more frequently things go well more often, the more frequently they quarrel less often, and the more frequently they are happier in their relationship.

Two other significant correlations were the association between item 18 (“My partner and I are able to work through issues because we control our emotional expressions” 1=not at all frequently, 9=very frequently) and “In general, how often do you think that things between you and your partner are going well” and “How often do you and your partner quarrel?” The results indicate that the more frequently that men reported that they and their partners are able to work through issues because they control their emotional expressions, the more frequently they think things go well and the less often they quarrel.

Item 24 (“I like it that my partner and I both express our emotions openly around other people” 1=not at all frequently, 9=very frequently) correlated with “In general, how often do you think that things between you and your partner are going well” and “Please circle the dot which best describes the degree of happiness, all things considered, of your relationship” revealed significant relationships ( $p < .05$ ). These results suggest that the more frequently that men reported that they like it that they and their partners express their emotions openly around other people the more frequently they think that things are going well in their relationship and the more frequently they are happier in their relationship.

Item 4 (“My partner and I are able to work through issues because we express our feelings openly” 1=not at all frequently, 9=very frequently) correlated with “How often

do you and your partner quarrel?" (1=all the time, 6=never) revealed a significant relationship ( $p<.05$ ). This indicates that the more frequently that men reported that they and their partners are able to work through issues because they express their feelings openly the less often they quarrel with their partners.

Table 20

Disadvantages of Couples' Expressiveness or Inexpressiveness for Men

	predicted r = positive		predicted r = negative	
	26	27	28	29
6. My partner and I do not know how the other is feelings because we do not express our emotions. (1=not at all frequently, 9=very frequently)	.40*	.41*	-.34	-.31
7. My partner and I get into conflicts because we both express our feelings openly. (1=not at all frequently, 9=very frequently)	.54**	.56**	-.60**	-.35
10. It bothers me when my partner and I express feelings that make other people uncomfortable. (1=not at all frequently, 9=very frequently)	.21	.30	-.02	-.39*
13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings. (1=not at all frequently, 9=very frequently)	-.06	.15	-.26	-.19
16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle. (1=not at all frequently, 9=very frequently)	.06	.17	-.21	-.20
23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down. (1=not at all frequently, 9=very frequently)	.17	.19	-.23	-.02

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\* $p<.01$

\* $p<.05$

Six of the twenty four correlations for disadvantages of similarities in expressiveness and relationship satisfaction were significant at the  $p<.05$  level and three at  $p<.01$ . All of the significant correlations were in the direction expected.

Three of the correlations ( $p < .01$ ) were associated with item 7 (“My partner and I get into conflicts because we both express our feelings openly” 1=not at all frequently, 9=very frequently). Item 7 correlated with “Have the similarities or differences in expressiveness generally made things easier or more difficult in your relationship?” (1=very easy, 9=very difficult), “In general, how often do you think that things between you and your partner are going well” (1=all the time, 6=never), and “How often do you and your partner quarrel?” (1=all the time, 6=never) indicates that the more frequently that men reported that they and their partners get into conflicts because they both express their feelings openly, the more frequently they reported that similarities in expressiveness makes things more difficult in their relationship, the less often things go well, and the more often they quarrel with their partners.

Item 6 “My partner and I do not know how the other is feeling because we do not express our emotions” (1=not at all frequently, 9=very frequently) correlated with “Have the similarities or differences in expressiveness generally made things easier or more difficult in your relationship?” (1=very easy, 9=very difficult) and “In general, how often do you think that things between you and your partner are going well” (1=all the time, 6=never) also revealed significant relationships ( $p < .05$ ). These results indicate that the more frequently that men reported that they and their partners do not know how each other is feeling because they do not express their emotions, the more frequently they reported that similarities in expressiveness make things more difficult in their relationship and the less often things go well in their relationship.

Item 10 “It bothers me when my partner and I express feelings that makes other people uncomfortable (1=not at all frequently, 9=very frequently) correlated with “Please circle the dot which best describes the degree of happiness, all things considered, of your relationship” (1=extremely unhappy, 7=perfect) revealed significant at  $p<.05$ . This indicates that the more frequently that men reported that it bothers them when they and their partners express feelings that makes others uncomfortable the more frequently they reported that they are less happy in their relationship.

Table 21

Advantages of Differences in Expressiveness for Men

	predicted r = negative		predicted r = positive	
	26	27	28	29
2. My partner helps draw me out when I have a hard time expressing my feelings. (1=not at all frequently, 9=very frequently)	-.35	-.21	.34	.28
8. When my partner expresses feelings I know that he/she means them. (1=not at all frequently, 9=very frequently)	-.10	-.16	.05	.19
12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings. (1=not at all frequently, 9=very frequently)	-.04	-.07	-.01	.23
14. My partner calms me down when I express intense emotions. (1=not at all frequently, 9=very frequently)	-.36	-.49**	.43*	.48**
19. My partner's emotional expressions are reasonable and appropriate. (1=not at all frequently, 9=very frequently)	-.38*	-.49**	.62**	.43*
22. My partner makes me comfortable by expressing feelings more openly around other people than I would. (1=not at all frequently, 9=very frequently)	.14	-.19	.22	.30

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\* $p<.01$

\* $p<.05$

Seven correlations were significant at  $p < .05$  and four at  $p < .01$ . Three significant correlations (two at  $p < .01$  and three at  $p < .05$ ) were associated with item 14 (“My partner calms me down when I express intense emotions” 1=not at all frequently, 9=very frequently). This indicates that the more frequently that men reported that the more often their partners calm them down when they express intense emotions, the more frequently that they reported that things often go well in their relationship, the less often they quarrel and the more happy they are in their relationship.

Four significant correlations (two at  $p < .01$  and four at  $p < .05$ ) were associated with item 19 (“My partner’s emotional expressions are reasonable and appropriate” 1=not at all frequently, 9=very frequently). The more frequently that men reported that the their partners’ emotional expressions are reasonable and appropriate, the more frequently they reported that differences expressiveness make things easier in their relationship, the more often things going well, the less often they quarrel, and the happier they are in their relationship.

Table 22

Disadvantages of Differences in Expressiveness for Men

	predicted r = positive		predicted r = negative	
	26	27	28	29
1. My partner and I have a hard time during conflict situations because my partner gets too emotional. (1=not at all frequently, 9=very frequently)	.54**	.35	-.62**	-.27
3. My partner's emotional expressions overwhelm me. (1=not at all frequently, 9=very frequently)	.33	.26	-.46*	-.25*
9. I am unsure of how my partner is feeling much of the time. (1=not at all frequently, 9=very frequently)	.22	-.01	-.17	-.15
15. My partner comes across as more distant and uncaring around others than I would like. (1=not at all frequently, 9=very frequently)	-.06	.09	-.14	-.12
17. My partner embarrasses me by expressing feelings in the presence of others that I would not express. (1=not at all frequently, 9=very frequently)	.29	.11	-.38*	-.19
21. When I have strong reactions to situations my partner doesn't seem to care. (1=not at all frequently, 9=very frequently)	.39*	.54**	-.55**	-.42

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

(1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Eight correlations were significant at  $p<.05$  and four were significant at  $p<.01$ .

Two items were associated with item 1 ("My partner and I have a hard time during conflict situations because my partner gets too emotional" 1=not at all frequently, 9=very frequently). This indicates that the more frequently men reported that their partners have a hard time during conflict situations because their partners get too emotional, the more frequently they reported that differences in expressiveness make things more difficult in their relationship and the more often they quarrel.

Two significant correlations were also associated with item 3 ("My partner's emotional expressions overwhelm me" 1=not at all frequently, 9=very frequently). This

indicates that the more frequently that men reported that their partner's emotional expressions overwhelm them, the more frequently they reported that they quarrel more often and are less happy in their relationship.

Item 17 "My partner embarrasses me by expressing feelings in the presence of others that I would not express" 1=not at all frequently, 9=very frequently). This indicates that the more frequently men reported that their partners embarrass them by expressing feelings in the presence of others that they would not express, the more frequently they reported that they and their partners quarrel often.

The last three significant correlations were associated with item 21 ("When I have strong reactions to situations my partner doesn't seem to care" 1=not at all frequently, 9=very frequently). The more frequently men reported that when they have strong reactions to situations their partners don't seem to care, the more frequently they reported that differences in expressiveness generally made things more difficult in their relationship, the more frequently they reported that things go well less often, and the more frequently they and their partners quarrel.

### Women

Twenty-five out of ninety six correlations were significant at  $p < .05$  level and ten were significant at  $p < .01$  level. All were medium correlations and were in the direction expected (at  $p < .05$ ) except for one. The average size of the ten significant correlations at  $p < .01$  was .51 (ignoring the signs).

Table 23

Advantages of Couples' Expressiveness or Inexpressiveness for Women

	predicted r = negative		predicted r = positive	
	26	27	28	29
4. My partner and I are able to work through issues because we express our feelings openly. (1=not at all frequently, 9=very frequently)	-.43	.05	.26	.33
5. My partner and I express our emotions calmly so we are able to manage situations well. (1=not at all frequently, 9=very frequently)	-.67**	-.35	.57**	.49**
11. It is easy for me to understand my partner's feelings because we both express our emotions strongly. (1=not at all frequently, 9=very frequently)	-.58**	-.44*	.48*	.40*
18. My partner and I are able to work through issues because we control our emotional expressions. (1=not at all frequently, 9=very frequently)	-.73**	-.47*	.47*	.48*
20. My partner and I try not to burden each other with emotional issues. (1=not at all frequently, 9=very frequently)	.06	.02	.26	.12
24. I like it that my partner and I both express our emotions openly around other people. (1=not at all frequently, 9=very frequently)	-.60**	-.21	.43	.39*

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Thirteen correlations out of twenty four were significant at  $p<.05$  and six were significant at  $p<.01$ . All significant correlations were in the direction expected.

Three of the six correlations significant at  $p<.01$  were associated with item 5 ("My partner and I express our emotions calmly so we are able to manage situations well" 1=not at all frequently, 9=very frequently). The more frequently women reported that they and their partners express their emotions calmly so they are able to manage situations well, the more frequently they reported that similarities in expressiveness make things easier in their relationship, the less often they and their partners quarrel, and the more often they are happy in their relationship.

Item 11 (“It is easy for me to understand my partner’s feelings because we both express our emotions strongly” 1= not at all frequently, 9=very frequently) was significantly correlated with item 26 (“Have the similarities or differences between yours and your partner’s emotional expressiveness generally made things easier or more difficult in your relationship? 1=very easy, 9=very difficult) and the three measures of relationship satisfaction (three correlations significant at  $p<.05$  and one at  $p<.01$ ). The more frequently that women reported that it is easy for them to understand their partner’s feelings because they both express their emotions strongly, the more frequently they reported that similarities in expressiveness make things easier in their relationship, that things go well in their relationship, they quarrel less often, and the happier they are in their relationship.

Item 18 (“My partner and I are able to work through issues because we control our emotional expressions 1=not at all frequently, 9=very frequently) was significantly correlated with item 26 (“Have the similarities or differences between yours and your partner’s emotional expressiveness generally made things easier or more difficult in your relationship? 1=very easy, 9=very difficult) and the three measures of relationship satisfaction (three correlations significant at  $p<.05$  and one at  $p<.01$ ). The more frequently women reported that they and their partners are able to work through issues because they control their emotional expressions, the more frequently they report that similarities in expressiveness make things easier in their relationship, that things go well in their relationship, they quarrel less often, and the happier they are in their relationship.

Item 24 (“I like it that my partner and I both express our emotions around other people”) was significantly correlated with item 26 (“Have the similarities or differences between yours and your partner’s emotional expressiveness generally made things easier or more difficult in your relationship? 1=very easy, 9=very difficult) and item 29 (Please circle the dot which best describes the degree of happiness, all things considered, of your relationship 1=extremely unhappy, 9=perfect). This indicates that the more frequently women reported that they like it that they and their partners express their emotions openly around other people, the more frequently they reported that the similarities in expressiveness make things easier in their relationship and the happier they are.

Four correlations out of twenty four were significant at the  $p < .05$  level and one was significant at the  $p < .01$  level (see Table 24). All significant correlations were in the direction expected.

All of the significant correlations were associated with item 10 (“It bothers me when my partner and I express feelings that makes other people uncomfortable” 1=not at all frequently, 9=very frequently). The more frequently reported that it bothers them when they and their partners express feelings that makes other people uncomfortable, the more frequently they reported that differences in expressiveness make things difficult in their relationship, things go well in their relationship, they quarrel less often, and are happier in their relationship.

Table 24

Disadvantages of Couples' Expressiveness or Inexpressiveness for Women

	predicted r = positive		predicted r = negative	
	26	27	28	29
6. My partner and I do not know how the other is feelings because we do not express our emotions. (1=not at all frequently, 9=very frequently)	.22	-.09	.03	-.10
7. My partner and I get into conflicts because we both express our feelings openly. (1=not at all frequently, 9=very frequently)	.04	-.07	.07	.00
10. It bothers me when my partner and I express feelings that makes other people uncomfortable. (1=not at all frequently, 9=very frequently)	.48*	.46*	-.52**	-.43*
13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings. (1=not at all frequently, 9=very frequently)	.26	-.13	.04	.22
16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle. (1=not at all frequently, 9=very frequently)	.29	.06	-.06	-.13
23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down. (1=not at all frequently, 9=very frequently)	.36	.03	-.07	-.18

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

(1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Table 25

Advantages of Differences in Expressiveness for Women

	predicted r = negative		predicted r = positive	
	26	27	28	29
2. My partner helps draw me out when I have a hard time expressing my feelings. (1=not at all frequently, 9=very frequently)	-.48**	-.24	.18	.08
8. When my partner expresses feelings I know that he/she means them. (1=not at all frequently, 9=very frequently)	-.18	-.01	-.09	.18
12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings. (1=not at all frequently, 9=very frequently)	-.41*	-.37	.19	.53**
14. My partner calms me down when I express intense emotions. (1=not at all frequently, 9=very frequently)	-.21	.06	.06	.09
19. My partner's emotional expressions are reasonable and appropriate. (1=not at all frequently, 9=very frequently)	-.35	.08	.11	-.03
22. My partner makes me comfortable by expressing feelings more openly around other people than I would. (1=not at all frequently, 9=very frequently)	-.34	-.15	.37	.23

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Three correlations were significant at the  $p<.05$  level and two were significant at the  $p<.01$  level. All significant correlations were in the direction expected.

Two out of the three significant correlations (one at  $p<.01$  and one at  $p<.05$ ) were associated with item 12 ("My partner's emotional expressions are so intense that I can almost always recognize his/her feelings" 1=not at all frequently, 9=very frequently). The more frequently women reported that their partner's emotional expressions are so intense that they can almost always recognize their feelings the more frequently they reported that differences in expressiveness made things easier in their relationship and the more frequently they reported that they were happier in their relationship.

Table 26

Disadvantages of Differences in Expressiveness for Women

	predicted r = positive		predicted r = negative	
	26	27	28	29
1. My partner and I have a hard time during conflict situations because my partner gets too emotional. (1=not at all frequently, 9=very frequently)	.12	.10	-.10	.19
3. My partner's emotional expressions overwhelm me. (1=not at all frequently, 9=very frequently)	-.02	.07	-.04	.24
9. I am unsure of how my partner is feeling much of the time. (1=not at all frequently, 9=very frequently)	.44*	.15	-.25	-.19
15. My partner comes across as more distant and uncaring around others than I would like. (1=not at all frequently, 9=very frequently)	.41*	.50**	-.20	-.43*
17. My partner embarrasses me by expressing feelings in the presence of others that I would not express. (1=not at all frequently, 9=very frequently)	.26	-.08	-.07	.07
21. When I have strong reactions to situations my partner doesn't seem to care. (1=not at all frequently, 9=very frequently)	.40*	-.01	.02*	-.17

26: Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship? (1=very easy, 9=very difficult)

27: In general, how often do you think that things between you and your partner are going well? (1=all the time, 6=never)

28: How often do you and your partner quarrel? (1=all the time, 6=never)

29: Please circle the dot which best describes the degree of happiness, all things considered, of your relationship. (1=extremely unhappy, 7=perfect)

\*\*p<.01

\*p<.05

Five correlations were significant at the  $p<.05$  level and one was significant at the  $p<.01$  level. All significant correlations were in the direction expected except one.

Three significant correlations (three at  $p<.05$ , one at  $p<.01$ ) were associated with item 15 ("My partner comes across as more distant and uncaring around others than I would like" 1=not at all frequently, 9=very frequently). The more frequently women reported that their partners come across as more distant and uncaring around others than they would like the more frequently they reported that that differences in expressiveness made things more difficult in their relationship, the more frequently that things go well in their relationship, and the more frequently they are happier in their relationship.

Item 21 (“When I have strong reactions to situations my partner doesn’t seem to care” 1=not at all frequently, 9=very frequently) was significantly correlated ( $p<.05$ ) with item 26 (“Have the similarities or differences between yours and your partner’s emotional expressiveness generally made things easier or more difficult in your relationship? 1=very easy, 9=very difficult) and item 28 (“How often do you and your partner quarrel” 1=all the time, 9=never). The more frequently women reported that when they have strong reactions to situations their partners don’t seem to care, the more frequently they reported that differences in expressiveness make things difficult in their relationship and the more frequently they and their partners quarrel.

Item 9 (“I am unsure of how my partner is feeling much of the time” 1=not at all frequently, 9=very frequently) and item 26 (“Have the similarities or differences between yours and your partner’s emotional expressiveness generally made things easier or more difficult in your relationship? 1=very easy, 9=very difficult) also revealed a significant correlation ( $p<.05$ ). The more frequently women reported that they are unsure of how their partner is feeling much of the time the more frequently they reported that differences in expressiveness make things more difficult in their relationship.

## CHAPTER 4: DISCUSSION AND CONCLUSION

The discussion of the findings for this study are organized around the three hypotheses. Hypothesis three will be discussed first because gender differences were apparent throughout the study.

### What did we learn about expressiveness including possible gender differences?

H<sub>3</sub>: Female participants will report higher levels and frequencies of expressiveness than male participants.

This hypothesis was supported by women's reports but not by men's. Men's responses on measures of expressiveness did not reveal any significant relationships. Their responses did, however, indicate that they were in the direction consistent with hypothesis three of rating women higher than themselves on all three measures of expressiveness. Moreover, they rated self and partner expressiveness more similarly on all measures (although those differences were not significant) than women did. They also rated self and partner expressiveness as more similar than different when directly comparing the two.

Women consistently rated themselves higher than men on all three measures of expressiveness. However, there were significant differences in women's ratings of self and partner expressiveness only on the Self-Expressiveness and Partner Expressiveness Questionnaire measures of expressiveness. It appears that women only identified significant differences in self and partner expressiveness when rating them more globally (i.e. on the twenty-three item questionnaires). However, this finding supports the stereotype and previous research that women are more expressive than men.

What advantages and disadvantages in the relationship are related to self and partner expressiveness?

The statistically significant findings (those consistent with, and in opposition to the predictions) are summarized in Tables 27 and 28. The findings are also discussed separately for men and women. Men's items are reported in the first column. Men's items revealed ten out of twenty four significant correlations. Seven out of the ten significant correlations were in the direction predicted and three were opposite the direction predicted. Women's items revealed fourteen out of twenty four significant correlations. Nine of the fourteen significant correlations were in the direction predicted, and five were opposite the direction predicted.

All of the statistically significant men's items that were in the direction predicted ( $p < .05$ ) were associated with the measure of expressiveness as a couple (average SEQ & PEQ and direct judgment of self and partner expressiveness). Two of the items describe situations where both partners are high in expressiveness. Four of the items describe situations where both partners are low in expressiveness. Three out of those five describe problems associated with both partners being inexpressive while the other two describe advantages of both partners being expressive. Men seem to be most comfortable in rating items that describe situations where both partners are low in expressiveness. Thus, it appears that they see more connections between couples' inexpressiveness and advantages and disadvantages than with couples' expressiveness.

Table 27

Advantages and Disadvantages Related to Expressiveness (consistent with predictions)

Variable	CEQ Item: Men	CEQ Item: Women
SEQ-PEQ <sup>1</sup>		15. My partner comes across as more distant and uncaring around others than I would like. 21. When I have strong reactions to situations my partner doesn't seem to care.
Direct judge self-partner <sup>2</sup>		15. My partner comes across as more distant and uncaring around others than I would like. 21. When I have strong reactions to situations my partner doesn't seem to care.
Average SEQ & PEQ <sup>3</sup> Score	20. My partner and I try not to burden each other with emotional issues.	10. It bothers me when my partner and I express feelings that make other people uncomfortable.
Average direct judge self & partner <sup>4</sup>	4. My partner and I are able to work through issues because we express our feelings openly. 6. My partner and I do not know how the other is feeling because we do not express our emotions. 11. It is easy for me to understand my partner's feelings because we both express our emotions strongly. 13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings. 16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle. 20. My partner and I try not to burden each other with emotional issues.	4. My partner and I are able to work through issues because we express our feelings openly.  11. It is easy for me to understand my partner's feelings because we both express our emotions strongly.
PEQ Score <sup>5</sup>		12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.
Direct judge partner <sup>6</sup>		12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.

1. SEQ-PEQ Score: Difference between Self-Expressiveness and Partner Expressiveness Questionnaire averages for each participant
2. Direct judge self-partner: difference between scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )
3. Average SEQ & PEQ Score: Average of Self-Expressiveness and Partner Expressiveness Questionnaire scores for each participant
4. Average direct judge self & partner: average of scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )
5. PEQ Score: Average Partner Expressiveness Questionnaire score
6. Direct judge partner: Score on direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )

Item twenty is significantly correlated with both measures of couple expressiveness (Self-Expressiveness and Partner Expressiveness Questionnaire average and average of direct judgment scores). This indicates that men are more consistent in seeing a connection between self and partner trying not to burden each other with

emotional issues and expressiveness as a couple (where both partners are low in expressiveness). Thus, some of the men seem to think that it is beneficial to the relationship when both partners are low in expressiveness.

Two items (4 and 11) describe advantages of both partners being high in expressiveness. Men seem to think that they and their partners are able to work through issues because they express their feelings openly and that it is easy to understand their partners' feelings because they both express their emotions strongly.

Women's items that were in the direction predicted are reported in the second column of Table 27. There was a connection among all six measures of expressiveness (SEQ-PEQ, direct judge self-partner, average SEQ & PEQ score, average direct judge self & partner, PEQ score, and direct judge partner) and CEQ items for women. Two of these items described disadvantages of differences in expressiveness, one item described a disadvantage of both partners being high in expressiveness, two items described advantages of both partners being high in expressiveness, and one item described advantages of partners being high in expressiveness. Women's items also revealed a connection between SEQ-PEQ/PEQ and CEQ items whereas men's did not.

When women identified differences in expressiveness between themselves and their partners, they identified two situations that describe differences in expressiveness. Items 15 and 21 both describe disadvantages when women's partners are less expressive than they are and they are significantly correlated with both measures of differences in expressiveness (SEQ-PEQ and direct judge self - partner). Women indicated that their partners come across as more distant and uncaring than they would like and that when

they have strong reactions to situations their partners do not seem to care. Thus, women seem to identify differences in expressiveness and disadvantages associated with those differences.

Women also indicated that there is a disadvantage when both partners are high in expressiveness. When women identified similarities in expressiveness between themselves and their partners, they identified a situation that described similarity in expressiveness. Item 10 describes a disadvantage when men and women are both high in expressiveness and it is significantly correlated with the average SEQ & PEQ measure of expressiveness. Women also reported an advantage when both partners were high in expressiveness. They reported that it is easy for them to understand their partner's feelings because they both express their emotions strongly.

Finally, women reported advantages of their partners being high in expressiveness. They reported that their partners' emotional expressions are so intense that they can almost always recognize their feelings. This item (number 12) was significantly correlated with both measures of partner expressiveness (PEQ score and direct judgment of partner expressiveness). Thus, it appears that when women rate their partners as high in expressiveness, they associate it with advantages in the relationship.

Table 28

Advantages and Disadvantages Related to Expressiveness (opposite to predictions)

Variable	CEQ Item: Men	CEQ Item: Women
Direct judge self-partner <sup>1</sup>		1. My partner and I have a hard time during conflict situations because my partner gets too emotional.
Average direct judge self & partner <sup>2</sup>	5. My partner and I express our emotions calmly so we are able to manage situations well.	5. My partner and I express our emotions calmly so we are able to manage situations well.
	7. My partner and I get into conflicts because we both express our feelings openly. 18. My partner and I are able to work through issues because we control our emotional expressions.	10. It bothers me when my partner and I express feelings that make other people uncomfortable. 18. My partner and I are able to work through issues because we control our emotional expressions.
Direct judge partner <sup>3</sup>		8. When my partner expresses feelings I know that he/she means them.

1. Direct judge self-partner: difference between scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )

2. Average direct judge self & partner: average of scores on direct judgment of self-expressiveness ("In general, how would you rate your emotional expressiveness during interactions with your partner?" 1=not very expressive, 9=very expressive) and direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )

3. Direct judge partner: Score on direct judgment of partner expressiveness ("In general, how would you rate your partner's emotional expressiveness in his/her interactions with you?" 1=not very expressive, 9=very expressive )

There were three significant correlations for men's items that were not in the direction predicted. Items 5, 7, and 18 were significantly associated with average of direct judgment of self and partner expressiveness. Two of these items describe advantages of low couple expressiveness and one item describes a disadvantage of high couple expressiveness. Thus, men seem to view low couple expressiveness as an advantage when responding to the CEQ items. However, these correlations were opposite of the direction predicted which indicates that men responded to the CEQ items and measure of couple expressiveness (average of direct judgment of self and partner expressiveness) inconsistently.

Women's responses that are not in the direction predicted were reported in the second column of Table 28. There were five significant correlations for women's items that were not in the direction predicted (items 1, 5, 10, 18, and 8). One item (1) was associated with direct judgment self-partner expressiveness, three items (5, 10, and 18) were associated with average of direct judgment of self and partner expressiveness, and one item (8) was associated with direct judgment of partner expressiveness. Item 1 describes a disadvantage of partner being more expressive than self. This item is positively correlated with the difference between scores on direct judgment of self and partner expressiveness. This indicates that when women rate themselves as more expressive than their partners, they feel that they and their partners have a hard time during conflict situations because their partners get too emotional. Thus, it seems that they rated self and partner expressiveness differently on different items.

Items 5, 10, and 18 are associated with average of scores on ratings of direct judgment of self and partner expressiveness. Item 5 and item 18 describe advantages of couples being low in expressiveness and were also reported by men. These items are both positively associated with the average score on direct judgment of self and partner expressiveness which indicates that when women identify advantages of low couple expressiveness, they also rate the couple as high in expressiveness.

Item 10 describes a disadvantage of the couple being high in expressiveness and was negatively correlated average score on direct judgment of self and partner expressiveness. This indicates that when women rated the couple as being low in

expressiveness, they also reported being bothered when they and their partners express feelings that make other people uncomfortable.

Finally, item 8 describes an advantage of partner being low in expressiveness and was positively associated with direct judgment of partner expressiveness. This indicates that when women rated their partners high in expressiveness (on the direct judgment measure of expressiveness) they also reported an advantage of partner being low in expressiveness. As was the case for all the items that were opposite of the direction predicted, women seemed to rate expressiveness differently when responding to items measuring expressiveness (direct judgment of partner expressiveness) and CEQ items that describe advantages and disadvantages of similarities and differences in expressiveness.

#### How is Expressiveness Related to Relational Satisfaction?

There appears to be a significant relationship between advantages and disadvantages of similarities and differences in self and partner expressiveness and satisfaction in romantic relationships. Correlations were analyzed at the  $p < .01$  and  $p < .05$  level due to the small sample size utilized in this study. Fewer people indicates problems with power so results were interpreted for  $p < .05$  items as well as  $p < .01$  items.

#### Association between relationship satisfaction and measures of expressiveness

The correlations of the items that assessed relationship satisfaction, ease or difficulty in the relationship related to similarities or differences in expressiveness, and measures of expressiveness revealed mixed findings. The item assessing ease or difficulty in the relationship is discussed here because it fits well with these correlations.

Hypothesis one is presented here because it involves the relationship between differences in expressiveness and difficulties in the relationship.

H<sub>1</sub>: The greater the differences in emotional expressiveness between partners, the more difficulty the couple will experience in the relationship.

This hypothesis was not supported by men's reports. Men did not indicate any significant relationships between self and partner expressiveness (as assessed by the expressiveness measures) and whether similarities or differences make things easier or more difficult in their relationship. The correlations between the item measuring whether similarities or differences make things easier or more difficult in the relationship was not significantly related to any of the three measures of expressiveness (see Table 17).

Conversely, this hypothesis was confirmed for women. Women's responses on all three measures of expressiveness were correlated significantly with measure of ease or difficulty in the relationship (see Table 18). Women indicated that the greater the differences between self and partner expressiveness the greater difficulty they experienced in their relationship due to those differences.

The second hypothesis is presented here as it relates to differences in expressiveness and relationship satisfaction.

H<sub>2</sub>: The greater the differences between partners' expressiveness, the lower the satisfaction they will report in their relationship.

The correlations for the three items measuring relationship satisfaction and the three measures of expressiveness revealed mixed results. There was no significant

relationship between relationship satisfaction and the measures of expressiveness for men. There was only one significant relationship ( $p < .05$ ) out of nine correlations (refer to Table 17). Men's ratings indicated a significant relationship only between perception of differences in self and partner expressiveness (through direct comparison measure) and frequency of quarreling in the relationship (indicating that when they and their partners exhibit different levels of expressiveness, it is associated with quarreling more often).

For women, the pattern of results revealed more significant relationships (see Table 18). Women seemed to feel that differences in expressiveness are associated with reduced relationship satisfaction. Six out of the nine correlations for the three expressiveness measures and the three items measuring relationship satisfaction revealed significant relationships and all correlations were in the expected direction.

#### Association between Relationship Satisfaction and Advantages and Disadvantages of Similarities and Differences in Expressiveness

Many of the correlations of items that describe advantages of couples' expressiveness (both partners high in expressiveness) and measures of relationship satisfaction did not indicate significant relationships. However, some revealed significant relationships at  $p < .05$  (see Table 28). They are discussed first for men then women.

### Advantages associated with higher satisfaction

#### Men

Men identified advantages in their romantic relationships that are associated with higher levels of satisfaction and disadvantages associated with lower levels of satisfaction. They revealed four advantages that were associated with higher satisfaction. Two advantages describe situations where both partners were low in expressiveness and two advantages describe situations where they were more expressive than their partners that were associated with higher relationship satisfaction. They did not identify any advantages related to high expressiveness in both partners.

The pattern of men's responses indicates that men are most satisfied when things are calm in the relationship. All four items that they rated as advantages that were associated with higher relationship satisfaction describe situations where emotions are reasonable and appropriate, controlled, and expressed calmly. Thus, it appears that the men in this study seem to be more satisfied in relationships where they and their partners are low in expressiveness.

#### Women

Women identified advantages with both partners being high in expressiveness, both partners being low in expressiveness, and when partner is expressive (see Table 28). Their responses did not reveal any particular pattern and they did not seem to have any particular bias towards higher or lower expressiveness. Two items describe advantages where both were high in expressiveness, two describe advantages where both were low in expressiveness, and one describes advantage where partner is high in expressiveness.

Table 29

**Advantages and Disadvantages Associated with Higher and Lower Satisfaction**

	Men	Women
Advantages associated with higher satisfaction	5. My partner and I express our emotions calmly so we are able to manage situations well. (1=not at all frequently, 9=very frequently)	5. My partner and I express our emotions calmly so we are able to manage situations well. (1=not at all frequently, 9=very frequently)
	18. My partner and I are able to work through issues because we control our emotional expressions. (1=not at all frequently, 9=very frequently)	18. My partner and I are able to work through issues because we control our emotional expressions. (1=not at all frequently, 9=very frequently)
	14. My partner calms me down when I express intense emotions. (1=not at all frequently, 9=very frequently)	11. It is easy for me to understand my partner's feelings because we both express our emotions strongly. (1=not at all frequently, 9=very frequently)
	19. My partner's emotional expressions are reasonable and appropriate. (1=not at all frequently, 9=very frequently)	24. I like it that my partner and I both express our emotions openly around other people. (1=not at all frequently, 9=very frequently)
		12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings. (1=not at all frequently, 9=very frequently)
Disadvantages associated with lower satisfaction	7. My partner and I get into conflicts because we both express our feelings openly. (1=not at all frequently, 9=very frequently)	10. It bothers me when my partner and I express feelings that makes other people uncomfortable. (1=not at all frequently, 9=very frequently)
	1. My partner and I have a hard time during conflict situations because my partner gets too emotional. (1=not at all frequently, 9=very frequently)	15. My partner comes across as more distant and uncaring around others than I would like. (1=not at all frequently, 9=very frequently)
	21. When I have strong reactions to situations my partner doesn't seem to care. (1=not at all frequently, 9=very frequently)	

Women think that it is easy for them to understand their partners' feelings because they both express their emotions strongly and they like it that they and their partners express their emotions openly around other people and they associated these advantages with higher satisfaction in the relationship. Thus, women seem to think that when both partners are high in expressiveness it is associated with higher relationship satisfaction.

Women also think that they and their partners express their emotions calmly so they are able to manage situations well and they and their partners are able to work through issues because they control their emotional expressions. These two items were the same items that men indicated as advantages of both partners being low in expressiveness associated with higher relationship satisfaction. Thus, it seems that both men and women see advantages of controlling emotions and expressing them calmly. Women also indicated that they are able to identify their partners' feelings because their partners express their emotions intensely and they see this as an advantage to the relationship related to higher satisfaction.

#### Disadvantages Associated with Lower Satisfaction

##### Men

Men revealed three disadvantages associated with lower satisfaction. One disadvantage describes a situation where both partners were expressive, one describes a situation where their partners were more expressive, and the third describes a situation where their partners were less expressive. Men think that they and their partners get into conflicts because they both express their feelings openly, they and their partners have a hard time during conflict situations because their partners get too emotional, and when they have strong reactions to situations their partners do not seem to care. Two of these items describe situations involving expressing intense emotions and getting too emotional. Men seem to think it is acceptable for them to express intense emotions but they find it inappropriate when their partners do the same.

## Women

Women indicated two disadvantages of related to lower satisfaction. One describes a situation where both partners are expressive and one describes a situation where partner is low in expressiveness. Women indicated that it bothers them when they and their partners express feelings that makes other people uncomfortable and that their partners come across as more distant and uncaring around others than they would like. Both of these items describe situations involving the expressions of emotion in the presence of others. Women seem to be sensitive to the feelings of others and are concerned with the affects of their own and their partner's expressions around others. They feel that these issues are related to lower satisfaction in their relationship.

### What is the Connection between Expressiveness, Advantages and Disadvantages, and Relationship Satisfaction?

Men did not seem to be able to identify any connections between expressiveness, effects on the relationship, and relationship satisfaction. Their data do not show any link between their expressiveness and satisfaction in their relationship. Conversely, women seem to be able to identify a connection between expressiveness, advantages and disadvantages related to expressiveness, and satisfaction in their relationship. They identified three items that indicated a link among them.

The first item ("My partner comes across as more distant and uncaring than I would like") describes a disadvantage of differences in expressiveness (partner less expressive) and was associated with lower satisfaction. This indicates that women see a

connection between differences in expressiveness, difficulty in the relationship, and lower relationship satisfaction.

The second item (“It is easy for me to understand my partner’s feelings because we express our emotions strongly”) describes an advantage of similarities in expressiveness (both expressive) and was associated with higher satisfaction. This indicates that women see a connection between expressiveness, advantages for the relationship, and higher relationship satisfaction.

The third item (“My partner’s emotional expressions are so intense that I can almost always recognize his feelings”) describes an advantage of partner being high in expressiveness and was associated with higher satisfaction. This indicates that women identified a connection between partner high expressivity, advantages for the relationship, and higher relationship satisfaction.

## CHAPTER 5: CONCLUSION

The results of this study revealed that women were more consistent in their judgments, noticed differences their partners did not, and reported judgments that show connections between perceptions of expressiveness, specific relationship advantages and disadvantages and overall relationship satisfaction. Men were less consistent in their judgments, noticed fewer differences and there were no correlations based on men's data that link perceptions of expressiveness, specific relationship advantages and disadvantages and overall relationship satisfaction. The connection between reported expressiveness and advantages and disadvantages for the relationship yielded mixed results for both men and women. Most of the statistically significant findings (16) were consistent with predictions, but some were not (8). All statistically significant correlations between specific relationship advantages and disadvantages were all associated with relational satisfaction as predicted (31 out of 96 for men and 26 out of 96 for women).

The findings of this study indicate that men are less expressive than women. It is interesting to speculate the reasons for these differences in emotional expressiveness. Two possible explanations for these differences are that 1) men are less aware of their own expressiveness than women, or 2) men are able to identify their own expressions of emotion but are uncomfortable indicating that they do. The idea that men may be less aware of their emotional expressiveness than women can be linked to socialization of emotional expression. From childhood, girls and boys are socialized to express themselves differently according to gender. Little girls are taught that it is acceptable to

cry when they are sad or hurt while boys are discouraged and even punished for doing the same. Girls are also rewarded for exhibiting nurturing behaviors (such as comforting or caring for others) while boys are called “sissies” if they express compassion or concern for others’ feelings. Thus, females are socialized to express their emotions while males are socialized to suppress them. As a result, males are less able to identify expressions of emotion. They may recognize intense expressions of emotion, but they are less aware of more subtle expressions.

The second explanation is that men feel anxiety over the expression of emotion which interferes with their sharing of emotions. Men may feel pressured by others to express emotions that they are not comfortable sharing. They may feel vulnerable and fear that they may lose control when they express emotions and this contradicts what they learned about the expression of emotion (through socialization). As a result men may avoid expressing emotion to uphold a masculine image that they were socialized to maintain.

What can be done to balance emotional expressions between men and women? Since couples where both partners are high in expressiveness seem to be more satisfied than couples where one partner is high in expressiveness and the other is low in expressiveness, the goal should be to increase emotional expressions of the less expressive partner in the relationship. The high expressive partner can help the low expressive partner express emotions by working with and understanding their expressive style. For example, high expressive partners can learn to identify low expressive partners’ more subtle expressions of emotion. This will reduce the tension that can arise resulting

from high expressive partners' attempts to draw out low expressive partners' feelings. Moreover, if high expressive partners' become more aware of low expressive partners' subtle expressions of emotion, low expressive partners may feel more comfortable expressing their emotions because they will not feel that they are being forced to express them.

Another strategy would be to reduce the intense expressions of emotion exhibited by high expressive partners. High expressive partners could learn to express themselves in ways that do not seem overwhelming to low expressive partners. If high expressive partners express their emotions more calmly, low expressive partners may feel less threatened by intense emotional expressions of high expressive partners and they will be more likely to express their emotions more frequently. This may result in a more balanced emotional relationship.

The purpose of this study was to explore how communication in romantic relationships is affected by similarities and differences in emotional expressiveness. No other studies have been conducted that have assessed specific effects of expressiveness on relationships by providing specific scenarios of problems and advantages related to emotional expressiveness in romantic relationships. Therefore, a new instrument, the Couple Expressiveness Questionnaire (CEQ), was developed and utilized in this study. Since this questionnaire has not been used in previous studies, its reliability and validity have not been assessed. However, the results of this study indicate that the CEQ looks promising as a measure of assessing specific advantages and disadvantages that occur in

romantic relationships when partners exhibit similar and different styles and frequencies of emotional expression.

The results revealed some statistically significant relationships between similarities and differences in expressiveness, advantages and disadvantages for the relationship, and relationship satisfaction. Moreover, there were some substantial correlations with marital satisfaction for women that were all in the direction predicted. There also appeared to be ceiling effects with satisfaction and a narrow range of variation with expressiveness. This may be related to the fact that all participants were premarital couples participating in a workshop as a prerequisite for marriage. The next step would be to duplicate this study with more participants from varied backgrounds since this study utilized a small sample of twenty-eight couples. Moreover, future studies should utilize a variety of methods to assess expressiveness in romantic relationships, such as direct observation and interviews, in addition to the questionnaires to obtain a more thorough assessment of expressiveness and its effects on romantic relationships.

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## Appendices

**Appendix A**  
**Family Expressiveness Questionnaire**



10. Crying after an unpleasant disagreement.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

11. Putting down other people's interests.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

12. Showing dislike for someone.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

13. Seeking approval for an action.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

14. Expressing embarrassment over a stupid mistake.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

15. Going to pieces when tension builds up.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

16. Expressing exhilaration after an unexpected triumph.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

17. Expressing excitement over one's future plans.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

18. Demonstrating admiration.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

19. Expressing sorrow when a pet dies.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

20. Expressing disappointment over something that didn't work out.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

21. Telling someone how nice they look.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

22. Expressing sympathy for someone's troubles.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

23. Expressing deep affection or love for someone.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

24. Quarreling with a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

25. Crying when someone leaves.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

26. Spontaneously hugging a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

27. Expressing momentary anger over a trivial irritation.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

28. Expressing concern for the success of other family members.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

29. Apologizing for being late.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

30. Offering to do somebody a favor.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

31. Snuggling up to a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

32. Crying for being punished.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

33. Trying to cheer up someone who is sad.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

34. Telling a family member how hurt you are.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

35. Telling a family member how happy you are.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

36. Threatening someone.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

37. Criticizing someone for being late.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

38. Expressing gratitude for a favor.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

39. Surprising someone with a little gift or favor.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

40. Saying "I'm sorry" when one realizes one was wrong.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

**Appendix B**

**Self-Expressiveness in the Family Questionnaire**



10. Crying after an unpleasant disagreement.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

11. Putting down other people's interests.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

12. Showing dislike for someone.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

13. Seeking approval for an action.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

14. Expressing embarrassment over a stupid mistake.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

15. Going to pieces when tension builds up.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

16. Expressing exhilaration after an unexpected triumph.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

17. Expressing excitement over one's future plans.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

18. Demonstrating admiration.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

19. Expressing sorrow when a pet dies.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

20. Expressing disappointment over something that didn't work out.

1	2	3	4	5	6	7	8	9
not at all								very
frequently in my family						frequently in my family		

21. Telling someone how nice they look.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

22. Expressing sympathy for someone's troubles.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

23. Expressing deep affection or love for someone.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

24. Quarreling with a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

25. Crying when someone leaves.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

26. Spontaneously hugging a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family very frequently in my family

27. Expressing momentary anger over a trivial irritation.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

28. Expressing concern for the success of other family members.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

29. Apologizing for being late.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

30. Offering to do somebody a favor.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

31. Snuggling up to a family member.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

32. Crying for being punished.

1 2 3 4 5 6 7 8 9  
not at all frequently in my family frequently in my family very frequently in my family

33. Trying to cheer up someone who is sad.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

34. Telling a family member how hurt you are.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

35. Telling a family member how happy you are.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

36. Threatening someone.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

37. Criticizing someone for being late.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

38. Expressing gratitude for a favor.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

39. Surprising someone with a little gift or favor.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

40. Saying "I'm sorry" when one realizes one was wrong.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently in my family frequently in my family

Appendix C  
Researcher-developed Questionnaire



Appendix D  
Consent Form for Study 1

*Dear Class Participant:*

- I am a University of Montana graduate student conducting a communication research project on emotional expressiveness. I am interested in how people involved in intimate relationships communicate and how that communication is affected by individual differences in emotional expressiveness.
- Even though this is part of a class activity, I would like to use the information you provide in my research project. If you turn in the questionnaire to Professor Planalp, we will take this as permission to include your responses in a formal research report. Your responses to the questionnaire will remain anonymous. We will never ask you to reveal your real name.
- As a second part of this project, I would like to have an additional questionnaire completed by someone you feel close to. Think of someone you are intimate with, such as a close friend, romantic partner, or spouse and ask him/her to complete the questionnaire. Create a fictitious name and write it at the top of your questionnaire as well as on the outside of the envelope (provided by Professor Planalp). Then deliver the questionnaire, in the envelope, to someone you feel would be comfortable and willing to participate.
- Your partner will return the questionnaire to you in a sealed envelope. Please deliver it to Professor Planalp by Thursday, February 27. It is important that she receive the questionnaires on this date as she will be discussing these issues with you in class.

I appreciate your participation and completion of this questionnaire. Thank you for taking the time to assist me. If you have any questions regarding this study, please contact us.

Sincerely,

Stacey De Witt  
Graduate Student, Communication Studies Department  
251-6667

Sally Planalp, Professor/Supervisor  
Communication Studies Department  
243-4951

Appendix E

Self-Expressiveness Questionnaire

## Self-Expressiveness Questionnaire

**Instructions:** *This is a questionnaire about expressiveness. To answer the questionnaire, try to think of how frequently you express yourself during each of the following situations with your partner. Circle a number on the rating scale that indicates how frequently you express yourself in that situation when it occurs. Thus, if you never or rarely express those feelings, circle 1, 2, or 3. If you express those feelings with some or moderate frequency, circle 4, 5, or 6. And if you express those feelings very frequently, circle 7, 8, or 9. Some items may be difficult to judge. However, it is important to answer every item. Try to respond quickly and honestly about yourself. There are no right or wrong answers, and we don't believe that any answer is better than another.*

**1. Showing contempt for your partner's actions.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**2. Telling your partner how nice he/she looks.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**3. Expressing dissatisfaction with your partner's behavior.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**4. Expressing anger at your partner's carelessness.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**5. Showing dislike for your partner.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**6. Sulking over unfair treatment by your partner.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**7. Blaming your partner for relationship troubles.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

**8. Expressing deep affection or love for your partner.**

1	2	3	4	5	6	7	8	9
not at all								very
frequently								frequently

9. Putting down your partner's interests.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

10. Demonstrating admiration for your partner.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

11. Snuggling up to your partner.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

12. Trying to cheer up your partner when he/she is sad.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

13. Going to pieces when tension builds up.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

14. Expressing disappointment over something that didn't work out.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

15. Expressing sympathy for your partner's troubles.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

16. Quarreling with your partner.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

17. Spontaneously hugging your partner.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

18. Expressing momentary anger over a trivial irritation.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

19. Telling your partner how happy you are.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

20. Threatening your partner.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

21. Expressing gratitude for a favor.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

22. Surprising your partner with a little gift or favor.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

23. Expressing excitement over one's future plans.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

24. In *general*, how would you rate *your* emotional expressiveness during interactions with your partner?

1 2 3 4 5 6 7 8 9  
not very very  
expressive expressive

Appendix F

Partner Expressiveness Questionnaire



9. Putting down your interests.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

10. Demonstrating admiration.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

11. Snuggling up to you.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

12. Trying to cheer you up when you are sad.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

13. Going to pieces when tension builds up.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

14. Expressing disappointment over something that didn't work out.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

15. Expressing sympathy for your troubles.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

16. Quarreling with you.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

17. Spontaneously hugging you.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

18. Expressing momentary anger over a trivial irritation.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently

19. Telling you how happy he/she is.

1 2 3 4 5 6 7 8 9  
not at all very  
frequently frequently



**Appendix G**  
**Couple Expressiveness Questionnaire**



10. It bothers me when my partner and I express feelings that makes other people uncomfortable.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

11. It is easy for me to understand my partner's feelings because we both express our emotions strongly.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

12. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

13. Important issues are not discussed because my partner and I are uncomfortable expressing certain kinds of feelings.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

14. My partner calms me down when I express intense emotions.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

15. My partner comes across as more distant and uncaring around others than I would like.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

16. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

17. My partner embarrasses me by expressing feelings in the presence of others that I would not express.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

18. My partner and I are able to work through issues because we control our emotional expressions.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

19. My partner's emotional expressions are reasonable and appropriate.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

20. My partner and I try not to burden each other with emotional issues.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

21. When I have strong reactions to situations my partner doesn't seem to care.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

22. My partner makes me feel comfortable by expressing feelings more openly around other people than I would.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

23. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

24. I like it that my partner and I both express our emotions openly around other people.

1 2 3 4 5 6 7 8 9  
not at all frequently very frequently

25. Overall, how would you rate your emotional expressiveness compared to your partner's?

1 2 3 4 5 6 7 8 9  
very similar very different

26. Have the similarities or differences between yours and your partner's emotional expressiveness generally made things easier or more difficult in your relationship?

1 2 3 4 5 6 7 8 9  
very easy very difficult

27. In general, how often do you think that things between you and your partner are going well? (circle one)

All the time      Most of the time      More often than not      Occasionally      Rarely      Never

28. How often do you and your partner quarrel? (circle one)

All the time      Most of the time      More often than not      Occasionally      Rarely      Never

29. The dots on the following lines represent different degrees of happiness in your relationship. The middle point, "happy", represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

•      •      •      •      •      •      •  
Extremely    Fairly    A little    Happy    Very    Extremely    Perfect  
unhappy    unhappy    unhappy                    happy    happy    happy

30. What is your age? \_\_\_\_\_

31. What is your sex? \_\_\_\_\_ Male \_\_\_\_\_ Female

*Thank you for your time and participation.*

## Appendix H

### Couple Expressiveness Questionnaire Development

## Appendix H

F= frequency of emotional expression  
 I= intensity of emotional expression  
 A= acceptability of emotional expression

**Inexpressive-Expressive (inexpressive partner's judgment of expressive partner)**

*prediction:* frequency scores would be highest for these items in an inexpressive-expressive couple followed by expressive-expressive, inexpressive-inexpressive, and expressive-inexpressive (in order from highest to lowest frequency scores)

Problems

- F. I have a hard time during conflict situations because my partner gets too emotional.
- I. My partner's emotional expressions overwhelm me.
- A. My partner embarrasses me by expressing feelings that I would not express around other people.

Advantages

- F. My partner helps draw me out when I have a hard time expressing my feelings.
- I. My partner's emotional expressions are so intense that I can almost always recognize his/her feelings.
- A. My partner makes me feel comfortable by expressing feelings more openly around other people than I would.

**Expressive-Expressive**

*prediction:* frequency scores would be highest for these items in an expressive-expressive couple followed by inexpressive-expressive, expressive-inexpressive, and inexpressive-inexpressive (in order from highest to lowest predicted frequency scores)

Problems

- F. My partner and I get into conflicts because we both express our feelings openly.
- I. My partner and I both express our feelings so intensely that it is difficult for us to calm each other down.
- A. It bothers me when my partner and I express feelings that make other people uncomfortable.

Advantages

- F. My partner and I are able to work through issues because we express our feelings openly.
- I. It is easy for me to understand my partner's feelings because we both express our emotions strongly.
- A. I like it that my partner and I both express our emotions openly around other people.

**Inexpressive-Inexpressive**

*prediction:* frequency scores would be highest for these items in an inexpressive-inexpressive, couple followed by expressive-inexpressive, inexpressive-expressive, and expressive-expressive, (in order from highest to lowest predicted frequency scores)

Problems

- F. My partner and I do not know how the other is feeling because we do not express our emotions.
- I. My partner and I have difficulty identifying what each other is feeling because our emotional expressions are so subtle.
- A. Important issues do not get raised because my partner and I are uncomfortable expressing certain kinds of feelings.

Advantages

- F. My partner and I are able to work through issues because we control our emotional expressions.
- I. My partner and I express our emotions calmly so we are able to manage situations well.
- A. My partner and I try not to burden each other with emotional issues.

**Expressive-Inexpressive (expressive partner's judgment of inexpressive partner)**

*prediction:* frequency scores would be highest for these items in an expressive-inexpressive, couple followed by inexpressive-inexpressive, inexpressive-expressive, and expressive-expressive (in order from highest to lowest predicted frequency scores)

Problems

- F. I am unsure of how my partner is feeling much of the time.
- I. When I have strong reactions to situations my partner doesn't seem to care.
- A. My partner comes across as more distant and uncaring around others than I would like.

Advantages

- F. When my partner expresses feelings I know he/she means them.
- I. My partner calms me down when I express intense emotions.
- A. My partner's emotional expressions are reasonable and appropriate.

Appendix I  
Consent Form for Study 2

*Dear Participant:*

- I am a University of Montana graduate student conducting a communication research project on emotional expressiveness. I am particularly interested in how people in intimate relationships communicate and how that communication is affected by people's individual emotional expressiveness.
- Your participation in this project is entirely voluntary. It is not a requirement for the premarital workshop. You may refuse to answer any question or discontinue your participation at any time. Your responses will remain anonymous and confidential and will not be revealed to your partner or the leader of the workshop. Your completion of this questionnaire will serve as informed acceptance of participation.
- If you decide to participate in this project, please fill out the questionnaire, assign a fictitious name (identical to your partner's) to the front of the questionnaire and place the questionnaire in the enclosed envelope.
- After the questionnaires are completed the researcher will provide detailed information regarding the purpose and intent of this study. You may also ask questions related to the study at that time.

I appreciate your participation and completion of this questionnaire. Thank you for taking the time to assist me. If you have any questions regarding this study, please contact either of the individuals listed below.

Sincerely,

Stacey De Witt  
Graduate Student, Communication Studies Department  
251-6667

Sally Planalp, Professor  
Communication Studies Department  
243-4951