

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/257623759>

# On the role of harmonious and obsessive romantic passion in conflict behavior

Article in *Motivation and Emotion* · December 2013

DOI: 10.1007/s11031-013-9354-5

---

CITATIONS

6

---

READS

196

2 authors:



[Noémie Carbonneau](#)

Université du Québec à Trois-Rivières

22 PUBLICATIONS 460 CITATIONS

[SEE PROFILE](#)



[Robert J Vallerand](#)

Univ du Québec à Montréal

322 PUBLICATIONS 21,858 CITATIONS

[SEE PROFILE](#)

Some of the authors of this publication are also working on these related projects:



Principal Health and Wellbeing [View project](#)



Aboriginal Wellbeing [View project](#)

All content following this page was uploaded by [Noémie Carbonneau](#) on 09 December 2015.

The user has requested enhancement of the downloaded file. All in-text references [underlined in blue](#) are added to the original document and are linked to publications on ResearchGate, letting you access and read them immediately.

# On the role of harmonious and obsessive romantic passion in conflict behavior

Noémie Carbonneau · Robert J. Vallerand

Published online: 17 April 2013  
© Springer Science+Business Media New York 2013

**Abstract** Using the dualistic model of passion (Vallerand et al. in *J Pers Soc Psychol* 85:756–767, 2003), the present research examined the role of harmonious and obsessive romantic passion in individuals' engagement in destructive behavior during conflict and in reparative behaviors following conflict with one's partner. Results revealed that harmonious and obsessive passion were respectively negatively and positively related to engagement in destructive conflict behavior. In addition, harmonious passion was positively related to reparative behaviors following conflict while obsessive passion was not significantly related to this outcome. Importantly, these results held whether data were obtained by asking participants to recall about how things typically happen when they experience conflict with their partner (Study 1) or whether diary data were averaged across days when conflict actually happened (Study 2). Results underscore the importance of distinguishing harmonious from obsessive romantic passion.

**Keywords** Romantic passion · Conflict behavior · Dualistic model of passion

## Introduction

“Conflict is inevitable, but combat is optional.”  
Max Lucado (Christian author and minister)

Conflict is natural and unavoidable in romantic relationships. While conflict has obvious adverse consequences

for relationships (see, for example, Canary et al. 1995; Gottman 1994; Kurdek 1995), it has been argued that important benefits can accrue from conflict. In fact, conflict can strengthen the bond between partners and increase relational cohesion (Laursen and Hafen 2010; Pietromonaco et al. 2004) and may also provide an opportunity to negotiate mutually beneficial compromises (Fincham 2003; Fincham and Beach 1999). Whether relational conflict ultimately has a positive or negative impact on relationship functioning and maintenance depends greatly on how it is managed (see, for example, Laursen and Hafen 2010). In fact, the frequency of conflict may reveal less about the quality of a relationship than does the way in which conflict is handled (see, for example, Perry et al. 1992). Given the importance of effective conflict management in maintaining satisfying romantic relationships, investigation into the factors that may affect conflict behavior seems warranted. The dualistic conceptualization of romantic passion (Rattelle et al. 2013; Vallerand 2010) offers a novel framework that allows the examination of some potential personal determinants of adaptive and less adaptive behaviors in response to conflict with one's romantic partner.

A dualistic model of passion

Vallerand et al. (2003; Vallerand 2008, 2010) define passion as a strong inclination or desire toward a self-defining activity that one likes (or loves), finds important, and in which one invests time and energy. Two types of passion are distinguished, namely harmonious and obsessive passion. The dualistic model of passion (DMP) (e.g., Vallerand et al. 2003) posits that activities can be internalized in one's identity by two different processes, each of them leading to a specific type of passion. Harmonious passion results from an autonomous internalization (Deci and Ryan

---

N. Carbonneau (✉) · R. J. Vallerand  
Laboratoire de Recherche sur le Comportement Social,  
Université du Québec à Montréal, Succursale Centre-Ville,  
Box 8888, Montréal, QC H3C 3P8, Canada  
e-mail: noemie.carbonneau@gmail.com

2000; Vallerand 1997) of the activity into one's identity. Such internalization comes from an intrinsic tendency of the self (Deci and Ryan 1985, 2000; Ryan and Deci 2003) and produces a motivational force that leads one to engage in the beloved activity willingly (Vallerand 1997; Vallerand et al. 1997). Thus, individuals who have a harmonious passion toward an activity do not feel an uncontrollable urge to engage in their passionate activity, but rather freely choose to do so. No contingencies are attached to the passionate activity and activity engagement is thus personally endorsed. When it comes to harmonious passion, behavioral engagement is flexible and individuals are able to decide when to and when not to engage in the passionate activity. Individuals with this type of passion can thus fully concentrate on the task at hand and experience positive outcomes both during and after activity engagement. Moreover, when prevented from taking part in their passionate activity, they are able to focus their attention and energy on other tasks, without constantly ruminating about their passionate activity.

Obsessive passion derives from a controlled internalization (Deci and Ryan 2000) of the activity into one's identity. This type of internalization originates from intra and/or interpersonal pressure either because certain contingencies (e.g., self-worth) are attached to the activity (Mageau et al. 2011; Stenseng 2008) or because the sense of excitement derived from activity engagement has become uncontrollable. People who have an obsessive passion are controlled by their activity. They just cannot help but to engage in it. Because the activity becomes out of one's control, it can take disproportionate space in a person's life and lead one to neglect other areas of his/her life, thereby resulting in conflict in one's life. Thus, even though individuals with an obsessive passion may derive pleasure from their involvement in the passionate activity, they are also at risk of experiencing negative cognitive, affective, and behavioral consequences.

Empirical support has been provided for several aspects of the passion conceptualization (see Vallerand 2008, 2010, for reviews). First, results from exploratory and confirmatory factor analyses with the Passion Scale (e.g., Vallerand et al. 2003, Study 1; Vallerand et al. 2006, Study 1) supported the existence of two constructs corresponding to harmonious and obsessive passion. Second, partial correlations (controlling for the correlation between the two types of passion) revealed that both harmonious and obsessive passion were positively associated with measures of activity valuation and of the activity being perceived as a passion, thereby providing support for the definition of passion. Finally, empirical evidence has also shown that the two types of passion differently predict various outcomes. Specifically, harmonious passion has been associated with better concentration, absorption, and flow during

activity engagement (Forest et al. 2011; Mageau et al. 2005; Vallerand et al. 2003, Study 1), as well as with greater subjective well-being (Philippe et al. 2009a, b; Rousseau and Vallerand 2003, 2008; Vallerand et al. 2008a, b, Study 2; Vallerand et al. 2007, Studies 1 and 2). In addition, harmonious passion has been shown to be associated with positive emotions during activity engagement, positive emotions and the absence of negative affect following task engagement, and the absence of negative emotions when prevented from engaging in the passionate activity (see Vallerand et al. 2003). Harmonious passion has also been found to be negatively related to conflict with other activities (Séguin-Lévesque et al. 2003; Vallerand et al. 2003, Study 1).

Conversely, obsessive passion has been positively related to negative emotions (Mageau et al. 2005; Vallerand et al. 2003, Study 1), poor concentration (Vallerand et al. 2003, Study 1), increased rumination with the activity (Ratelle et al. 2004; Vallerand et al. 2003, Study 1), and a rigid task engagement (Rip et al. 2006; Vallerand et al. 2003, Studies 3 and 4) that can eventually lead to physical symptoms (Lafrenière et al. 2009), injuries (Rip et al. 2006; Stephan et al. 2009) and pathological gambling (Ratelle et al. 2004; Rousseau et al. 2002). Finally, obsessive passion has been associated with rumination and negative affect (Ratelle et al. 2004; Vallerand et al. 2003, Study 1) when one is prevented from engaging in the passionate activity.

Finally, it should be noted that because passion is so intrinsically tied with people's lives, research has been conducted in a number of real-life contexts, including work (e.g., Forest et al. 2011; Vallerand and Houliort 2003), education (Carbonneau et al. 2008; Vallerand et al. 2007, Study 2), sports (Philippe et al. 2010, Study 3; Stephan et al. 2009; Vallerand et al. 2006), leisure (Stenseng 2008), the Internet (Tosun and Lajunen 2009), gaming (Wang and Chu 2007), online shopping addiction (e.g., Wang and Yang 2007), gambling (e.g., Castelda et al. 2007; MacKillop et al. 2006), and others looking at a variety of activities, settings, participants, and outcomes.

#### On passion and relationships

Past research has shown that passion can affect the quality of relationships in at least two fashions. First, one's passion for a given activity influences the relationships that one develops while engaged in this activity. For instance, Lafrenière et al. (2008) found that athletes' harmonious passion toward their sport was positively related to relationship quality with their coach (Lafrenière et al. 2008, Study 1). Conversely, athletes' obsessive passion toward their sport was either unrelated or negatively related to

relationship quality. Similarly, passion for a given activity (e.g., work) can affect the quality of relationships that one develops in such settings. For example, Philippe et al. (2010, Studies 3 and 4) found that having a harmonious passion for an activity leads to the development of positive interpersonal relationships within the context of the passionate activity, while obsessive passion is unrelated to the quality of interpersonal relationships.

A second way through which passion for an activity can affect the quality of one's relationships is through its influence on relationships outside the purview of the passionate activity, in other spheres of one's life. For instance, Séguin-Lévesque et al. (2003) have shown that controlling for the number of hours that people engaged in the Internet, obsessive passion for the Internet was positively related to conflict with one's romantic partner, while harmonious passion was unrelated to it. In the same vein, a study conducted with English soccer fans (Vallerand et al. 2008a, b, Study 3) showed that obsessive passion for being a soccer fan predicted conflict between one's passion for soccer and one's romantic relationship which, in turn, predicted lower quality of the romantic relationship. Conversely, harmonious passion was unrelated to conflict with one's spouse.

#### On romantic passion

Research presented above has shown that one's passion can affect the quality of relationships taking place within and outside the purview of the passionate activity. In line with Vallerand et al. (2003; Vallerand 2008, 2010), it was recently proposed that the dualistic conceptualization of passion also applies to romantic involvement (Ratelle 2002; Ratelle et al. 2013). Based on the DMP (e.g., Vallerand et al. 2003), romantic passion is defined as a strong inclination toward a romantic partner that one loves and with whom one has a relationship that is deemed important and into which one invests significant time and energy (Ratelle 2002; Ratelle et al. 2013). Two types of romantic passion are proposed. Harmonious passion refers to a motivational tendency whereby people willingly choose to engage in a romantic relationship with the partner. People do not feel obligated to pursue this type of passionate relationship; they do so autonomously. Their romantic passion is in harmony with other life domains. Conversely, obsessive passion refers to an internal pressure that drives people to pursue a romantic relationship with their partner. With obsessive passion, people feel that the passion controls them and that it must run its course. Because obsessive passion takes over most of the self and comes to control the individual, this type of passion can create conflicts with other life domains.

The dualistic model of romantic passion can be contrasted to two important theoretical perspectives on passion in romantic relationships, namely Hatfield and colleagues' conceptualization of passionate love (e.g., Hatfield and Rapson 1990, 1993; Hatfield and Walster 1978) and Sternberg's Triangular Theory of Love (e.g., Sternberg 1986, 1988). First, there are some similarities among the three models. For instance, all models agree on the importance of considering passion in romantic relationships as it represents a major experience of such relationships. Furthermore, all three models also agree that passion can lead to important outcomes. However, the three models disagree on at least two counts. First, there is some disagreement on the nature of passion. While Hatfield and her colleagues consider passion to be an emotion (i.e., passionate love) and Sternberg sees it as mostly sexual, the present perspective conceived of passion as a type of high-involvement in the relationship. Thus, our perspective focuses on the motivational dimension of romantic involvement. Furthermore, while the other models consider passion as unidimensional, the DMP posits the existence of two different types of romantic passion (namely harmonious and obsessive passions) that represent two different ways of engaging in the relationship. Thus, the DMP posits that passion can differ both in terms of intensity (high or low passion, as do the other passion models) and quality, with harmonious passion representing a higher quality of engagement in the relationship than obsessive passion. Much research in a variety of activities, including romantic relationships, provides support for the existence of the two types of passion, harmonious and obsessive (see Ratelle et al. 2013; Vallerand 2010).

A second area of disagreement between the DMP and the other passion models pertains to outcomes. Hatfield and colleagues posit that a contingency between outcome valence (positive or negative) and reciprocity of love exists. Specifically, it is assumed that reciprocated love is associated with fulfillment and ecstasy in the passionate lover, whereas unrequited love leads to emptiness, anxiety, or despair (Hatfield and Sprecher 2010; Hatfield and Walster 1978). On the other hand, Sternberg's model does not clearly specify how (sexual) passion leads to outcomes without being integrated with the other two dimensions (i.e., commitment and intimacy) of his triangular model of love. Although the DMP agrees that the partner's behavior, including his or her sexual behavior, can affect outcomes derived from one's relationship (to this effect see Ratelle et al. 2013), the present perspective posits that passion can, in and of itself, lead to outcomes because of the quality of one's engagement in the relationship and that the type of outcomes will vary as a function of the type of passion (harmonious vs. obsessive passion). Thus, in addition to making important distinctions with respect to the nature of romantic passion, the DMP offers novel predictions as pertains to the processes

through which personal and relational outcomes come about (see also [Ratelle et al. 2013](#)).

Previous research ([Ratelle 2002](#); [Ratelle et al. 2013](#)) has provided support for the validity of the DMP as applied to romantic relationships. Specifically, the two types of passion were found to be related to measures of sexual passion (in one's romantic relationship; [Sternberg 1997](#)), passionate love ([Hatfield and Sprecher 1986](#)), and companionate love ([Hatfield and Walster 1978](#); [Sternberg 1997](#)). However, only harmonious passion was positively and significantly related to constructs such as intimacy ([Sternberg 1997](#)), optimism toward the future of the relationship ([Murray and Holmes 1997](#)), and dyadic adjustment ([Spanier 1976](#)). All these correlations were moderately high suggesting that harmonious and obsessive passion, although related to these various relationship experiences, nevertheless represent conceptually and empirically distinct constructs. A series of three studies on the consequences of harmonious and obsessive romantic passion ([Ratelle et al. 2013](#)) revealed that harmonious passion was more strongly associated with high relationship quality than was obsessive passion (Study 1) and that these results applied to both genders (Study 2). In addition, it was found that one's own passion could predict one's partner's relationship quality (Study 2). Results also showed that partners were not always matched in terms of the predominant type of passion, and that passion matching did not predict relationship quality. Finally, high harmonious passion and low obsessive passion predicted increased likelihood of one still being involved in the relationship with one's partner 3 months later ([Ratelle et al. 2013](#), Study 3).

On romantic passion and conflict behavior: the present research

Conflict is part of every relationship. Relationship conflict is broadly defined as “a perception of interpersonal incompatibility and typically includes tension, annoyance, and animosity among group members” ([Jehn 1995](#), p. 258). A central aspect of managing romantic relationships is the ways in which partners behave when conflict arises (e.g., [Hojjat 2000](#)). In fact, [Gottman \(1994, 1998\)](#) has argued that how partners handle conflict is a strong indicator of the length of their marriage as well as their feelings of satisfaction in that marriage. Some conflict behaviors appear to be especially corrosive to relationship happiness. [Gottman \(1994, 1998\)](#) has identified four of them that he labeled the “Four Horsemen of the Apocalypse”: they are criticism, contempt, defensiveness, and stonewalling. Criticism refers to using blame to attack the personality or character rather than the behavior of one's partner. Contempt is defined as attacking the partner's sense of self with the intention to insult him/her and includes mockery, name-calling, and

hostile humor. Contempt is seen as the worst of the “Four Horsemen of the Apocalypse” because it conveys disgust with the partner. Defensiveness refers to any form of self-defense that includes denying responsibility for a problem, excuse making, cross-complaining (i.e., meeting the partner's complaint immediately with another complaint), and whining. Finally, stonewalling is a conversational behavior used in an attempt to isolate oneself from the interaction and includes ceasing to respond, keeping an icy distance, changing the subject and leaving the room. Taken together, these destructive conflict behaviors have been shown to predict deterioration of marital satisfaction and to be strong predictors of early divorcing ([Gottman 1993, 1994](#); [Gottman and Levenson 1992](#)).

Several decades of relationship research show that what happens during a conflict matters. Recently, [Salvatore et al. \(2011\)](#) have argued that what happens after a conflict is also of importance. For example, post-conflict behaviors aimed at reparation and reconnection with the partner, such as apologies and affiliative physical contact, have positive effects such as enhancing perceptions of partner care and intimacy ([Alvaro 2001](#)), facilitating the restoration of relationship commitment and closeness ([Tsang et al. 2006](#)), and enhancing both relationship satisfaction and stability (e.g., [McCullough et al. 1998](#)).

While the type of conflict behavior displayed by individuals in response to conflict with their partners appear to have a considerable impact on relationship functioning, more research is needed to better understand the personal determinants that make the use of adaptive (vs. maladaptive) behavior during and after conflict more likely. The dualistic conceptualization of romantic passion ([Ratelle 2002](#); [Ratelle et al. 2013](#)) would appear to offer an interesting framework to examine this issue. This model defines two types of passion, harmonious and obsessive, which characterize individuals who are highly dedicated and committed to their relationship. Romantic passion (either harmonious or obsessive) is marked by great emotional involvement and intense focus and preoccupation with one's object of love. Such intense involvement in the relationship would appear to set the stage for high levels of emotional reactivity when couple conflict occurs, which might be conducive to more aggressive and less adaptive conflict behavior. But is it the case? We believe it depends on whether the passion is obsessive or harmonious. Although no empirical study has looked directly at the relationships between the two types of romantic passion and conflict behavior, research on passion in other domains and research on romantic passion and other relational outcomes suggest that harmonious and obsessive romantic passion should be differently related to behaviors in response to conflict with one's partner. For example, past research has shown that obsessive passion for an activity is positively related to aggression ([Donahue et al. 2009](#); [Philippe et al.](#)

2009a, b) and predicts less positive interpersonal behavior than harmonious passion (e.g., Philippe et al. 2010). However, no research so far has examined specifically the role of romantic passion in conflict behavior.

The main purpose of the present series of two studies was thus to examine how harmonious and obsessive romantic passion would relate to destructive behavior during conflict with one's partner and to engagement in reparative behaviors following conflict. With harmonious passion, the authentic integrating self (Deci and Ryan 2000) is at play, allowing the person to invest in the relationship in a non-defensive (Hodgins and Knee 2002) manner and with a secure sense of self-esteem. Harmonious passion is therefore expected to prevent engagement in destructive conflict behavior and to promote engagement in reparative behaviors following conflicts. Conversely, because obsessive passion is entrenched primarily in an ego-invested sense of self (Deci and Ryan 2000; Hodgins and Knee 2002) and is associated with a fragile and contingent self-esteem, this type of passion was expected to predict engagement in destructive conflict behavior and to be basically unrelated to reparative behaviors following conflicts.

In Study 1, we examined the relationships between participants' passion and their report of how they typically behave when they experience conflict with their partner. Participants from Study 2 were followed over 10 days and were asked to report daily whether they had experienced a conflict with their partner and if so, what types of behavior they had engaged in.

## Study 1

Study 1 aimed at examining the role of harmonious and obsessive passion in conflict behaviors. In line with previous research on passion and outcomes (see Vallerand 2010, for a review), harmonious passion was expected to have more adaptive relationships with conflict behavior than obsessive passion. Specifically, harmonious passion was expected to be either negatively related or unrelated to destructive conflict behavior (Gottman 1994) and positively related to reparative behaviors following conflicts. Conversely, obsessive passion was expected to promote engagement in destructive conflict behavior and be unrelated to reparative behaviors following conflict. These results were further expected to be obtained while controlling for relationship length.

## Methods

### Participants

Participants were 126 French Canadians (108 women, 18 men) from the Province of Quebec. Mean age was 27.90

years ( $SD = 9.00$  years). The average relationship length was 4 years and 11 months ( $SD = 6$  years and 1 month). With regard to relationship status, 56.3 % were cohabiting with their partner, 27 % were dating, and 16.7 % were married.

### Procedure

Participants were recruited through an advertisement on the Facebook website targeting French Canadians currently involved in a romantic relationship. People who were interested in participating in the study were directed to an online survey website that contained the questionnaire. All measures were completed via the Internet. After completing demographic questions and the Romantic Passion Scale (see below), participants were asked to report how they typically behave during a conflict (for destructive conflict behaviors) and after a conflict (for reparative behaviors) with their partner.

### Instruments

**Demographic variables** Participants completed a demographic information section that included questions on gender, age, relationship status, relationship length, etc.

**Romantic passion** Romantic passion was assessed using the twelve-item Romantic Passion Scale (Ratelle et al. 2013). This scale (see Appendix) is composed of two subscales of six items each assessing harmonious and obsessive romantic passion. A sample item for harmonious passion is: "My romantic relationship is in harmony with the other things that are part of me"; and for obsessive passion: "I have almost an obsessive feeling toward my partner." Responses to all items are scored on a 7-point Likert scale, ranging from (1) "Do not agree at all" to (7) "Very strongly agree." Previous research (Ratelle 2002) on harmonious and obsessive romantic passion has brought support for the bi-dimensional conceptualization of romantic passion. Support for the psychometric properties of the Romantic Passion Scale was found (Ratelle 2002; Ratelle et al. 2013). Both harmonious and obsessive passion subscales were found to be reliable. Results from factor analysis yielded two factors corresponding to harmonious and obsessive passion. In addition, the temporal stability of both types of romantic passion was supported. Thus, the Romantic Passion Scale was found to represent a psychometrically sound instrument that allows a valid and reliable assessment of harmonious and obsessive romantic passions (Ratelle 2002; Ratelle et al. 2013). In the present study, the Cronbach alpha values for the harmonious and obsessive passion subscales were respectively .85 and .81.

**Destructive conflict behavior** The Destructive Conflict Behavior Scale was developed for this series of studies.

The scale consists of four items based on Gottman's "Four Horsemen of the Apocalypse" (e.g., Gottman 1994; Gottman and Silver 1999). Participants are asked about how they typically behave during conflict with their romantic partner. A sample item is: "(In general, during conflict ...) I don't weigh my words or hold back when I criticize my partner and when I start, nothing stops me." Participants rate each statement on a scale from 1 (Strongly disagree) to 7 (Strongly agree). An exploratory factor analysis of the four items revealed a clear and single factor structure emerging and the reliability of the scale was acceptable, with a Cronbach alpha of .76.

*Reparative behaviors following conflict* The Reparative Behaviors Scale, developed for this series of studies, is a 4-item scale that measures individuals' tendency to engage in reparative behaviors (including acknowledging responsibility for one's part in the conflict and seeking reconciliation with the partner) following a conflict with the romantic partner. The items were inspired by literature on forgiveness and conflict resolution (e.g., Fincham et al. 2004). A sample item is: "(In general, after a conflict...) I show my partner that I care about him/her (e.g., I hug him/her)." Participants rate each statement on a scale from 1 (Strongly disagree) to 7 (Strongly agree). An exploratory factor analysis of the four items revealed a clear and single factor structure emerging and the reliability of the scale was adequate, with a Cronbach alpha of .85.

## Results

### *Preliminary analyses*

Correlations, means, and standard deviations of the study variables are reported in Table 1. We first examined whether men and women scored differently on the study variables. Analyses revealed no significant differences between men and women on harmonious passion ( $F[1, 125] = .53, p = .47$ ), obsessive passion ( $F[1, 125] = .82, p = .37$ ), destructive conflict behavior ( $F[1, 125] = 1.52, p = .22$ ), and reparative behaviors following conflict ( $F[1, 125] = 1.69, p = .19$ ).

Because the destructive conflict behavior scale and the reparative behaviors following conflict scale were not previously validated, we first ran a confirmatory factor analysis (CFA) to test the factorial validity of these two scales and to ascertain that these two types of behavior correspond to distinct constructs. The CFA was conducted using maximum likelihood estimation method with EQS (Bentler 1993). It was hypothesized that a measurement model with two covarying latent factors (corresponding to our two hypothesized constructs) predicted by their respective four items would yield a coherent and meaningful fit to the data. Results

provided support for the two-factor measurement model,  $\chi^2 (df = 19, N = 126) = 24.96, p = .16$ ; NNFI = .98; CFI = .99; GFI = .95; SRMR = .06; and RMSEA = .05 [.00, .10]. The two factors were not significantly correlated,  $r = -.13, p > .05$ . All items were found to only load on their respective factor. Factor loadings ranging from .47 to .89 were observed.

### *Regression analyses*

Regression analyses were carried out to determine the extent to which harmonious and obsessive passion could predict individuals' report of destructive conflict behavior and of reparative behaviors following conflict. Variables that did not meet the requirements for normality were transformed via standard methods (i.e., LOG10, SQRT) before analysis. Because we wanted to test for the contribution of the two types of passion over and beyond the role of relationship length, this variable was also entered in the regression analyses. As can be seen in Table 2, controlling for relationship length, engagement in destructive conflict behavior was negatively predicted by harmonious passion ( $\beta = -.37, t[126] = -4.46, p < .001$ ) and positively predicted by obsessive passion ( $\beta = .23, t[126] = 2.73, p < .01$ ). In addition, controlling for relationship length, reparative behaviors following conflicts were positively predicted by harmonious passion ( $\beta = .36, t[126] = 4.33, p < .001$ ) but not significantly predicted by obsessive passion ( $\beta = .03, t[126] = .35, p = .73$ ). The four predictors accounted for 18 and 17 % of the variance in destructive conflict behavior and reparative behaviors, respectively. The analyses were run again for men and women separately. The same pattern of relationships between the two types of passion and the two outcomes was obtained when considering either men or women alone. We also reran the analyses while entering "gender" and "relationship status" as covariates; the pattern of results between the types of passion and the two outcomes remained unchanged.

## Discussion

The results of Study 1 supported the hypotheses. Harmonious passion was found to negatively predict destructive conflict behavior (Gottman 1994) while positively predicting the use of reparative behaviors following conflict. Conversely, obsessive passion positively predicted destructive conflict behavior and did not significantly predict the use of reparative behaviors following conflicts. These results could not be due to differences in relationship length since this variable was accounted for in the analyses. Overall, the results of Study 1 suggest that harmonious and obsessive romantic passion differently influence the

**Table 1** Study 1: means, standard deviations, and correlations

	M	SD	(2)	(3)	(4)	(5)
Harmonious passion (1)	5.63	.91	.12	.39**	-.36**	-.16 <sup>†</sup>
Obsessive passion (2)	3.01	1.19		.09	.17 <sup>†</sup>	-.05
Reparative behaviors following conflict (3)	5.38	1.16			-.11	-.29*
Destructive conflict behavior (4)	2.55	1.30				.08
Relationship length (in months) (5)	59.37	72.62				

Except for relationship length, all means and standard deviations come from 7-point Likert type scales

<sup>†</sup>  $p < .10$ ; \*  $p < .01$ ; \*\*  $p < .001$

**Table 2** Regression analysis for variables predicting conflict behaviors: Study 1

Variable	Destructive conflict behavior				Reparative behaviors following conflict			
	B	SE B	$\beta$	R <sup>2</sup>	B	SE B	$\beta$	R <sup>2</sup>
Relationship length	.04	.04	.07	.18	-.12	.08	-.13	.17
Harmonious passion	-.24	.05	-.37**		.41	.10	.36**	
Obsessive passion	.16	.06	.23*		.04	.10	.03	

\*  $p < .01$ ; \*\*  $p < .001$

behaviors one is likely to engage in when conflicts arise in the relationship.

## Study 2

Study 1 revealed that harmonious passion was associated with more adaptive conflict behaviors than obsessive passion. Although interesting, these findings could have been affected by one obvious confounding variable: conflict severity. Serious conflicts are likely to be perceived as threatening to one's self and can thus elicit more aggressive behaviors (e.g., Jones and Remland 1993; Kerig 1996). Thus, harmonious passion might have been related to more adaptive and less aggressive conflict behaviors than obsessive passion only because individuals high on the former type of passion tend to have less severe couple conflicts. Thus, one purpose of Study 2 was to examine whether the pattern of results found in Study 1 would still hold if conflict severity was controlled for in the analyses. Another noteworthy limitation of Study 1 is that participants had to report past behaviors; recall bias may thus have affected their responses. Study 2 thus aimed at replicating Study 1's results while using a different methodology, namely the diary method. This method was chosen as it allows for the examination of experiences in their natural, spontaneous context and minimizes the amount of time elapsed between an event and its report, thereby reducing the biased effects of retrospection (see, for example, Reis and Gable 2000). Overall, it was expected that results from Study 1 would be replicated and that harmonious passion would promote more adaptive conflict behaviors than obsessive passion.

In addition, these results were expected to hold even when potential confounds such as relationship length and conflict severity were statistically controlled.

## Method

### Participants

Participants were 90 French Canadians (78 women, 12 men) from the Province of Quebec. Mean age was 24.46 years ( $SD = 4.05$  years). The average relationship length was 3 years and 10 months ( $SD = 3$  years and 3 months). With regard to relationship status, 70 % were cohabiting with their partner, 22.2 % were dating, and 7.8 % were married.

### Procedure

Participants were recruited through an advertisement on the Facebook website targeting French Canadians currently involved in a romantic relationship. People who were interested in participating in the study were directed to an online survey website that contained the questionnaire. All measures were completed via the Internet. The demographic questions and the Romantic Passion Scale were completed within the 2 weeks prior to the beginning of the diary reports. Participants were informed that every day for a 10-day period, they would receive an email with a hyperlink leading to the daily questionnaire. The 10 daily questionnaires were identical. Participants were asked to



**Table 3** Study 2: means, standard deviations, and correlations

	M	SD	(2)	(3)	(4)	(5)	(6)
Harmonious passion (1)	5.57	1.01	.09	.35**	-.37**	-.20 <sup>†</sup>	-.19 <sup>†</sup>
Obsessive passion (2)	2.72	1.14		.18	.26*	.03	-.29**
Reparative behaviors following conflict (3)	4.35	1.75			-.54***	-.29*	-.42***
Destructive conflict behavior (4)	2.23	1.10				.43***	.13
Relationship length (in months) (5)	46.14	38.74					.03
Conflict severity (6)	3.43	1.46					

Except for relationship length, all means and standard deviations come from 7-point Likert type scales

<sup>†</sup>  $p < .10$ ; \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$

answer each of them at the end of the day it was sent. They were further informed that if they forgot to complete one of the questionnaires on a given day, they should rather skip it than answering it on a different day. At the beginning of the daily questionnaires, participants were asked if they had encountered a conflict with their romantic partner during the current day. Participants who answered negatively were not asked further questions and were led to the end of the questionnaire. Those who had encountered a conflict with their partner during the day were asked about the behaviors (i.e., destructive conflict behavior and reparative behaviors) they had engaged in. Participants were also asked to rate the severity of the conflict. Responses to all items were scored on a 7-point Likert scale, ranging from (1) “Do not agree at all” to (7) “Very strongly agree.”

### Instruments

**Romantic passion** The Romantic Passion Scale (Ratelle et al. 2013) was used again in this study. The Cronbach alpha values for the harmonious and obsessive passion subscales were respectively .89 and .80.

**Destructive conflict behavior** The same scale ( $\alpha = .80$ ) as in Study 1 was used again.

**Reparative behaviors following conflict** The same scale ( $\alpha = .86$ ) as in Study 1 was used.

**Conflict severity** Conflict severity was assessed with three items ( $\alpha = .85$ ). Specifically, participants were asked to rate to what extent the conflict was “severe”, “important”, and “intense”.

## Results

### Preliminary analyses

The mean number of daily reports completed by the participants was 7.57 ( $SD = 2.27$ ). Thirteen of the 90

participants did not report any conflict during the 10 day period and thus could not be used for the subsequent analyses.<sup>1</sup> The remaining 77 participants had a mean number of 1.62 days ( $SD = .89$ ) on which they reported having encountered a conflict with their partner. Aggregated scores (corresponding to the average level of the conflict behaviors across days when conflict happened) were used (see Trautwein et al. 2009, for a similar procedure).

Correlations, means, and standard deviations of the study variables are reported in Table 3. We first examined whether men and women scored differently on the study variables. Analyses revealed no significant differences between men and women on harmonious passion ( $F[1, 89] = .79, p = .37$ ), obsessive passion ( $F[1, 89] = .37, p = .55$ ), destructive conflict behavior ( $F[1, 89] = 1.21, p = .28$ ), and conflict severity ( $F[1, 76] = 1.67, p = .20$ ). However, men reported engaging in more reparative behaviors following conflict ( $M = 5.65$ ) than women ( $M = 4.35$ ),  $F(1, 76) = 7.04, p < .05$ .

### Regression analyses

Regression analyses were carried out to determine the extent to which harmonious and obsessive passion could predict destructive conflict behavior and engagement in reparative behaviors following conflict. Variables that did not meet the requirements for normality were transformed via standard methods (i.e., LOG10, SQRT) before analysis. Because we wanted to test for the contribution of the two types of passion over and beyond the role of conflict severity and relationship length, these two latter variables were also entered in the regression. As can be seen in Table 4, harmonious and obsessive passion were found to be significant predictors of destructive conflict behavior, with harmonious passion negatively predicting this

<sup>1</sup> Analyses revealed no significant differences between participants who did not report any conflict and those who reported at least one conflict during the week on harmonious passion, obsessive passion, relationship length, age and gender, all  $ps < .01$ .

**Table 4** Regression analysis for variables predicting conflict behaviors: Study 2

Variable	Destructive conflict behavior				Reparative behaviors following conflict			
	B	SE B	$\beta$	R <sup>2</sup>	B	SE B	$\beta$	R <sup>2</sup>
Conflict severity	.27	.07	.36***	.36	-.27	.12	-.23*	.32
Relationship length	.01	.00	.17 <sup>†</sup>		-.02	.01	-.36**	
Harmonious passion	-.30	.10	-.29**		.42	.17	.25*	
Obsessive passion	.30	.10	.31**		.11	.16	.07	

<sup>†</sup>  $p < .10$ ; \*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$

variable ( $\beta = -.29$ ,  $t[77] = -2.94$ ,  $p < .01$ ) and obsessive passion positively predicting it ( $\beta = .31$ ,  $t[77] = 3.15$ ,  $p < .01$ ). Interestingly, these results were found while controlling for relationship length and also for conflict severity, which was an important predictor ( $\beta = .36$ ,  $t[77] = 3.73$ ,  $p < .001$ ) of destructive conflict behavior. Taken together, the four predictors accounted for 36 % of the variance in destructive conflict behavior. Results also showed that relationship length ( $\beta = -.36$ ,  $t[77] = -3.54$ ,  $p < .01$ ) and conflict severity ( $\beta = -.23$ ,  $t[77] = -2.29$ ,  $p < .05$ ) both negatively predicted engagement in reparative behaviors following conflicts. Despite the substantial variance in reparative behaviors explained by these two predictors, harmonious passion ( $\beta = .25$ ,  $t[77] = 2.49$ ,  $p < .05$ ) still significantly and positively predicted this variable. Obsessive passion was not a significant predictor of reparative behaviors ( $\beta = .07$ ,  $t[77] = .70$ ,  $p = .49$ ). Taken together, the four predictors accounted for 32 % of the variance in reparative behaviors. The analyses were run again for men and women separately. The same pattern of relationships between the two types of passion and the two outcomes was obtained when considering either men or women alone. We also reran the analyses while entering “gender” and “relationship status” as covariates; the pattern of results between the types of passion and the two outcomes remained unchanged.

*Supplemental analyses*

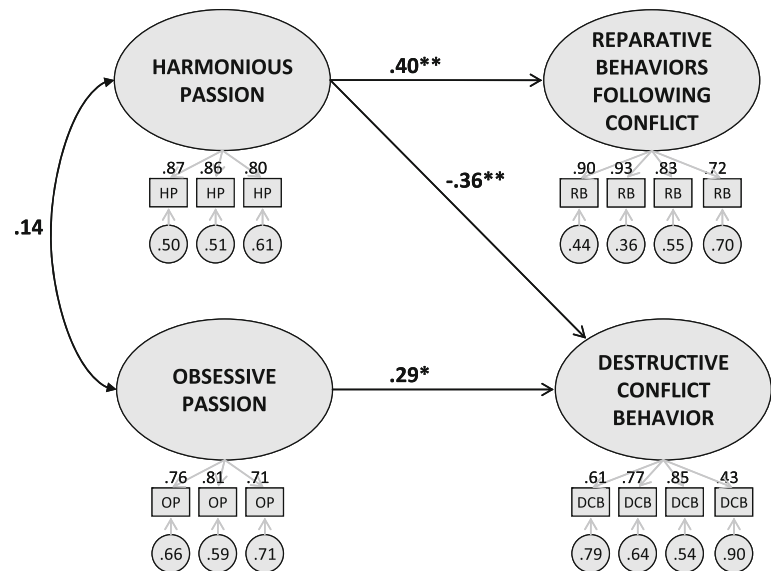
Structural equation modeling analyses were conducted in order to further examine the relationships between the study variables while testing for the adequacy of our measures. We used a hybrid model which consists of measurement and structural components. Thus, hybrid models incorporate a measurement model that represents observable variables that load individually on their respective latent constructs (Joreskog 1973; Kline 2005). At the same time, they allow testing hypotheses about causal effects. Thus, if a hybrid model yields good fit indices, it means that both the measurement and the structural parts of the model are adequate.

In order to have enough participants to run our analyses, we merged data from Studies 1 and 2. We performed structural equation modeling analyses on a raw data file using maximum likelihood estimation procedure (EQS version 6.1; Bentler 1993). The model tested was composed of four latent variables: two exogenous variables (i.e., harmonious passion and obsessive passion) and two endogenous variables (i.e., destructive conflict behavior and reparative behaviors following conflict). As shown in Fig. 1, each latent variable had three to four indicators. The four destructive behavior items as well as the four reparative behaviors following conflict were used as the indicators for their respective factors. Because the passion scale contains too many items, parcels were used as indicators of the two types of passion. Specifically, we computed parcels by aggregating Items 1 and 4 from their respective subscale into Parcel 1, Items 2 and 5 into Parcel 2, and Items 3 and 6 into Parcel 3. The two exogenous variables were allowed to covary.

In line with results from the regression analyses, three paths were specified: one from each type of passion to destructive conflict behavior and one from harmonious passion to reparative behaviors following conflict. The results showed that the model had an adequate fit to the data,  $\chi^2$  ( $df = 73$ ,  $N = 200$ ) = 122.89,  $p < .01$ ; NNFI = .96; CFI = .96; GFI = .92; SRMR = .07; and RMSEA = .06 [.04; .08]. Because the Chi square is sensitive to sample size, some researchers have suggested using the normed Chi square, which is the Chi square value divided by the degrees of freedom (Kline 2005). Bollen (1989) suggested that a normed Chi square value of less than 3.0 indicates a reasonable fit to the data. In the present study, the normed Chi square value was 1.68 (122.89/73).

The two exogenous variables were not significantly correlated,  $r = .14$ ,  $p > .05$ . The three paths between the exogenous and endogenous variables were significant. Specifically, harmonious passion was positively associated ( $\beta = .40$ ,  $p < .001$ ) with reparative behaviors following conflict and negatively related ( $\beta = -.36$ ,  $p < .001$ ) to destructive conflict behavior. Conversely, obsessive passion was positively related to destructive conflict behavior ( $\beta = .29$ ,  $p < .01$ ).

**Fig. 1** Results from the structural equation modeling analysis: Studies 1 and 2. Standardized path coefficients are presented. \*  $p < .01$ , \*\*  $p < .001$ ,  $n = 200$



## Discussion

Study 2 aimed at replicating the pattern of findings found in Study 1 using a methodology considerably reducing retrospective bias and while controlling for conflict severity. Overall, the hypotheses received support. Specifically, results of a diary study over a 10-day period revealed that harmonious passion negatively predicted destructive conflict behavior (Gottman 1994) and positively predicted engagement in reparative behaviors following conflicts. Conversely, obsessive passion positively predicted destructive conflict behavior and was not significantly related to reparative behaviors following conflicts. These results could not be due to differences in relationship length and in the degree of conflict severity as the results were obtained while controlling for these variables. Further structural equation modeling analyses were conducted with data from both Studies 1 and 2. The hybrid model we tested yielded good fit indices which reflect that both the measurement and the structural parts of our model are adequate. These findings bring further support to our hypotheses.

## General discussion

The general purpose of the present research was to examine the differential role of harmonious and obsessive romantic passion in destructive conflict behavior (Gottman 1994) and in reparative behaviors following conflict. In two studies, obsessive passion was found to be positively related to destructive conflict behavior while not being significantly related to engagement in reparative behaviors following conflict. Conversely, harmonious passion was

found to be negatively related to destructive conflict behavior while being systematically positively associated with greater use of reparative behaviors following conflict. These results held when participants were asked to report about how they typically behave when a conflict arises in their relationship (Study 1) as well as when diary data were collected over 10 days and averaged across days when conflict actually took place (Study 2). We now turn to implications of these findings.

### Implications for the dualistic model of passion

A first implication from the present research pertains to the support it provides for the DMP. Our findings document the differential role of harmonious and obsessive romantic passions in such important outcomes as conflict management strategies. Harmonious and obsessive were found to be respectively negatively and positively associated with destructive conflict behavior. In addition, harmonious passion was positively associated with reparative behaviors whereas obsessive passion was not significantly related to this outcome. The implications of such findings are important given the crucial role of conflict management in the prediction of relational dissatisfaction and relationship dissolution (see, for example, Gager and Sanchez 2003; Hirschberger et al. 2009). Research examining the relationships between the two types of passion and other types of behavior associated with conflict management (e.g., collaborating, compromising) would be useful.

The present findings suggest that the outcomes associated with having a harmonious or obsessive passion are not limited to the person who has the passion, but can also be experienced by the partner. The differential role of harmonious and obsessive romantic passions thus go beyond

the intrapersonal sphere and also pertains to important interpersonal outcomes. This is in accordance with past research showing that individuals' harmonious romantic passion is positively associated with the partner's relationship satisfaction (Ratelle et al. 2013). In line with these findings and the results from the present series of studies, it would be interesting to test whether the way individuals who have a harmonious passion behave during and after conflict is one of the key to their partner's increased relationship satisfaction. These hypotheses would need to be examined empirically.

Finally, in support of the DMP, the results of the present research suggest that the bi-dimensional conceptualization of romantic passion applies equally to men and women. In fact, in both studies, the pattern of results remained unchanged when considering men and women separately and when controlling for gender in the analyses. These findings suggest that the effects of harmonious and obsessive passions are not gender-specific. However, given the very limited number of men who participated in both studies, replication with samples that include more men is required before definitive conclusions can be drawn regarding invariance of results across gender.

#### On romantic passion and maladaptive behavior

Findings from the present research revealed that obsessive romantic passion was positively associated with destructive conflict behavior while harmonious passion was negatively related to this behavior. These findings are not surprising because ego-invested (rather than integrative) self processes (Hodgins and Knee 2002) are at play with obsessive passion. Given that obsessive passion is associated with engagement in such aggressive behavior as destructive conflict behavior (Gottman 1994) and given that aggressive behavior often results from threatened egotism (i.e., highly favorable views of the self that are disputed by others; Baumeister et al. 1996) we posit that couple conflict might be perceived as especially self-threatening by individuals with an obsessive passion. This would be coherent with results from Donahue et al. (2009) which revealed that obsessive passion in the sports realm is associated with aggressive behavior, and especially so under identity threat. It would thus seem that individuals with a harmonious (vs. obsessive) passion have a better ability to face threatening information (such as criticism from one's partner) non-defensively (see Donahue et al. 2009). Thus a potential mediator of the link between the two types of passion and destructive conflict behavior might be the extent to which conflict with one's partner is perceived as a threat to one's self versus as a normal and not overly self-threatening thing that happens in every relationship.

The mediating role of anger in the obsessive passion-destructive conflict behavior relationship deserves attention. Indeed, past research (e.g., Philippe et al. 2009a, b; Rip et al. 2012) has shown that anger mediates the impact of obsessive passion on aggressive behavior. Future research would do well to test whether the same sequence also operates in romantic conflict. The role of passion in anger management would also appear important. Specifically, it is possible that individuals with a harmonious passion have a natural tendency to better regulate their anger than those with an obsessive passion. Such an adaptive anger management would make them more prone to resist the urge to retaliate after a partner's transgression, which would explain their display of more adaptive behavior during and after conflict. These hypotheses would be interesting to test given that not managing conflict constructively puts partners at risk of hurting one another, either psychologically or physically (see Lloyd and Emery 1994, for a review). This issue is not to be taken lightly, as 20 % of people would appear to have experienced a violent episode in their romantic relationships within the previous year (see Marshall 1994). Research along these lines thus appears promising.

#### On romantic passion and relationships

The present findings suggest that individuals with a harmonious passion have better relational skills than people with an obsessive passion. Previous research has shown that having a harmonious passion is related to enhanced relationship quality both in the workplace (Philippe et al. 2010) and in sport settings (Lafrenière et al. 2008). The present research adds to these findings by showing that individuals with a harmonious passion also seem to have a better ability to deal with the challenges that romantic relationships present. In two studies, individuals with a harmonious (vs. obsessive) passion were found to be better at managing conflict, an ability that is essential to promoting healthy and stable relationships (see Laursen and Hafen 2010; Pietromonaco et al. 2004). Examining whether these individuals also have better communication and relationship-building skills in general would be worthwhile. The type of relational goals pursued by obsessively and harmoniously-passionate individuals would also be a promising avenue to investigate. Research by Sanderson and Karetzky (2002) has shown that individuals who are strongly oriented toward intimacy goals are more likely to engage in adaptive conflict behavior and to show concern for their partner during conflict. Whether individuals who have a harmonious passion display a stronger focus on intimacy goals than individuals who have an obsessive passion is thus another hypothesis that would deserve further investigation.

Individuals who have a harmonious passion present a secure sense of self (Vallerand 2010), which should allow

them to invest non-defensively in relationships. They feel secure and safe in relationships and can therefore be attuned to both their own and their partner's needs and well-being. Conversely, people who are obsessively passionate have a defensive sense of self (Bélanger et al. 2013a) and might thus be so preoccupied by protecting their self in the relationship that they might end up paying little attention to their partner's needs and well-being, especially so during conflict. They should therefore demonstrate a strong concern for their personal outcomes at the expense of those of the partner or the couple. Such high concern for self-interest may lead them to do whatever it takes to “win” the conflict, with little consideration of the partner's well-being. Such an approach to conflict is likely to have detrimental effects on relationship intimacy (Gottman and Krokoff 1989).

Conflict in a relationship is clearly not all bad. As put forward by Pietromonaco et al. (2004), whether conflict with one's partner exacerbates distress or, in turn, facilitates intimacy depends largely on the individual differences in the way people interpret and respond to conflict. The present findings thus suggest that individuals who have a harmonious (vs. obsessive) romantic passion might be more prone to perceive conflict as an opportunity for improving communication and/or for enhancing closeness in the relationship. They would thus approach conflict with a state of mind that sets the stage to a healthy discussion in which both partners can disclose thoughts and needs while feeling understood and accepted. In such a setting, partners can learn about each other's goals and may more readily engage in collaborative strategies to try to resolve the conflict. That, in turn, may foster open communication in day-to-day interactions and deepen the relationship (Laurenceau et al. 1998, 2004).

#### Limitations

Some limitations of the present research should be underscored. First, the two studies were correlational in nature and therefore causality cannot be inferred from the present research. Our hypotheses that the two types of passion would lead to certain conflict behaviors were based on theory and previous research based on the DMP (Vallerand et al. 2003), but the inverse model remains possible. Previous research (e.g., Carbonneau et al. 2008) examining the relationships between passion and outcomes using a cross-lag panel model revealed that over-time changes in passion led to changes in outcomes but not the reverse. Furthermore, research wherein the two types of passion were experimentally induced reveals that passion does lead to outcomes (Bélanger et al. 2013b; Lafrenière et al. in press). These findings suggest that the “passion → outcomes” sequence presented in the present research may be appropriate. However, these studies

did not pertain to romantic behaviors and future research should definitely try to reproduce the present findings using an experimental design. Second, the two studies rely on self-report data. Future research should seek to replicate the present findings with objective measures. For example, studies conducted in laboratory settings would allow romantic partners' conflict behavior to be assessed by a third party (judges), for more objectivity. Another limitation of this research has to do with the diary design used in Study 2. Such a design offers interesting advantages (such as the reduction of retrospective bias) but also presents potential problems related to participants' compliance with the study protocol as well as the issue of missing data. On average, participants from our study completed 7.57 daily reports out of 10. Monetary incentives or lotteries could be used in future research in order to enhance compliance and completion rates (see Ohly et al. 2010). Another limitation of the present research is the use, in both Studies 1 and 2, of two scales (namely the “destructive conflict behavior” and “reparative behaviors following conflict” scales) that had not been previously validated. It is important to note, however, that structural equation modeling analyses provided support for the adequacy of our measures. In addition, both scales yielded satisfactory internal consistency (>.76) in the present research. Nevertheless, given the use of new scales, the results of the present research need to be considered with caution until replicated in other studies. Finally, replication of the present findings with samples that are more varied with respect to age and where equal numbers of men and women is present would appear crucial.

#### Conclusion

In sum, the present research represents an initial attempt to document the role of harmonious and obsessive romantic passion in behavior during and after conflict. The dualistic conceptualization of romantic passion would thus appear to offer an interesting avenue toward a better understanding of important processes at play in romantic relationships. Future research along these lines would be valuable.

**Acknowledgments** The research was facilitated by Grants from the Social Science and Humanities Research Council (SSHRC) and by the Fonds de Recherche sur la Société et la Culture (FQRSC) to the second author and by a SSHRC Fellowship to the first author.

#### Appendix

##### The Romantic Passion Scale

1. My relationship with my partner is in harmony with the other activities in my life.

2. I have difficulties controlling my urge to see my partner.
3. The new things that I discover with this relationship allow me to appreciate it even more.
4. I have almost an obsessive feeling for my partner.
5. My relationship with my partner reflects the qualities I like about myself.
6. My relationship with my partner allows me to live a variety of experiences.
7. Spending time with my partner is the only thing that really turns me on.
8. My relationship with my partner is well integrated in my life.
9. If I could, spending time with my partner would be the only thing I would do.
10. My relationship with my partner is in harmony with other things that are part of me.
11. My relationship with my partner is so exciting that I sometimes lose control over it.
12. I have the impression that my relationship with my partner controls me.

The Destructive Conflict Behavior Scale  
(In general, during conflict...)

1. I don't weigh my words when I criticize my partner and when I start, nothing stops me.
2. I feel disgusted by my partner's attitude; I think of how stupid my partner can sometimes be.
3. When my partner criticizes me, I respond with a critic toward him/her or tell him/her "You think you are better?"
4. When my partner complains, I either do not respond, go out of the room, or try and change the subject.

The Reparative Behaviors Following Conflict Scale  
(In general, after a conflict...)

1. I show my partner that I care about him/her (e.g., I hug him/her)
2. I take steps towards reconciliation with my partner.
3. I tell my partner that I love him/her or that I care about him/her.
4. I admit my share of responsibility in the conflict.

## References

- Alvaro, J. A. (2001). An interpersonal forgiveness and reconciliation intervention: The effect on marital intimacy. *Dissertation Abstracts International 3-B*, 62, 1608.
- Baumeister, R. F., Smart, L., & Boden, J. (1996). Relation of threatened egotism to violence and aggression: The dark side of self-esteem. *Psychological Review*, 103, 5–33.
- Bélanger, J. J., Lafrenière, M.-A. K., Vallerand, R. J., & Kruglanski, A. W. (2013a). Driven by fear: The effect of success and failure information on passionate individuals' performance. *Journal of Personality and Social Psychology*, 104, 180–195.
- Bélanger, J. J., Lafrenière, M.-A. K., Vallerand, R. J., & Kruglanski, A. W. (2013b). When passion makes the heart grow colder: The role of passion in alternative goal-suppression. *Journal of Personality and Social Psychology*, 104, 126–147.
- Bentler, P. M. (1993). *EQS: Structural equation program manual*. Los Angeles: BMDP Statistical Software.
- Bollen, K. A. (1989). *Structural equations with latent variables*. New York: Wiley.
- Canary, D. J., Cupach, W. R., & Messman, S. J. (1995). The nature of conflict in close relationships. In D. J. Canary, W. R. Cupach, & S. J. Messman (Eds.), *Relationship conflict* (pp. 1–21). Thousand Oaks, CA: Sage.
- Carbonneau, N., Vallerand, R. J., Fernet, C., & Guay, F. (2008). The role of passion for teaching in intra and interpersonal outcomes. *Journal of Educational Psychology*, 100, 977–987.
- Castelda, B. A., Mattson, R. E., MacKillop, J., Anderson, E. J., & Donovanick, P. J. (2007). Psychometric validation of the gambling passion scale (GPS) in an English-speaking university sample. *International Gambling Studies*, 7, 173–182.
- Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum.
- Deci, E. L., & Ryan, R. M. (2000). The "what" and the "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11, 227–268.
- Donahue, E. G., Rip, B., & Vallerand, R. J. (2009). When winning is everything: On passion and aggression in sport. *Psychology of Sport and Exercise*, 10, 526–534.
- Fincham, F. D. (2003). Marital conflict: Correlates, structure and context. *Current Directions in Psychological Science*, 12, 23–27.
- Fincham, F. D., & Beach, S. R. (1999). Marital conflict: Implications for working with couples. *Annual Review of Psychology*, 50, 47–77.
- Fincham, F. D., Beach, S. R. H., & Davila, J. (2004). Forgiveness and conflict resolution in marriage. *Journal of Family Psychology*, 18, 72–81.
- Forest, J., Mageau, G. A., Sarrazin, C., & Morin, E. M. (2011). "Work is my passion": The different affective, behavioural, and cognitive consequences of harmonious and obsessive passion toward work. *Canadian Journal of Administrative Sciences*, 28, 27–40.
- Gager, C. T., & Sanchez, L. (2003). Two as one? Couples' perceptions of time spent together, marital quality, and the risk of divorce. *Journal of Family Issues*, 24(1), 21–50.
- Gottman, J. M. (1993). A theory of marital dissolution and stability. *Journal of Family Psychology*, 7, 57–75.
- Gottman, J. M. (1994). *What predicts divorce? The relationship between marital processes and marital outcomes*. Hillsdale, NJ: Erlbaum.
- Gottman, J. M. (1998). Psychology and the study of marital processes. *Annual Review of Psychology*, 49, 169–197.
- Gottman, J. M., & Krokoff, L. J. (1989). The relationship between marital interaction and marital satisfaction: A longitudinal view. *Journal of Consulting and Clinical Psychology*, 57, 47–52.
- Gottman, J. M., & Levenson, R. W. (1992). Marital processes predictive of later dissolution: Behavior, physiology and health. *Journal of Personality and Social Psychology*, 63, 221–233.
- Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. New York: Three Rivers Press.
- Hatfield, E., & Rapson, R. L. (1990). Passionate love in intimate relationships. In B. S. Moore & A. M. Isen (Eds.), *Affect in social behavior* (pp. 126–151). New York, NY: Cambridge Press.
- Hatfield, E., & Rapson, R. L. (1993). Love and attachment processes. In M. Lewis & J. M. Haviland (Eds.), *Handbook of emotions* (pp. 595–604). New York: Guilford Press.

- Hatfield, E., & Sprecher, S. (1986). Measuring passionate love in intimate relationships. *Journal of Adolescence*, 9, 383–410.
- Hatfield, E., & Sprecher, S. (2010). The passionate love scale. In T. D. Fisher, C. M. Davis, W. L. Yaber, & S. L. Davis (Eds.), *Handbook of sexuality-related measures: A compendium* (3rd ed., pp. 469–472). Thousand Oaks, CA: Taylor & Francis.
- Hatfield, E., & Walster, G. W. (1978). *A new look at love*. Lanham, MA: University Press of America.
- Hirschberger, G., Srivastava, S., Marsh, P., Cowan, C. P., & Cowan, P. A. (2009). Attachment, marital satisfaction, and divorce during the first fifteen years of parenthood. *Personal Relationships*, 16, 401–420.
- Hodgins, H. S., & Knee, R. (2002). The integrating self and conscious experience. In E. L. Deci & R. M. Ryan (Eds.), *Handbook on self-determination research: Theoretical and applied issues* (pp. 87–100). Rochester, NY: University of Rochester Press.
- Hojjat, M. (2000). Sex differences and perceptions of conflict in romantic relationships. *Journal of Social and Personal Relationships*, 17, 598–617.
- Jehn, K. A. (1995). A multimethod examination of the benefits and detriments of intragroup conflict. *Administrative Science Quarterly*, 40, 256–282.
- Jones, T. S., & Reiland, M. S. (1993). Nonverbal communication and conflict escalation: An attribution-based model. *International Journal of Conflict Management*, 4, 121–139.
- Joreskog, K. G. (1973). A general method for estimating a linear structural equation system. In A. S. Goldberger & O. D. Duncan (Eds.), *Structural equation models in the social sciences* (pp. 85–112). New York: Seminar Press.
- Kerig, P. K. (1996). Assessing the links between interparental conflict and child adjustment: The conflicts and problem-solving scales. *Journal of Family Psychology*, 10, 454–473.
- Kline, R. B. (2005). *Principles and practice of structural equation modeling* (2nd ed.). New York: Guilford Press.
- Kurdek, L. A. (1995). Predicting change in marital satisfaction from husbands' and wives' conflict resolution styles. *Journal of Marriage and the Family*, 57, 153–164.
- Lafrenière, M.-A. K., Jowett, S., Vallerand, R. J., Donahue, E. G., & Lorimer, R. (2008). Passion in sport: On the quality of the coach-athlete relationship. *Journal of Sport & Exercise Psychology*, 30, 541–560.
- Lafrenière, M.-A. K., Vallerand, R. J., Donahue, E. G., & Lavigne, G. L. (2009). On the costs and benefits of gaming: The role of passion. *CyberPsychology & Behavior*, 12, 285–290.
- Lafrenière, M.-A. K., Vallerand, R. J., & Sedikides, C. (in press). On the relation between self-enhancement and life satisfaction: The moderating role of passion. *Self and Identity*.
- Laurenceau, J. P., Feldman Barrett, L., & Pietromonaco, P. R. (1998). Intimacy as an interpersonal process: The importance of self-disclosure, partner disclosure, and perceived partner responsiveness in interpersonal exchanges. *Journal of Personality and Social Psychology*, 74, 1238–1251.
- Laurenceau, J. P., Rivera, L. M., Schaffer, A. R., & Pietromonaco, P. R. (2004). Intimacy as an interpersonal process: Current status and future directions. In D. Mashek & A. Aron (Eds.), *Handbook of closeness and intimacy*. Mahwah, NJ: Lawrence Erlbaum.
- Laursen, B., & Hafen, C. A. (2010). Future directions in the study of close relationships: Conflict is bad (except when it's not). *Social Development*, 19, 858–872.
- Lloyd, S. A., & Emery, B. C. (1994). Physically aggressive conflict in romantic relationships. In D. D. Cahn (Ed.), *Conflict in personal relationships* (pp. 27–46). Hillside, NJ: Lawrence Erlbaum Associates, Inc.
- MacKillop, J., Anderson, E. J., Castelda, B. A., Mattson, R. E., & Donovanick, P. J. (2006). Divergent validity of measures of cognitive distortions, impulsivity, and time perspective in pathological gambling. *Journal of Gambling Studies*, 22, 339–354.
- Mageau, G. A., Carpentier, J., & Vallerand, R. J. (2011). The role of self-esteem contingencies in the distinction between obsessive and harmonious passion. *European Journal of Social Psychology*, 41, 1–10.
- Mageau, G. A., Vallerand, R. J., Rousseau, F. L., Ratelle, C. F., & Provencher, P. J. (2005). Passion and gambling: Investigating the divergent affective and cognitive consequences of gambling. *Journal of Applied Social Psychology*, 35, 100–118.
- Marshall, L. (1994). Physical and psychological abuse. In W. R. Cupach & B. H. Spitzberg (Eds.), *The dark side of interpersonal communication*. Hillsdale, NJ: Lawrence Erlbaum.
- McCullough, M. E., Rachal, K. C., Sandage, S. J., Worthington, E. L., Jr, Brown, S. W., & Hight, T. L. (1998). Interpersonal forgiving in close relationships: II. Theoretical elaboration and measurement. *Journal of Personality and Social Psychology*, 75, 1586–1603.
- Murray, S. L., & Holmes, J. G. (1997). A leap of faith? Positive illusions in romantic relationships. *Personality and Social Psychology Bulletin*, 23, 586–604.
- Ohly, S., Sonnentag, S., Niessen, C., & Zapf, D. (2010). Diary studies in organizational research: An introduction and some practical recommendations. *Journal of Personnel Psychology*, 9, 79–93.
- Perry, D. G., Perry, L. C., & Kennedy, E. (1992). Conflict and the development of antisocial behavior. In C. U. Shantz & W. W. Hartup (Eds.), *Conflict in child and adolescent development* (pp. 301–329). New York: Cambridge University Press.
- Philippe, F., Vallerand, R. J., Houliort, N., Lavigne, G. L., & Donahue, E. G. (2010). Passion for an activity and quality of interpersonal relationships: The mediating role of emotions. *Journal of Personality and Social Psychology*, 98, 917–932.
- Philippe, F., Vallerand, R. J., & Lavigne, G. (2009a). Passion makes a difference in people's lives: A look at well-being in passionate and non-passionate individuals. *Applied Psychology: Health and Well-Being*, 1, 3–22.
- Philippe, F., Vallerand, R. J., Richer, R. J., Vallières, E., & Bergeron, J. (2009b). Passion for driving and aggressive driving behavior: A look at their relationship. *Journal of Applied Social Psychology*, 39, 3020–3043.
- Pietromonaco, P. R., Greenwood, D., & Feldman Barrett, L. (2004). Conflict in adult close relationships: An attachment perspective. In W. S. Rholes & J. A. Simpson (Eds.), *Adult attachment: New directions and emerging issues* (pp. 267–299). New York: Guilford Press.
- Ratelle, C. F. (2002). Une nouvelle conceptualisation de la passion amoureuse. [A new conceptualization of romantic passion]. *Unpublished doctoral dissertation*, University of Quebec in Montreal, Montreal, Quebec, Canada.
- Ratelle, C. F., Carbonneau, N., Vallerand, R. J., & Mageau, G. A. (2013). Passion in the romantic sphere: A look at relational outcomes. *Motivation and Emotion*, 37, 106–120.
- Ratelle, C. F., Vallerand, R. J., Mageau, G. A., Rousseau, F. L., & Provencher, P. (2004). When passion leads to problematic outcomes: A look at gambling. *Journal of Gambling Studies*, 20, 105–119.
- Reis, H. T., & Gable, S. L. (2000). Event-sampling and other methods for studying everyday experience. In H. T. Reis & C. M. Judd (Eds.), *Handbook of research methods in social and personality psychology* (pp. 190–222). Cambridge, UK: Cambridge University Press.
- Rip, B., Fortin, S., & Vallerand, R. J. (2006). The relationship between passion and injury in dance students. *Journal of Dance Medicine & Science*, 10, 14–20.
- Rip, B., Vallerand, R. J., & Lafrenière, M.-A. K. (2012). Passion for a cause, passion for a creed: On ideological passion, identity threat, and extremism. *Journal of Personality*, 80, 573–602.

- Rousseau, F. L., & Vallerand, R. J. (2003). Le rôle de la passion dans le bien-être subjectif des aînés [The role of passion in the subjective well-being of elderly individuals]. *Revue Québécoise de Psychologie, 24*, 197–211.
- Rousseau, F. L., & Vallerand, R. J. (2008). An examination of the relationship between passion and subjective well-being in older adults. *International Journal of Aging and Human Development, 66*, 195–211.
- Rousseau, F. L., Vallerand, R. J., Ratelle, C. F., Mageau, G. A., & Provencher, P. J. (2002). Passion and gambling: On the validation of the gambling passion scale (GPS). *Journal of Gambling Studies, 18*, 45–66.
- Ryan, R. M., & Deci, E. L. (2003). On assimilating identities to the self: A self-determination theory perspective on internalization and integrity within cultures. In M. R. Leary & J. P. Tangney (Eds.), *Handbook on self & identity* (pp. 253–274). New York: The Guilford Press.
- Salvatore, J., Kuo, S. I., Steele, R. D., Simpson, J. A., & Collins, W. A. (2011). Recovering from conflict in romantic relationships: A developmental perspective. *Psychological Science, 22*, 376–383.
- Sanderson, C. A., & Karetzky, K. H. (2002). Intimacy goals and strategies of conflict resolution in dating relationships: A mediational analysis. *Journal of Social and Personal Relationships, 19*, 323–343.
- Séguin-Lévesque, C., Laliberté, M.-L., Pelletier, L. G., Blanchard, C., & Vallerand, R. J. (2003). Harmonious and obsessive passion for the internet: Their associations with the couple's relationships. *Journal of Applied Social Psychology, 33*, 197–221.
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family, 38*, 15–38.
- Stenseng, F. (2008). The two faces of leisure activity engagement: Harmonious and obsessive passion in relation to intrapersonal conflict and life domain outcomes. *Leisure Sciences, 30*, 465–481.
- Stephan, Y., Deroche, T., Brewer, B. W., Caudroit, J., & Le Scannf, C. (2009). Predictors of perceived susceptibility to sport-related injury among competitive runners: The role of previous experience, neuroticism, and passion for running. *Applied Psychology: An International Review, 58*, 672–687.
- Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review, 93*, 119–135.
- Sternberg, R. J. (1988). Triangulating love. In R. J. Sternberg & M. L. Barnes (Eds.), *The psychology of love* (pp. 119–138). New Haven, CT: Yale University Press.
- Sternberg, R. J. (1997). Construct validation of a triangular love scale. *European Journal of Social Psychology, 27*, 313–335.
- Tosun, L. P., & Lajunen, T. (2009). Why do young adults develop a passion for Internet activities? The associations among personality, revealing « true self » on the Internet, and passion for the Internet. *CyberPsychology & Behavior, 12*, 401–406.
- Trautwein, U., Lüdtke, O., Roberts, B. W., Schnyder, I., & Niggli, A. (2009). Different forces, same consequence: Conscientiousness and competence beliefs are independent predictors of academic effort and achievement. *Journal of Personality and Social Psychology, 97*, 1115–1128.
- Tsang, J., McCullough, M., & Fincham, F. D. (2006). Forgiveness and the psychological dimension of reconciliation: A longitudinal analysis. *Journal of Social and Clinical Psychology, 25*, 404–428.
- Vallerand, R. J. (1997). Toward a hierarchical model of intrinsic and extrinsic motivation. *Advances in Experimental and Social Psychology, 29*, 271–360.
- Vallerand, R. J. (2008). On the psychology of passion: In search of what makes people's lives most worth living. *Canadian Psychology, 49*, 1–13.
- Vallerand, R. J. (2010). On passion for life activities: The dualistic model of passion. In M. P. Zanna (Ed.), *Advances in experimental social psychology* (Vol. 42, pp. 97–193). New York: Academic Press.
- Vallerand, R. J., Blanchard, C. M., Mageau, G. A., Koestner, R., Ratelle, C. F., Léonard, M., et al. (2003). Les passions de l'âme: On obsessive and harmonious passion. *Journal of Personality and Social Psychology, 85*, 756–767.
- Vallerand, R. J., Fortier, M. S., & Guay, F. (1997). Self-determination and persistence in a real-life setting: Toward a motivational model of high school dropout. *Journal of Personality and Social Psychology, 72*, 1161–1176.
- Vallerand, R. J., & Houffort, N. (2003). Passion at work: Toward a new conceptualization. In S. W. Gilliland, D. D. Steiner, & D. P. Skarlicki (Eds.), *Emerging perspectives on values in organizations* (pp. 175–204). Greenwich, CT: Information Age Publishing.
- Vallerand, R. J., Mageau, G. A., Elliot, A. J., Dumais, A., Demers, M.-A., & Rousseau, F. L. (2008a). Passion and performance attainment in sport. *Psychology of Sport and Exercise, 9*, 373–392.
- Vallerand, R. J., Ntoumanis, N., Philippe, F., Lavigne, G. L., Carbonneau, N., Bonneville, A., et al. (2008b). On passion and sports fans: A look at football. *Journal of Sport Sciences, 26*, 1279–1293.
- Vallerand, R. J., Rousseau, F. L., Grouzet, F. M. E., Dumais, A., & Grenier, S. (2006). Passion in sport: A look at determinants and affective experiences. *Journal of Sport & Exercise Psychology, 28*, 454–478.
- Vallerand, R. J., Salvy, S. J., Mageau, G. A., Elliot, A. J., Denis, P., Grouzet, F. M. E., et al. (2007). On the role of passion in performance. *Journal of Personality, 75*, 505–534.
- Wang, C. C., & Chu, Y. S. (2007). Harmonious passion and obsessive passion in playing online games. *Social Behavior and Personality, 35*, 997–1006.
- Wang, C. C., & Yang, H. W. (2007). Passion and dependency in online shopping activities. *CyberPsychology & Behavior, 10*, 296–298.