

The Good Fight

May 24, 2011

The Boston Globe:

It starts in childhood: As every kindergartner learns, getting along with others is a practical virtue. From our earliest years, we start to absorb lessons of diplomacy and tact, all meant to help us navigate our surroundings without friction. Down the road, as grown-ups, we seek harmony at home and in the office. Couples who project tranquility are envied, and an unflappable attitude is often a job requirement. Fighting, meanwhile, is perceived as corrosive and stressful.

But what if we're thinking about fighting wrong? What if, as counter intuitive as it seems, certain kinds of fighting are good for us?

In a new paper drawn from the Early Years of Marriage study at the University of Michigan, which tracked newly married couples over 16 years, researchers examined whether conflict behaviors beyond obvious destructive patterns (shouting, name-calling) would predict divorce.

Read the whole story: [The Boston Globe](#)