

Supernatural and the Senses

Post by “Kalosyni” of January 14, 2022 at 12:52 PM

[Quote from smoothiekiwi](#)

if there's an equal amount of pain and pleasure connected with an act, I'd choose not to have it- because, in my subjective experience, pleasure doesn't "negate" pain at a 1:1 ratio.

This jostled my memory regarding marriage:

Quote

That “magic ratio” is 5 to 1. This means that for every negative interaction during conflict, a stable and happy marriage has five (or more) positive interactions.

“When the masters of marriage are talking about something important,” Dr. Gottman says, “they may be arguing, but they are also laughing and teasing and there are signs of affection because they have made emotional connections.”

On the other hand, unhappy couples tend to engage in fewer positive interactions to compensate for their escalating negativity. If the positive-to-negative ratio during conflict is 1-to-1 or less, that’s unhealthy, and indicates a couple teetering on the edge of divorce.

<https://www.gottman.com/blog/the-magic...ording-science/>