

# An Epicurean Understanding of Valentine's Day: Love, Romance, and Free-will

Post by "Kalosyni" of February 10, 2022 at 12:08 PM

[Quote from smoothiekiwi](#)

I can agree with that- but doesn't every human being possess these traits at least in some quantity? where would you draw the line of "that's enough"?

I also completely agree that these traits help you to live happily- that's extremely important. But when will you stop seeking and being content with the possible partner you have? Pure hedonistic calculus?

The question of...how do you know if someone will make a good life partner?

There are certain personality traits that lead to better outcomes in marriage...conscientiousness and agreeableness:

Quote

## **Conscientiousness and Agreeableness**

As might be expected, high levels of [conscientiousness and agreeableness](#) predict relationship satisfaction, in part because these traits signify low impulsivity and high interpersonal trust, respectively.

<https://www.psychologytoday.com/us/blog/insigh...r-romantic-life>

And the personality trait of neuroticism is negatively correlated with marriage satisfaction:

Quote

By a broad (and rare) scholarly consensus, neuroticism is the personality trait [most strongly predictive](#) of a person's romantic destiny. [High neuroticism](#) is uniformly [bad news](#) in this context. For example, in 1987 University of Michigan researchers [Lowell Kelly and James Connelly](#) published a study that followed 300 married couples over 30 years. The neuroticism of one spouse predicted dissatisfaction in [marriage](#) and [divorce](#). Adding insult to injury, research has also shown that high neuroticism predicts [low resilience post-divorce](#).

Neuroticism appears to [interfere with relationship satisfaction](#) in multiple ways. By definition, neurotic individuals tend to be highly reactive to [stress](#) and prone to experiencing negative emotions. These tendencies are likely to radiate onto the partner and create problems over time.

<https://www.psychologytoday.com/us/blog/insigh...r-romantic-life>

Should you stay with your partner or leave them to find someone better?

There is no reason to stay in a bad relationship unless you already have children. Especially if the relationship is toxic, that would be a good reason to end it for the sake of protecting the children...physical or mental abuse, substance abuse or addiction, and anger management issues. And when there are children, then going to a therapist to improve the relationship would be a good idea, and would also help determine if the relationship can be mended or if the couple should separate or divorce.

If there are no children, then it comes down to a "prudent calculus" and also if the couple is willing to put work into [improving the relationship](#).