Relationship Science Online

Negative Reciprocity



Negative Reciprocity

- **Negative reciprocity includes many negative forms of communication that you would witness.**
- **Indicators include:**
  - Hostility: put down, criticize, mind-read (negative attitude or feeling about the other), turn off (non-verbal behaviours - displeasure, disgust, disapproval, disagreement)
  - Invalidation: statements of disagreement with partner's opinion, deny responsibility for the problem/situation, give excuses, non-compliance with requests, interrupt the speaker to break the flow of the conversation
  - Contempt:verbal or nonverbal behaviour that elevates one's self above one's partner – one is perceived as superior to their partner – the function is to hurt the partner (Gottman, 1999). It includes, sarcasm, mockery, insults, humour (hostile)
  - Anger: frustration, annoyance, displeasure; angry questions, "I" statements, strong sharp commands or explanations



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