ABSTRACT

Measuring Context-Specific Interpersonal Motivation Within Couple Interactions

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Three studies were conducted in the development of a context-specific

relationship based measure of interpersonal motivation. Study 1 used qualitative data

analysis to identify naturally occurring types of interpersonal motivation that people

experience in positive and negative emotional interactions with their partners. Study 2

used an exploratory procedure, including exploratory factor analysis, to clarify the

number and types of motivation as well as the best items to include on the questionnaire.

In Study 3, the factor validity of the questionnaire was tested using confirmatory factor

analysis, and the convergent validity of the questionnaire was tested by using a series of

regression analyses. Four types of interpersonal motivation that partners experience in

emotional interactions with their partners were identified: Moving Toward, Moving

Away, Status, and Desire for Investment. Each of these types of motivation had a distinct

pattern of regression results in the context of positive emotional interactions and negative

emotional interactions, suggesting that motivation experienced during a positive

emotional interaction is distinct from the same type of motivation experienced during a

negative emotional interaction. This suggests that these types of motivation are highly

event-dependent.

Measuring Context-Specific Interpersonal Motivation Within Couple Interactions

by

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A Dissertation

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CHAPTER ONE

Introduction

The literature on interpersonal motivation contains a wide range of theoretical

models and measurement tools used to identify types of motivation people experience in

interpersonal relationships (Maslow, 1947; Alderfer, 1969; Ryan & La Guardia, 2000,

Bakan, 1966; Horowitz, 2006; Locke, 2011; Wicker, et al., 2001; Wiggins, 1991,

Benjamin, 1974). It would be valuable to be able measure interpersonal motivation that

partners in romantic relationships experience during emotional interactions with one

another. Currently, many available scales of interpersonal motivation measure trait-level

motivation in the context of many kinds of relationships, and many of these scales are

designed to measure communion and agency as the primary types of interpersonal

motivation. A scale designed to measure all types of interpersonal motivation, defined as

need-based goals that people experience during positive and negative emotional

interactions with romantic partners, would be important for four reasons. First,

interpersonal motivation, or interpersonal goals, are likely driven by psychological needs;

second, communion and agency are possible types of need-based goals, but there may be

more types of goals people report experiencing with their partners; third, need-based

goals are likely correlated with a number of relationship functioning variables; and

fourth, need-based goals may be related to, and change based on, the context of the

emotional interaction in which they occur.

A scale that measured interpersonal motivation defined as interpersonal goals

based on needs would be important because need-based theories of motivation posit that

motivation is driven by needs. Need-based theories of motivation posit that human

behavior is influenced, or motivated, by psychological needs (i.e., Maslow, 1947;

Alderfer, 1969; Ryan & La Guardia, 2000). Maslow (1943) theorized that humans

experience five basic needs: physiological, safety, love, esteem, and self-actualization

and are motivated to fulfill each of these needs. Similarly, Alderfer (1969) identified

three basic human needs: existence, relatedness, and growth. The existence need

encompasses physiological needs and safety, the relatedness need includes social

connection and love, and the growth need involves esteem and self-actualization (Jex &

Britt, 2008). More recently, Ryan and La Guardia (2000) posited that the three basic

psychological needs are relatedness, autonomy, and competence. They state that these

are universal needs that humans are motivated to fulfill in order to achieve psychological

well-being. Autonomy refers to being the source of one's behavior, relatedness refers to

connecting with others, and competence refers to feeling effective in one's actions (Ryan

& La Guardia, 2000). Likely, dimensions of interpersonal motivation would be related to

a measure of psychological needs, assuming that needs influence motivation.

Second, it would be valuable to have a scale that measures all types of

interpersonal motivation, which may include communion and agency, because several

existing theories of interpersonal motivation identify communion and agency as two

basic dimensions (Bakan, 1966; Horowitz, 2006; Locke, 2011; Wicker, et al., 2001;

Wiggins, 1991). The current study builds on this literature while also allowing for the

possibility of other dimensions of interpersonal motivation. Communion and agency are

terms first coined by Bakan (1966). Communion refers to the human need for connection

with others, and agency is characterized by the human need to strive for mastery, power,

and individuation (Bakan, 1966). Theorists such as Locke (2011), Wiggins (1991), McAdams (1985), and Horowitz (2006) identify communion and agency as appearing as the two primary dimensions on circumplex models of human personality and behavior. Additionally, other theorists who study interpersonal motivation name dimensions that appear to closely parallel those of communion and agency, such as Benjamin's (1947) interdependence and affiliation axes, and Wicker's (1984) competitive and cooperative dimensions. Additionally, Ryan and La Guardia's (2000) theory of psychological needs may also be related to communion and agency theories, in that the competency and autonomy needs are similar to the agency construct, and the relatedness need is similar to the communion construct. Thus, communion and agency appear to be important dimensions of interpersonal motivation, although it is possible there are other salient dimensions not yet identified. Many interpersonal motivation scales were developed to assess a specific and limited set of target theoretical constructs, and although these scales are useful, it is unknown whether these scales capture the full domain of motivation (i.e., Benjamin, 1974; Locke, 2000; Sanderson & Cantor, 1995). It may be that communion and agency fail to capture how people naturally experience relationships. Measures of interpersonal motivation that require people to rate their motivation in terms of communion and agency may be procrustean, or fail to carve nature at its joints, if people do not naturally experience these dimensions of motivation. A study by Clark et al. (1999) highlights the value of beginning with an exploratory investigation. Clark et al. (1999) aimed to identify reasons people entered into dating relationships. They asked participants to provide written narratives of reasons for entering into romantic relationships in order to code common goals, and this resulted in at least five overarching

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goals (i.e., love, fun, and resources). Thus, it may be that during specific interactions with a romantic partner, motivation reflects communal and agentic goals, or that there are other goals as well. Beginning the study with open responses from participants about their goals may provide important insight into all possible sources of motivation.

Third, it would be useful to have a measure of interpersonal motivation that focuses on goals and needs specifically with romantic partners. Many existing interpersonal motivation measures focus on personality traits across many contexts and are not focused specifically on romantic relationships (i.e., Elliot, et al., 2006; Locke, 2000; Wiggins, 1979; Wicker, 1984). It is important to have a scale that measures interpersonal motivation in the context of romantic relationships because as Gable and Reis (1999) note, an individual likely behaves differently with his or her partner than with people in general. A relationship-specific measure of interpersonal motivation should thus be distinct from existing relationship-general measures, but may bear some relationship with the existing measures. A relationship-specific measure should be related to relationship functioning variables, and there is a need to test such relationships to establish convergent validity. Specifically, a relationship-specific measure of interpersonal motivation should be related to attachment, intimacy goals, relationship satisfaction, desired resolutions to conflicts related to underlying concerns, hard and soft emotions, and desired affective experiences in the following ways. A relationship-specific measure of interpersonal motivation should be related to desired affective experience, because research has shown that interpersonal motivation involves the need to feel certain affect (Job, et al., 2012). Job et al. (2012) found that people with a strong communion motivation sought affiliation-specific affect, such as calmness and relaxation,

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while people with a strong agency motivation sought power-specific affect, such as strength and excitement. Based on this research, a partner seeking to meet a need related to connectedness with others would presumably be seeking to feel calm and relaxed during the interaction, while a partner seeking to meet a need related to feeling competent would likely be seeking to feel strong and excited during the interaction.

Additionally, Sanford (2007a) identified two primary types of emotions that occur within a specific type of emotional interaction, conflict. Hard emotion involves feeling angry or aggravated, and soft emotion involves feeling sad or hurt (Sanford, 2007a). Hard emotion is described as a selfish emotion in that it is focused on self-preservation, competition, and fighting; soft emotion is characterized as a prosocial emotion that is focused on preserving relationships, attachment, and cooperation (Sanford, 2007a). Thus, interpersonal motivation characterized by self-preservation or competition should be related to hard emotion, while prosocial motivation should be related to feeling soft emotion.

Attachment is another important aspect of relationship functioning and is likely to be related to interpersonal motivation. Attachment theory posits that individuals develop internal working models of themselves and others based on their relational histories, and navigate their relationships based on these models (Bowlby, 1977). Internal working models include the expectations an individual has developed of how significant others will behave toward or interact with the individual (Hazan & Shaver, 1994). For example, people with anxious attachment style tend to expect unreliable responsiveness by others and behave in ways to keep others close by and engaged (Hazan & Shaver, 1994). Attachment anxiety involves wanting to maintain a relationship and become and stay

close with another (Mikulincer, 1998). On the other hand, people with avoidant attachment style tend to expect a lack of responsiveness by others and behave in ways to distance themselves from others (Hazan & Shaver, 1994). Avoidant attachment style does not include a desire to connect with others; rather, avoidantly attached people prefer to attain a sense of autonomy and control and place little emphasis on the importance of relationships (Mikulincer, 1998). Thus, avoidant attachment style is expected to be related to interpersonal motivation characterized by needing autonomy, and anxious attachment is expected to be related to needing connection with one's partner.

In addition to attachment, relationship satisfaction is an aspect of relationship functioning that is likely to be correlated with interpersonal motivation. For example, several studies have linked high power motivation (the desire for power and to seek impact on others, similar to agency) with couples' conflicts, relationship dissatisfaction, and higher breakup and divorce rates, particularly for men (Winter, Stewart, & McLelland, 1977; Stewart & Rubin, 1974). Conversely, intimacy motivation (the desire for closeness, similar to communion) has been found to be related to relationship satisfaction (McAdams & Vaillant, 1982). Thus, it is expected that interpersonal motivation characterized by a need for power and impact would be related to low relationship satisfaction, and motivation for intimacy or closeness would be related to high satisfaction.

Additionally, goals and needs are likely to correlate with underlying concerns and specific desired partner behaviors related to underlying concerns in emotional interactions. Perceived neglect and perceived threat are the two underlying concerns identified in couples' conflicts (Sanford, 2010b). Perceived neglect is characterized by

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the belief that one's partner is failing to contribute in expected ways to the relationship, and perceived threat is the belief that one's partner is blaming and controlling the self (Sanford, 2010b). If a partner perceives neglect or threat, he or she is likely experiencing unfulfilled needs related to the relationship. Indeed, Sanford and Wolfe (2013) demonstrated that perceived threat and neglect are both related to specific desired resolutions during couples' conflicts. An individual who perceives a neglecting partner desires the partner to show investment in the relationship, show affection, and communicate more (Sanford & Wolfe, 2013). An individual who perceives a threatening partner desires the partner to stop adversarial engagement and to relinquish power (Sanford & Wolfe, 2013). These desired partner behaviors are measured using the Desired Conflict Resolutions scale, which was developed to assess desired resolutions to conflicts (Sanford & Wolfe, 2013). Thus, it is likely that interpersonal motivation to feel connection is related to both perceived neglect and desiring partner behaviors connected with perceived neglect. On the other hand, being motivated by feeling powerful is likely to be related to both perceived threat and desiring partner behaviors connected with perceived threat.

Further, goals and needs in emotional interactions should be related to intimacy-seeking behaviors during emotional interactions. Sanderson and Evans (2001) describe intimacy goals as the goals a person has within a dating relationship that include self-disclosure, mutual dependence, and emotional attachment. They found that people with intimacy goals tend to give more social support to their partner, self-disclose more often, elicit self-disclosure from partner, spend more time alone with partner, are more influenced by partner, and think positively about their relationship. Presumably then,

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interpersonal motivation characterized by needing to feel intimacy should predict similar intimacy-seeking behaviors, such as provision and elicitation of self-disclosure and supportive behavior during an emotional interaction with one's partner.

Finally, it would be valuable to measure interpersonal motivation that occurs in the context of both positive and negative emotional interactions, unlike many other measures of interpersonal motivation whose item wording focuses on long-term traits (i.e., Elliot, et al., 2006; Benjamin, 1974; Locke, 2000; Sanderson & Cantor, 1995; Wiggins, 1979; Wicker, 1984). The current project is innovative because it will address this issue by using items with context-specific wording, which pertain to a particular interaction. A context-general item is one that asks people to report goals across long spans of time, while a context-specific item is one that asks people to report their goals in specific situations. A context-specific assessment of interpersonal motivation may be useful because it would potentially capture the day-to-day nuances and shifts in motivation that could not be captured in trait/personality measures. How a participant responds based on one interaction may not be the same as how he or she would respond based on general patterns. Indeed, Gable and Reis (1999) have emphasized the importance of studying context-specific behavior in relationships, because the correlations between relationship variables likely vary significantly depending on the situation. Thus, it is possible that a partner's need-based goals may be different depending on whether his or her emotional interaction is positive or negative in valence.

Another important reason for using context-specific wording is that context-specific variables are presumably more amenable to change than context-general or trait-like variables; therefore a context-specific measure of interpersonal motivation could

provide researchers and clinicians with a new way to track change in this variable. Indeed, Blanchard, Hawkins, Baldwin, and Fawcett's (2009) meta-analysis on relationship education programs showed that observational measures of outcomes had larger effect sizes and more change from pre-treatment to post-treatment than did self-report measures. Sanford (2010a) suggests that this is likely due to context-specific nature of observational measures; context-specific measurement appears to be more sensitive to change because it does not assess trait-like, general patterns that tend to be stable. Rather, it measures a construct as it occurs within a particular context.

Another important reason for using context-specific wording is that there is evidence supporting the validity of such measures. For example, Lorenz, et al (2007) demonstrated that observer and self-report ratings of couples' conflict communication were more similar in ratings when the context was specific, rather than when the context was general. This suggests that the association between observers' behavioral categories and the content of self-report questionnaire items is greater than previous studies have indicated. Therefore, context-specific self-report measures do seem to be just as valid as observational measures. The Conflict Communication Inventory is an example of a self-report questionnaire that measures context-specific communication, such as adversarial and collaborative communication (Sanford, 2010a). The short-term predictive validity of partner-report ratings was extremely high and indistinguishable from the validity of observer ratings, and self-report ratings also demonstrated good validity. This study provided support that self-report and partner-report conflict communication questionnaires have comparable validity to observer reports in context-specific

interactions. Thus, an interpersonal motivation scale using context-specific wording

should be a valid way to assess interpersonal motivation.

Overview

Three studies were conducted in the development of the new measure of interpersonal motivation. In Study 1, participants completed an open-response questionnaire designed to gather information about the possible types of motivation people experience in their romantic relationships. In Study 2, a questionnaire was created with scales designed to measure the identified types of motivation in Study 1, and exploratory analyses were conducted to clarify the domains of motivation and to select the best items. The questionnaire was then revised based on Study 2 results. In Study 3, the factor structure of the revised questionnaire was tested using confirmatory factor analyses, and the convergent validity was tested by analyzing the relationship between the dimensions of identified motivation and each of the following criterion variables: desired affective experience, hard and soft emotion, attachment, relationship satisfaction, underlying concerns, desired partner behaviors, intimacy-seeking behaviors, and existing measures of interpersonal motivation.

CHAPTER TWO

Study 1

Overview

The purpose of Study 1 was to identify all possible interpersonal motivations that may include communion and agency, and may also include other types. In order to develop a valid measure of interpersonal motivation that occurs in emotional interactions between romantic partners, it was first necessary to identify what types of interpersonal motivation naturally occur in this context. A qualitative analysis was used to identify all potential types of interpersonal motivation that people reported having in emotional interactions with their partners.

Methods

Participants

Two hundred and ninety five adult participants were recruited from Amazon Mechanical Turk to complete this study. Each participant was compensated 50 cents to complete the survey. The survey was available to participants who are U.S. citizens, and participant responses were included in data analysis if participants reported they were adults in a current romantic relationship. Age of participants ranged from 18 to 71 ($M = 32.98$, $SD = 11.83$), and 75% were Caucasian, 6.3% were Black or African American, 5.8% were Asian, 8.7% were Hispanic or Latino, 0.5% were Native American or American Indian, 0.5% were Native Hawaiian or Pacific Islander, and 3.4% were other

races. Particpants were 66.8% female, and 36.1% were married, 30.8% were in a

commited relationship, 7.8% were engaged, and 25.4% were casually dating.

Procedures

A listing for this study was posted on the Amazon Mechanical Turk website. The

listing included a brief description of the study, the compensation amount (50 cents), and

the estimated length of time to completion, which was approximately 20 minutes. The

user remained anonymous. The survey began with an instructional section in which

participants were provided with definitions of different kinds of needs, and then they

were given a brief quiz to ensure they understood this study's definitions of needs.

Participants answered a series of open-response questions about their interactions with

their partners.

For the definitions of needs, participants were given a page containing the

definitions of "needs," "specific parts of needs," and "general parts of needs." The

following was provided:

Need: A need is something you want or desire, or a goal that you hope to

achieve. Sometimes, needs are met, and sometimes they are not. When your

needs are met, you may feel positive emotions, and when your needs are not met,

you may feel negative emotions. Each need is likely to have two parts, a specific

part and a general part.

Specific part of a need: The specific part of a need is the part that is unique to a

specific person in a specific situation at a specific time and place. You may want

a specific thing to happen; you may want a specific action to be taken, or you may

want to obtain a specific object. For example, you may have a need to complete a

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project, to visit with a friend about something that happened to you, or to have someone approve plans you made.

General part of a need: The general part of a need can be experienced by many people, in different situations and different times and places. It is the part of the need that is best described using general terms such as a need for "success" or a need for "companionship" or a need for "control." The general need provides the underlying or overarching reason for why you have a specific need. For example, you might need to complete a project (a specific need) in order to experience success in a job (a general need).

These instructions and definitions were given in order to ensure that participants answered questions based on these definitions of needs, and not their own definitions of needs. In order to ensure their understanding of these particular definitions of needs, the following tasks were given. Participants were prompted to read two stories about a man and his dog. Each story contained a narrative that included a man having needs in relation to his dog. Questions were presented after each story that required participants to identify specific needs and general needs of the man in the story.   The instructions, definitions, and stories are presented in Appendix A. If the participant did not respond with the correct answer, the participant was required to read the story again and provide a different answer. Participants could not move on to the survey until they answered each question correctly.

Next, participants were asked to think of an emotional interaction they encountered with their partner. From a list, participants chose a word that described how they felt in that specific interaction with their partner (emotion words included happy,

excited, ecstatic, joyful, contented, sad, disappointed, hurt, miserable, angry, annoyed, livid, afraid, and anxious). They then described the interaction in a text box. Next, they answered questions about their needs and goals during the interaction. The questions pertained to participants' specific needs, general needs, their reasons for their actions, and their hopes for interaction outcomes, and are listed below.

1. Why did you feel the emotion you have chosen?

2. Describe the specific part of your need during this interaction.

3. Describe the general part of your need during this interaction.

4. Describe your reasons for doing what you did during this interaction.

5. Did you obtain what you wanted during the interaction?

6. What were you hoping would be the outcome of the interaction, whether you obtained it or not?

7. How emotionally satisfied or dissatisfied were you during the interaction? Why?

Participants completed this sequence of tasks three times. For the second sequence of tasks, participants chose from the same list of emotion words but were not able to choose the same emotion word they had already chosen. Again, for the third sequence of tasks, participants chose from the list of emotion words that did not include their previously chose words. Thus, participants were required to describe a total of three different emotional interactions with three different emotions, and complete the questionnaire a total of three times.

Results

In order to analyze the qualitative responses of participants, the primary

investigator began an exploratory process designed to identify categories of interpersonal

motivation based on the open-ended responses. Each participant's answers to all seven

questions regarding a single emotion word were viewed as one response set. As such,

each participant had three response sets. First, the primary investigator identified invalid

responses. Invalid responses included responses that were unintelligible or did not

provide an answer related to the question being asked, and 60 invalid response sets were

omitted from analysis. Importantly, eliminating a response set did not necessarily mean

that all three of the response sets a participant provided were eliminated. No participants

were completely eliminated from analysis because all of their responses were invalid.

Next, the primary investigator read through each response set, and noted the need-based

goal or goals that each response set seemed to represent. For example, the response "I

needed to feel loved" was noted as "need for love," and the response "I needed to

compliment my wife and make her feel better" was noted as "need to make partner feel

good." Next, the identified need-based goals were tentatively categorized into

overarching categories of need-based goals that had a common motivational theme. For

example, need to interact, need to talk, and need for communication were categorized

together under the tentative motivational theme connectedness, because these need-based

goals appeared to have in common the theme of needing to feel connectedness with one's

partner. Each tentative motivational theme of need-based goals was defined by the

primary investigator, and examples of participant responses that may fall under the

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tentative motivational themes were identified. Appendix B contains a list of these preliminary tentative themes and associated examples of participant responses.

Next, the two undergraduate research assistants categorized a portion of the total response sets based on the primary investigator's tentative categorization system. A portion of response sets was categorized in order to increase efficiency due to the large number of response sets. After the assistants used the classification system to categorize responses, they provided feedback to the primary investigator in three areas. Assistants provided feedback to the primary investigator about participant responses that did not fit into any of the categories, categories that were unnecessary or redundant, and categories that were unclear or too vague. The primary investigator then modified the classification system based on the assistants' feedback in order to better capture the data. The assistants then categorized another portion of the response sets using the modified categorization system, and provided feedback in the same three areas to the primary investigator, who again modified the categorization system. The assistants and the primary investigator went through six iterations of categorization systems until all agreed that the categorization system was sufficient to classify all responses. This final system was determined to best fit the data when, after using it to classify each participant's response, the coders had no valid responses left uncategorized. The final iteration of the categorization system, which is comprised of motivational themes and need-based goals, is presented in Figure 1.

A. Escape: I wanted…
1. to stop being bothered by my partner.
2. space or alone time.
3. my partner to trust me more.
4. to feel independent.

B. Power: I wanted…
5. to feel understood.
6. to feel respected.
7. my partner to be more considerate.
8. to feel validated.
9. my partner to take me seriously.
10. to make a decision.
11. to teach my partner a lesson.

C. Investment: Feel valued: I wanted….
12. to feel acknowledged.
13. to feel missed.
14. to feel needed.
15. to feel wanted or desired.
16. to feel important or special.
17. to feel appreciated or valued.
18. to have my views affirmed.
19. to prove my worth.
20. to feel first over my partner's other relationships and activities.

D. Investment: Partner contributions. I wanted…
21. to put a stop to my partner's unwanted behavior.
22. my partner to keep his/her promises.
23. emotional support from my partner.
24. to get something pragmatic done or fulfill a task.
25. my partner to take responsibility.
26. my partner to commit to the relationship.

E. Connect: I wanted…
27. to communicate with my partner.
28. to feel connected to my partner.
29. to be open with my partner.
30. to interact or spend time with my partner.
31. attention from my partner.
32. my partner to listen to me.
33. to feel like I have a relationship with my partner.
34. togetherness, company, or companionship with my partner.
35. to feel closer to my partner.

F. Affection: I wanted…
36. physical affection.
37. to feel cared for.
38. to feel loved.
39. there to be reciprocal affection or mutual love between us.
40. to be comforted.

G. Stability: I wanted…
41. to feel a sense of stability.
42. to share a life together with my partner.
43. our relationship to be stronger.

H. Give to partner I wanted…
44. to make my partner feel happy or feel good.
45. to let my partner know that he/she is "wanted."
46. to be supportive of my partner.
47. to show my partner empathy.
48. to make my partner feel loved.
49. to fulfill my partner's needs.
50. to take care of or provide for my partner.
51. to demonstrate appreciation or value of my partner.

I. Apologize: I wanted…
52. my partner to apologize.

J. Couple Functioning: I wanted…
53. a united partnership with my partner.
54. us to come together on a common goal.
55. us to agree.
56. us to have shared desires.
57. us to feel happy or good as a couple.

K. Security I wanted…
58. financial security or support.
59. to be reassured.
60. to feel a sense of safety.

L. Positive emotions: I wanted…
61. to feel relaxed.
62. to feel comfortable.
63. to feel better.
64. to feel good or happy.

M. Gain Understanding: I wanted…
65. reasons or explanations for my partner's actions.
66. to gain knowledge about something.
67. to understand my partner.

Figure 1. Study 1 Categorization System

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As can be seen from the identified motivational themes and associated need-based goals, many more than two motivational themes were identified, and communion and agency were not two primary motivational themes. Rather, 13 different motivational themes were identified. Although there were some themes that appeared to be similar to communion, such as Connectedness and Affection, and some themes that appeared to be similar to agency, such as Power and Escape, these motivational themes are more specific than the broad constructs of communion and agency.   These results suggest that there are potentially many types of interpersonal motivation that are distinct from communion and agency that people experience in positive and negative emotional interactions with their partners. As such, the question is raised whether all 13 of these motivational themes are distinct, valid, and necessary in developing an interpersonal motivation questionnaire. Because many themes were identified, more exploration and clarification was warranted in order to identify the most valid and necessary motivational themes to be included in a new interpersonal motivation scale.

CHAPTER THREE

Study 2

Overview

Given the results of Study 1, there were several possible dimensions of interpersonal motivation that were used to categorize participant responses. Although the categorization system worked well for categorizing participant responses into motivational themes and need-based goals, it is possible that the system would not produce a questionnaire with adequate factor validity. Thus, it would be premature to attempt to confirm the factor structure based on the results from Study 1. Exploratory factor analyses were used in Study 2 in order to identify a useful set of valid and distinct motivational themes and to choose the best items to develop a questionnaire. Given the large number of motivational themes and need-based goals, and the tentative nature of the categorization system developed in Study 1, more exploratory work was needed to provide important information about how many motivational themes and need-based goals were valid, distinct, and necessary.

Methods

Participants

Two hundred and one adult participants were recruited from Amazon Mechanical Turk to complete Study 2. Each participant was compensated 50 cents to complete the survey. Participants were required to be in a current romantic relationship in order to

provide responses based on that relationship. Age of participants ranged from 18 to 65

(*M* = 32.23, *SD* = 11.53), and 71.6% were Caucasian, 10.9% were Black or African

American, 10.9% were Asian, 4.5% were Hispanic or Latino, 0.5% were Native

American or American Indian, and 1.5% were other races. Participants were 64.7%

female, and 36.8% were married, 8.5% were engaged, 38.3% were in a commited

relationship, and 16.5% were casually dating.

Procedures

      Recruitment and compensation procedures were identical to those in Study 1.

Each participant was first provided a set of emotion words and asked to choose one that

he or she had strongly felt in an interaction with his or her partner. Participants were

randomly presented either a positive set of emotion words (happy, joyful, or excited) or a

negative set of emotion words (sad, disappointed, hurt, concerned, angry, irritated,

annoyed, aggravated, anxious, or afraid). The participants were then asked to describe

this interaction in a provided text box. Next, participants completed a questionnaire

regarding their interpersonal motivation during the interaction about which they wrote.

Then, participants were provided with another set of emotion words. They were

presented with positive emotion words if they had first been given a set of negative

emotion words, and they were provided with negative emotion words if they had first

been given a set of positive emotion words. These two interaction tasks were presented

in random order, so that some participants completed the negative interaction first, and

some participants completed the positive interaction first.

Measures

In Study 1, a list of 67 need-based goals was identified through a qualitative analysis of participants' open-ended responses to questions regarding their need-based goals in emotional interactions with their partners. This list of need-based goals was turned into a 67-item questionnaire. The instructions "Rate the extent to which you wanted the following things during your emotional interaction with your partner" were provided at the top of the questionnaire, and the phrase "I wanted…." was provided as the stem for all following items, and was also listed at the top of the questionnaire. The items were numbered and listed below the stem. For example, Item 1 read: "to stop being bothered by my partner." This item reflects the first need-based goal under the Escape motivational theme. The items from each motivational theme were not grouped together in the questionnaire, but rather were mixed such that two items from the same category were not presented one after the other. Participants were provided a Likert scale with five points (1 = No Desire, 2 = Mild Desire, 3 = Moderate Desire, 4 = Strong Desire, 5 = Extreme Desire) from which they could choose. Participants completed this 67-item questionnaire twice, once after describing a positive emotional interaction with their partner and once after describing a negative emotional interaction with their partner.

Results

A series of exploratory factor analyses were conducted using SPSS with the goal of identifying the most promising set of items. Criteria and decision rules were developed that were judged to produce the most meaningful results. This type of exploratory procedure was judged to be appropriate because the goal of Study 2 was to identify a set of the most distinct, valid, and necessary motivational themes and need-

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based goals to develop a valid questionnaire to be tested in a confirmatory factor analysis in Study 3.

As a first step in the exploratory process, all questionnaire items were entered into an exploratory factor analysis in SPSS. Because participants responded to each item twice (in the context of both a negative and a positive emotional interaction), the questionnaire items that were responded to in the context of a negative emotional interaction were entered separately from the questionnaire items that were responded to in the context of a positive emotional interaction. Items were analyzed using a principal factors exploratory factor analysis with oblique rotation. Costello and Osborne (2005) suggest that the scree test is the preferred method for exploratory factor analysis as it is more accurate than simply identifying all eigenvalues greater than one, and is more accessible and practical than parallel analysis or Velicer's MAP criteria. Eigenvalues and scree plots were examined, and there were 13 eigenvalues greater than 1 for the positive emotional interaction and 19 for the negative emotional interaction analyses. Although there were 13 eigenvalues greater than one for the positive emotional interaction analysis, which may appear to support the hypothesis that there are 13 motivational themes, scree plots indicated only four factors for both the negative and positive emotional interaction models. On the negative emotional interaction model, the first four factors accounted for 34.5%, 13.2%, 4.4%, and 3.9%, and on the positive emotional interaction model, the first four factors accounted for 30.3%, 13.3%, 4.1%, and 3.7%. The scree plots for both the positive and negative emotional interaction models indicated that a four factor solution would be best, because the third and fourth eigenvalues were noticeably higher than the fifth eigenvalue. Notably, one may argue that a two-factor solution would also make

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sense, given that there is also a sizeable difference between the second and the third eigenvalues. However, after examining both the two-factor solutions and the four-factor solutions for both the positive and negative emotional interaction models, the author judged that the four-factor solution provided factors that were meaningful and coherent, and that were not captured in a two-factor solution. The scree plots are presented in Figures 2 and 3.
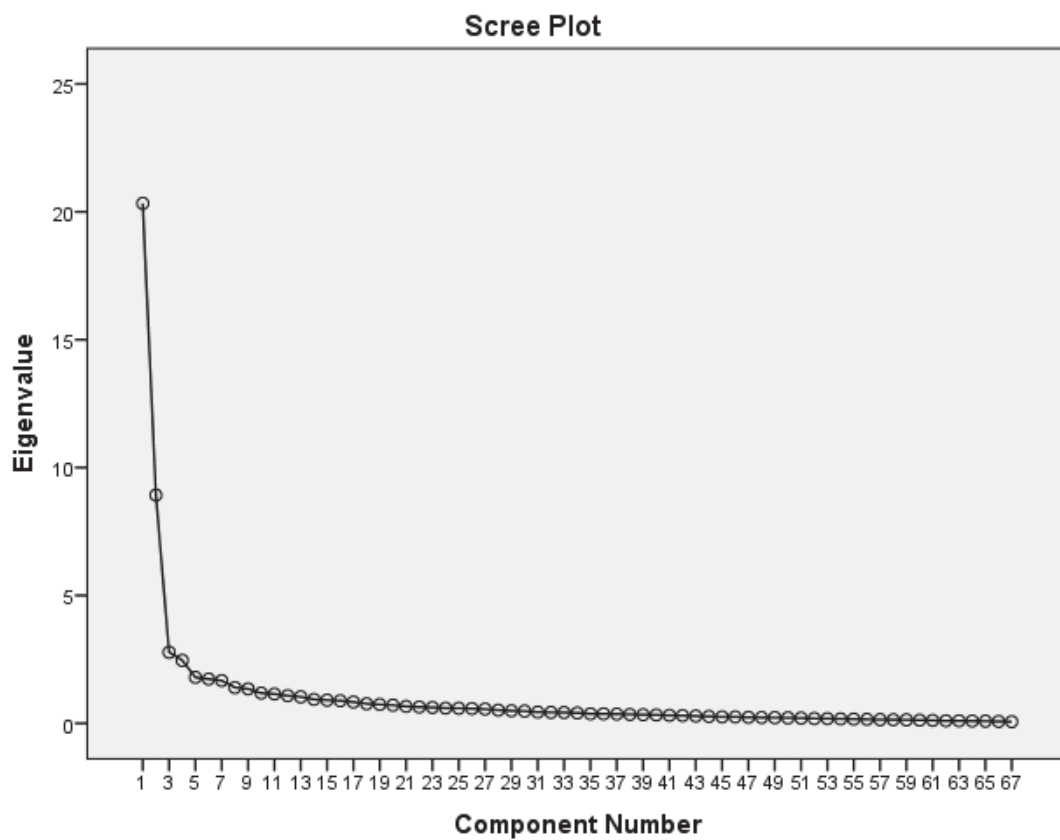
Figure 2. Positive Emotional Interaction Model Scree Plot.
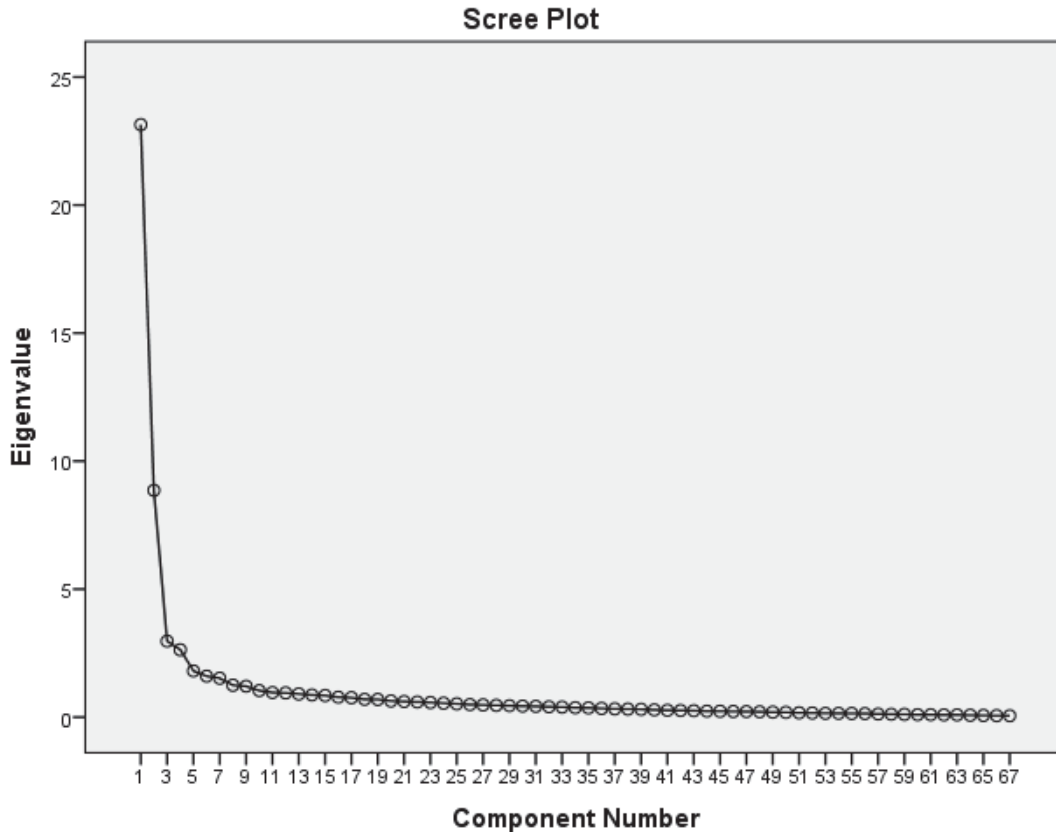
Figure 3. Negative Emotional Interaction Model Scree Plot.

The extraction solution specifying four factors was examined. Loadings for the negative emotional interaction model are presented in Table 1, and loadings for the positive emotional interaction model are presented in Table 2.

After examining each model separately, it appeared that the four factors from the negative emotional interaction model and the four factors from the positive emotional interaction model measured similar categories of need-based goals. That is, items on Factor 1 of the positive emotional interaction model and on Factor 3 of the negative emotional interaction model formed a category of need-based goals characterized by prosocial goals related to providing for one's partner's needs, and this category was named "Moving Toward." Items on Factor 2 of the positive emotional interaction model

and on Factor 4 of the negative emotional interaction model formed a category of need-based goals characterized by conflict-based goals to avoid one's partner or get back at one's partner, and this category was labeled "Moving Away." Items on Factor 3 of the positive emotional interaction model and on Factor 2 of the negative emotional interaction model formed a category of need-based goals characterized by a need to feel acknowledged, a sense of status, and to be taken seriously, and this category was labeled "Status." Finally, items on Factor 4 of the positive emotional interaction model and on Factor 1 of the negative emotional interaction model represented a need to feel desired, special, attended to, and appreciated by one's partner, and this category was labeled "Desire for Investment."

Identifying a Pool of Clean Items

The next step of the exploratory process was to identify a pool of the best possible items to be included on the final questionnaire. The best possible items would be a pool of the most clean, necessary, and useful items to be potentially used in the final questionnaire. A pool of clean items was first identified from each model, such that two pools of items were identified. Then, overlap between the two pools of items was explored to combine the items from the positive and the negative emotional interaction models in order to have one final questionnaire. This identification process was completed in three steps.

Table 1

Exploratory Factor Analysis Rotated Factor Loadings for Negative Emotional Interaction Model

Item	Factor 1	Factor 2	Factor 3	Factor 4	Distinctiveness Rating*
I wanted to feel wanted or desired.	.861	-.066	-.073	.105	3
I wanted to feel important or special.	.798	.103	-.099	.120	8
I wanted to be comforted.	.793	.014	.025	-.002	6
I wanted to feel cared for.	.787	.002	.047	.143	4
I wanted to feel loved.	.782	.096	-.054	-.005	11
I wanted to feel needed.	.779	.027	.016	-.170	9
I wanted attention from my partner.	.759	.096	-.030	-.069	7
I wanted to feel good or happy.	.709	-.122	.114	-.040	2
I wanted to be reassured.	.689	.147	-.088	-.040	1
I wanted to feel missed.	.650	-.144	.231	.233	12
I wanted to feel appreciated or valued.	.648	.190	-.020	.027	10
I wanted to feel comfortable.	.648	.200	.052	-.046	13
I wanted emotional support from my partner.	.633	-.087	-.039	.266	14
I wanted to feel better.	.629	.231	.002	-.078	5
I wanted my partner to commit to the relationship.	.625	.235	-.091	.000	15
I wanted physical affection.	.593	-.089	.256	.035	16
I wanted to feel relaxed.	.561	.022	.124	.151	18
I wanted to feel validated.	.551	.017	.332	-.227	20

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Distinctiveness Rating*
I wanted there to be reciprocal affection or mutual love between us.	.540	.171	-.051	.112	17
I wanted to be open with my partner.	.523	.150	.228	-.233	19
I wanted a united partnership with my partner.	.515	.069	.019	-.069	21
I wanted togetherness, company, or companionship with my partner.	.505	-.070	.367	-.241	22
I wanted to feel closer to my partner.	.498	-.217	.444	-.172	
I wanted to interact or spend time with my partner.	.497	.052	.347	-.221	
I wanted to feel a sense of stability.	.490	.134	.247	-.095	
I wanted to feel first over my partner's other relationships and activities.	.486	-.004	.368	-.112	
I wanted to share a life together with my partner.	.482	.282	-.002	.134	
I wanted us to feel happy or good as a couple.	.476	.026	.303	-.232	
I wanted to feel like I have a relationship with my partner.	.460	.277	.232	-.230	
I wanted to feel connected to my partner.	.424	.115	.374	-.238	
I wanted to feel a sense of safety.	.419	.188	.227	-.100	
I wanted our relationship to be stronger.	.362	.072	.277	.253	
I wanted to prove my worth.	.359	.330	.278	-.236	
I wanted to make a decision.	.275	.260	.231	.269	
I wanted to feel understood.	.155	.737	-.053	-.012	6
I wanted my partner to listen to me.	.074	.730	-.028	.003	1

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Distinctiveness Rating*
I wanted my partner to take me seriously.	.104	.726	.049	-.098	5
I wanted to put a stop to my partner's unwanted behavior.	-.142	.722	-.161	.153	3
I wanted my partner to take responsibility.	-.039	.709	-.021	.217	4
I wanted my partner to be more considerate.	.100	.661	-.212	.137	7
I wanted reasons or explanations for my partner's actions.	.028	.655	-.051	.160	2
I wanted to feel acknowledged.	.269	.620	-.067	-.010	8
I wanted us to agree.	.114	.600	.247	-.155	9
I wanted to have my views affirmed.	.223	.579	.028	.132	10
I wanted my partner to keep his/her promises.	.101	.527	-.328	.301	11
I wanted my partner to apologize.	.298	.518	-.070	-.020	12
I wanted to feel respected.	.439	.502	-.213	.203	13
I wanted to communicate with my partner.	.084	.451	.328	-.316	
I wanted to take care of or provide for my partner.	.023	-.145	.856	.088	1
I wanted to show my partner empathy.	.101	-.060	.793	-.055	2
I wanted to fulfill my partner's needs.	.158	-.144	.791	-.016	3
I wanted to make my partner feel happy or good.	.023	-.211	.783	.061	4
I wanted to be supportive of my partner.	.105	-.226	.777	-.074	6
I wanted to let my partner know that he/she is "wanted."	.172	-.038	.751	-.034	5
I wanted to make my partner feel loved.	.237	-.146	.713	-.142	8

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Distinctiveness Rating*
I wanted to demonstrate appreciation or value of my partner.	.243	-.168	.703	-.122	7
I wanted to get something pragmatic done or fulfill a task.	.043	.339	.554	-.205	9
I wanted us to come together on a common goal.	-.290	.299	.537	.230	10
I wanted to understand my partner.	.195	.254	.488	-.045	
I wanted my partner to trust me more.	.091	.256	.486	.244	
I wanted us to have shared desires.	.255	.184	.415	-.192	
I wanted to gain knowledge about something.	.257	.120	.340	.163	
I wanted to teach my partner a lesson.	.016	.222	.046	.705	2
I wanted to feel independent.	.209	-.077	.256	.680	4
I wanted to stop being bothered by my partner.	-.033	.151	-.064	.662	1
I wanted space or alone time.	.062	.174	-.202	.628	3
I wanted financial security or support.	.219	.025	.159	.337	

*Distinctiveness Rating refers to the ranking of the item based on its average correlation with the other three factors. Ratings are in descending order, with ranking 1 being the lowest average correlation.

Table 2

Exploratory Factor Analysis Rotated Factor Loadings for Positive Emotional Interaction Model

Item	Factor 1	Factor 2	Factor 3	Factor 4	Correlation Ranking*
I wanted to make my partner feel happy or good.	.804	-.024	.154	-.038	1
I wanted to let my partner know that he/she is "wanted."	.780	-.022	.125	-.115	3
I wanted to demonstrate appreciation or value of my partner.	.779	-.009	-.027	.013	4
I wanted to make my partner feel loved.	.731	-.145	.051	-.193	9
I wanted to take care of or provide for my partner.	.693	.208	-.135	.105	6
I wanted to share a life together with my partner.	.657	-.121	-.214	.028	8
I wanted us to feel happy or good as a couple.	.646	-.255	-.187	-.032	10
I wanted physical affection.	.630	.099	.307	-.376	2
I wanted to fulfill my partner's needs.	.623	.042	-.096	-.023	7
I wanted to be supportive of my partner.	.605	-.015	-.327	.126	5
I wanted to interact or spend time with my partner.	.578	-.162	-.074	-.145	11
I wanted togetherness, company, or companionship with my partner.	.500	-.104	-.222	-.127	12
I wanted there to be reciprocal affection or mutual love between us.	.478	-.114	-.069	-.315	
I wanted to show my partner empathy.	.466	.275	.019	-.077	
I wanted to feel loved.	.461	-.118	-.089	-.402	
I wanted to feel closer to my partner.	.451	-.222	-.298	-.152	
I wanted us to have shared desires.	.438	-.137	-.108	-.230	

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Correlation Ranking*
I wanted our relationship to be stronger.	.414	-.049	-.321	-.116	
I wanted to feel good or happy.	.410	-.287	-.064	-.340	
I wanted to feel connected to my partner.	.407	-.310	-.216	-.225	1
I wanted to teach my partner a lesson.	.058	.734	.125	-.007	4
I wanted space or alone time.	-.176	.686	.045	.043	3
I wanted to put a stop to my partner's unwanted behavior.	-.119	.680	-.094	.060	2
I wanted reasons or explanations for my partner's actions.	-.023	.665	-.101	.097	6
I wanted to stop being bothered by my partner.	-.180	.662	-.062	.144	5
I wanted my partner to apologize.	-.189	.662	-.090	.063	8
I wanted my partner to be more considerate.	-.132	.555	-.194	-.230	7
I wanted to feel independent.	.015	.540	.038	-.075	
I wanted my partner to take responsibility.	.158	.480	-.338	.033	
I wanted to prove my worth.	.327	.462	-.002	-.116	
I wanted to feel missed.	-.018	.451	.051	-.385	
I wanted my partner to trust me more.	.055	.373	-.327	-.145	
I wanted to feel first over my partner's other relationships and activities.	.101	.365	-.062	-.258	
I wanted my partner to keep his/her promises.	.244	.317	-.295	-.160	
I wanted financial security or support.	.142	.310	-.252	.072	
I wanted my partner to listen to me.	-.167	.142	-.684	-.175	2

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Correlation Ranking*
I wanted my partner to take me seriously.	-.029	.187	-.653	-.092	6
I wanted to be reassured.	-.220	.033	-.639	-.355	5
I wanted to feel understood.	-.226	.103	-.621	-.246	1
I wanted to have my views affirmed.	-.012	.211	-.617	-.052	4
I wanted us to agree.	.144	.012	-.614	-.054	3
I wanted to communicate with my partner.	.163	-.066	-.575	.166	8
I wanted to feel acknowledged.	-.048	.060	-.553	-.254	7
I wanted to feel like I have a relationship with my partner.	.321	-.141	-.546	-.093	10
I wanted to understand my partner.	.173	.079	-.540	-.105	11
I wanted to feel a sense of stability.	.282	-.037	-.530	-.055	9
I wanted a united partnership with my partner.	.374	-.242	-.525	.108	12
I wanted us to come together on a common goal.	.336	-.051	-.518	.074	13
I wanted to feel a sense of safety.	.265	-.146	-.508	-.116	14
I wanted to make a decision.	.037	.356	-.497	.063	
I wanted emotional support from my partner.	-.034	-.044	-.488	-.389	
I wanted to feel respected.	-.153	.272	-.485	-.145	
I wanted to be comforted.	.056	.021	-.461	-.294	
I wanted to feel better.	-.223	.179	-.457	-.435	
I wanted to gain knowledge about something.	.129	.221	-.457	.087	

(Table continues)

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Item	Factor 1	Factor 2	Factor 3	Factor 4	Correlation Ranking*
I wanted to be open with my partner.	.227	-.062	-.447	-.127	
I wanted to get something pragmatic done or fulfill a task.	.092	.410	-.422	.068	
I wanted to feel validated.	.031	.122	-.404	-.270	
I wanted my partner to commit to the relationship.	.229	.137	-.338	-.170	
I wanted to feel important or special.	.068	.028	-.058	.724	3
I wanted to feel wanted or desired.	.285	.093	.117	.656	2
I wanted attention from my partner.	.055	-.058	-.178	.584	1
I wanted to feel appreciated or valued.	.154	-.001	-.185	.549	4
I wanted to feel cared for.	.255	-.149	-.263	.480	6
I wanted to feel needed.	.349	.100	-.083	.436	5
I wanted to feel comfortable.	.210	-.128	-.235	.376	
I wanted to feel relaxed.	.128	.023	-.116	.318	

*Distinctiveness Rating refers to the rating of the item based on its average correlation with the other three factors. Ratings are in descending order, with ranking 1 being the lowest average correlation.

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The first step in this process was to identify all the items with high loadings (defined as greater than .5) on both the positive and the negative emotional interaction models, and to select from this pool a maximum of six items on each factor with the lowest loadings on non-target factors. A target factor is the factor on which an item loads the highest. All items on the Pattern Matrices that loaded at least .5 on each target factor were identified, separately for each model. Factor 4 of the Negative emotional interaction model had only four items above .5. Rather than limiting all other target factors on each model to four items prematurely, six items were still identified at this point for all other factors. The primary investigator made the subjective decision to place an emphasis on identifying the most promising items, rather than emphasizing consistency in number of items per factor at this point in analysis. The cleanest items for each factor were identified by examining the items' correlations with the three non-target factors on the Structure Matrix. These three correlations were averaged together for each item, to obtain an average correlation with non-target factors. These average correlations were then ranked from lowest to highest, and the six items per target factor that had the smallest average correlation with the non-target factors were chosen to keep as the cleanest items per target factor. As noted above, only four items loaded at least .5 on Factor 4 of the positive emotional interaction model, and thus these four items were chosen to keep as the pool of potential items for this factor. As such, 22 items were selected from the negative emotional interaction model, and 24 items were selected from the positive emotional interaction model as a pool of items intended to have a clean factor structure.

The second step in the exploratory process was to check that these two pools of items actually produced a clean factor structure. The two pools of items were entered separately into exploratory factor analyses, and an extraction solution specifying four factors was examined for the negative emotional interaction model and the positive emotional interaction model. The loadings were examined to identify problematic items that did not load cleanly onto their target factors. A problematic item was determined to be problematic if it loaded highly (at least .5) on to more than one factor or did not load highly (at least .5) on to its target factor. When a problematic item was identified, it was replaced with the next cleanest item based on the previously described ranking system. "I wanted physical affection" was found to be problematic on the positive emotional interaction model because it did not load onto its target factor "Moving Toward" and indeed did not load cleanly on to any one factor. Thus, it was replaced with "I wanted to fulfill my partner's needs," the next highest loading item on the Moving Toward factor. Also on the positive emotional interaction model, "I wanted to be reassured" was replaced with "I wanted to communicate with my partner" because it did not load highly on only Status.

After these replacements were made, an extraction solution specifying four factors was examined, and the factors were cleaner than previously. These results are presented in Tables 3 and 4.

Table 3

Rotated Factor Loadings on 24-item Positive Emotional Interaction Model

Item	Factor 1	Factor 2	Factor 3	Factor 4
I wanted to feel important or special.	.819	.010	-.083	-.062
I wanted to feel wanted or desired.	.711	.069	.170	.072
I wanted attention from my partner.	.612	-.085	.002	-.132
I wanted to feel appreciated or valued.	.602	-.009	.083	-.143
I wanted to feel needed.	.557	.010	.275	-.050
I wanted to feel cared for.	.530	-.113	.209	-.163
I wanted my partner to apologize.	-.007	.825	-.040	-.016
I wanted to stop being bothered by my partner.	-.100	.820	.024	.018
I wanted to put a stop to my partner's unwanted behavior.	.010	.819	.017	-.031
I wanted space or alone time.	-.003	.720	-.069	.039
I wanted reasons or explanations for my partner's actions.	-.049	.666	.024	-.161
I wanted to teach my partner a lesson.	.071	.622	.057	.049
I wanted to make my partner feel happy or good.	.113	-.066	.778	.178
I wanted to demonstrate appreciation or value of my partner.	.064	-.011	.766	.049
I wanted to let my partner know that he/she is "wanted."	.236	-.061	.723	.154
I wanted to take care of or provide for my partner.	-.033	.095	.650	-.164
I wanted to fulfill my partner's needs.	.099	.000	.642	-.073
I wanted to be supportive of my partner.	-.026	-.057	.634	-.240
I wanted my partner to take me seriously.	.152	.061	-.043	-.719
I wanted my partner to listen to me.	.168	.092	-.120	-.714
I wanted to have my views affirmed.	.077	.070	.020	-.693
I wanted to feel understood.	.168	.149	-.103	-.592
I wanted us to agree.	.160	-.077	.114	-.591
I wanted to communicate with my partner.	-.193	-.042	.287	-.521

Table 4

Rotated Factor Loadings on 22-item Negative Emotional Interaction Model

Item	Factor 1	Factor 2	Factor 3	Factor 4
I wanted to feel cared for.	.825	.047	.029	-.033
I wanted to be comforted.	.795	-.001	.040	.076
I wanted to be reassured.	.728	.121	-.051	-.068
I wanted to feel good or happy.	.703	-.157	.007	.087
I wanted to feel better.	.679	.227	-.014	-.058
I wanted to wanted or desired.	.656	.011	.105	.055
I wanted my partner to listen to me.	.097	.761	-.095	.027
I wanted my partner to take responsibility.	-.041	.721	.158	.009
I wanted reasons or explanations for my partner's actions.	.135	.707	-.103	.080
I wanted to put a stop to my partner's unwanted behavior.	-.170	.674	.208	-.121
I wanted my partner to take me seriously.	-.029	.650	.097	.020
I wanted to feel understood.	.195	.632	-.004	-.011
I wanted to stop being bothered by my partner.	-.013	.039	.705	-.123
I wanted to teach my partner a lesson.	-.082	.206	.699	.031
I wanted to feel independent.	.159	-.098	.630	.236
I wanted space or alone time.	.055	.086	.593	-.223
I wanted to take care of or provide for my partner.	-.085	.022	.055	.875
I wanted to fulfill my partner's needs.	.013	.110	-.053	.851
I wanted to make my partner feel happy or good.	.058	.021	.002	.848
I wanted to be supportive of my partner.	.044	-.079	-.089	.815
I wanted to show my partner empathy.	-.048	-.073	.060	.791
I wanted to let my partner know that he/she is "wanted."	.124	.086	-.042	.750

Finally, the third step was to examine the overlap between the two pools of items in order to establish one pool of items to be included on the final questionnaire. Items were selected that loaded cleanly on both the negative and positive emotional interaction models' factors. This was done by identifying all items that loaded at least .5 on the pattern matrices from both the 22-item positive emotional interaction model (see Table 3) and 24-item negative emotional interaction model (see Table 4). Then, the four cleanest items per factor were identified to form four four-item scales. As before, the cleanest items were identified by averaging each item's correlations with the three non-target factors, and choosing the four items with the lowest average correlations. The resulting questionnaire is below:

"Moving Toward"

1. to make my partner feel happy or feel good.
2. to let my partner know that he/she is "wanted."
3. to fulfill my partner's needs.
4. To demonstrate appreciation or value of my partner

"Moving Away"
1. to teach my partner a lesson.
2. to stop being bothered by my partner.
3. To feel independent
4. Space or alone time

"Status"
1. my partner to listen to me.
2. my partner to take me seriously.
3. to feel understood.
4. To feel acknowledged.

"Desire for Investment"
1. to feel wanted or desired.
2. To feel important or special.
3. Attention from my partner.
4. To feel appreciated or valued.

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As can be seen from the results of Study 2, a total of four motivational themes each containing four need-based goals were identified as the most distinct and valid scales to measure interpersonal motivation. Notably, these results are in contrast to the 13 motivational themes and 67 need-based goals identified in Study 1. Exploratory analyses were used because the results of Study 1 were tentative, and the results suggest that 16 items represent 16 valid and distinct need-based goals, which in turn are valid indicators of four distinct motivational themes.

CHAPTER FOUR

Study 3

Overview

In Study 3, the factor structures of the positive emotional interaction model and

the negative emotional interaction model developed in Study 2 were examined using

confirmatory factor analysis. Regression analyses were used to test convergent validity

of each of the four scales for both the positive emotional interaction and negative

emotional interaction models, using the criterion variables desired affective experience,

hard and soft emotion, attachment, relationship satisfaction, underlying concerns, desired

partner behaviors, intimacy-seeking behaviors, and existing measures of interpersonal

motivation. The extent to which the positive emotional and negative emotional

interaction scales were correlated was also examined. The extent of the correlations

between the scales for positive and negative emotional interactions is important to

examine to understand the stability of the scales across contexts. In other words, high

correlations between the positive version and negative version of the scales would

provide evidence that the scales are stable across negative emotional interactions and

positive emotional interaction, and thus may be functioning as trait-level scales, whereas

low correlations would indicate that the scales are dependent upon the context in which a

participant is responding, and thus may be functioning as context-specific scales.

Each of the four interpersonal motivation scales developed in Study 2 should be

related to a set of theoretically related criterion variables in order to demonstrate

convergent validity of each scale. The following provides the predictions for how each scale should correlate with a set of criterion variables.

The Moving Toward scale is characterized by prosocial goals that involve providing for one's partner's needs. This scale includes items such as "I wanted to make my partner feel happy or good," and "I wanted to fulfill my partner's needs," which are characterized by a desire to connect with one's partner in a way that meets one's partner's needs. It may be that having a need to make one's partner feel good is related to one's own need to feel a sense of connection or relatedness. Thus, Moving Toward should be related to both measures of communion and having an unmet need for relatedness. Along these lines, people with Moving Toward goals should also desire to feel calm and relaxed, affect characterized by affiliation goals (Job, et al., 2012), and to engage in prosocial behaviors such as providing social support to one's partner and self-disclosing to increase a sense of intimacy (Sanderson & Evans, 2001). Additionally, it is expected that people with Moving Toward goals are more likely to feel soft emotion (sadness, hurt) than hard emotion (anger, hostility) when experiencing a negative emotional interaction, given that soft emotion is characterized as a prosocial emotion that is focused on preserving relationships (Sanford, 2007a). Given that people with an anxious attachment style behave in ways to keep others close by and engaged, it is also possible that people with Moving Toward goals experience anxious attachment in their interactions with their partners. Finally, people with Moving Toward goals are expected to experience high overall relationship satisfaction, given their presumable desire for a happy partner and communion-related goals, and the notion that intimacy motivation is related to relationship satisfaction (McAdams & Vaillant, 1982). Thus, the Moving

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Toward scale was hypothesized to have positive relationships with trait communion, desire for affiliation-specific affect, self-disclosure, provision of social support, relationship satisfaction, and attachment anxiety, soft emotion, and a negative association with relatedness need fulfillment.

The Moving Away scale is comprised of items such as "I wanted to feel independent," and "I wanted to stop being bothered by my partner," that have to do with getting away from one's partner or getting back at one's partner. Theoretically this scale measures conflict-based goals related to avoiding or getting back at one's partner. Although this motivation is clearly not characterized solely by agency goals, it is predicted to have a positive relationship with existing measures of agency, given that some level of a need for individuation and power is expressed by these goals. Moving Away may also have a negative relationship with relationship satisfaction, given that the goals involve wanting distance from one's partner or getting back at one's partner. Additionally, Moving Away motivation should be related to desiring power-specific affect (feelings of strength and power), as well as experiencing hard emotions. Hard emotion is a selfish emotion focused on self-preservation and fighting, similar to the nature of Moving Away motivation, and the desire for power-specific affect has been shown to be related to people with agency motivation. It also may be that people with Moving Away motivation tend to have an avoidant attachment style, characterized by preferring autonomy and control over connection with others, given that their goals include wanting distance from (i.e., "I wanted to feel independent") and control over one's partner (i.e., "I wanted to teach my partner a lesson"). Along these lines, Moving Away is expected to also be negatively related to autonomy need fulfillment, as it appears

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as though people with Moving Away goals have an unfulfilled need for autonomy. Finally, given that Moving Away appears to be conflict-based, or at least rooted in a negative emotional interaction, it is expected that underlying concerns may be present. Specifically, the underlying concern perceived threat is presumably present for a person with Moving Away motivation, because it is likely that feeling threatened (i.e., blamed, controlled) by one's partner is related to wanting to distance one's self from one's partner. Related to perceived threat are the desired partner behaviors of relinquishing power ("Relinquish Power) in the relationship and ceasing to communicate in a negative way ("Stop Adversarial Communication") (Sanford & Wolfe, 2013). Presumably, people with Moving Away motivation also desire their partners to relinquish power and to stop adversarial communication, given their need for independence and a change in their partner's behavior (i.e., "I wanted to stop being bothered by my partner" and "I wanted to feel independent"). Also involved in a negative emotional interaction is an experience of hard or soft emotions, and it is likely that Moving Away would be more related to hard emotion since hard emotion is characterized by self-preservation and fighting. Thus, the Moving Away scale was hypothesized to have positive associations with trait agency, desire for power-specific affect, attachment avoidance, perceived threat, hard emotion, and wanting a partner to stop adversarial communication and relinquish power, and negative associations with relationship satisfaction and autonomy need fulfillment.

The Status scale is a type of motivation based on the need to feel status in one's relationship, such as being acknowledged and being taken seriously. It includes the items "I wanted my partner to take me seriously," and "I wanted to feel acknowledged." Status appears to have some similarity to agency motivation, given the need to feel a sense of

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status and mastery. Thus, Status should be positively related to agency motivation. Along these lines, Status would presumably also be related to desiring power-specific affect, given that Status may involve agency-related needs, such as feeling powerful. Status motivation appears to involve the need to feel autonomous, in that it involves the need to feel like a unique and important person in the relationship- one who is not ignored and is taken seriously. In terms of relationship satisfaction, it is likely that people with Status motivation do not feel satisfied, given their goals for their partners to treat them with more respect and seriousness. Finally, when in a negative emotional interaction, people motivated by Status presumably perceive their status to be threatened by their partner, and thus may desire their partner to relinquish power in the relationship. Status is also likely to be more related to hard emotion than to soft emotion, since hard emotion is related to self-preservation, as is upholding one's own status in the relationship. Thus, the Status scale was hypothesized to be positively related to trait agency, desire for power-specific affect, perceived threat, hard emotion, and wanting a partner to relinquish power, and negatively related to autonomy need fulfillment and relationship satisfaction.

Desire for Investment is a type of motivation that encompasses goals related to feeling desired, attended to, and special, or more generally, a need for a partner to emotionally invest in the relationship. Example items on this scale are "I wanted to feel wanted or desired," and "I wanted attention from my partner." There is some similarity between Desire for Investment and communion motivation, in that there appears to be a need to be connected with one's partner on an emotional level. Thus, Desire for Investment should have a positive correlation with trait-level measures of communion

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motivation. Further, people motivated by Desire for Investment would presumably desire affiliation-specific affect, including feeling calm and relaxed, and feel soft emotion, such as sad or hurt, in negative emotional interactions, since soft emotion is related to attachment and cooperation (Sanford, 2007a). Presumably, Desire for Investment should be related to high relationship satisfaction, because research shows that people motivated by connectedness and intimacy tend to have more satisfying relationships (McAdams & Vaillant, 1982). Individuals motivated by Desire for Investment may also tend to have an anxious attachment style, because these individuals have a strong need for their partners to remain very close and connected in order to maintain a relationship (Mikulincer, 1998). In negative emotional interactions, Desire for Investment motivation should be related to the underlying concern perceived neglect, because a partner motivated by a need to feel desired and important is likely to perceive his or her partner as failing to contribute to or invest in the relationship. Further, desired partner behaviors related to perceived neglect that may accompany Desire for Investment include perceived neglect include wanting one's partner to provide more affection ("Give Affection"), increase their communication ("Communicate More"), and increase their investment in the relationship ("Show Investment"), because each of these relate to the partner contributing to the relationship (Sanford & Wolfe, 2013). Thus, the Desire for Investment scale was predicted to have a positive relationship with trait communion, desire for affiliation-specific affect, relationship satisfaction, attachment anxiety, perceived neglect, soft emotion, and wanting the partner to give affection, communicate more, and show investment.

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Methods

Participants

Participants included 520 adults recruited from Amazon Mechanical Turk to complete this study. Each participant was compensated 50 cents to complete the survey. Participants were required to be in a current romantic relationship in order to provide responses based on that relationship. Age of participants ranged from 18 to 71 ($M =$ 33.83, $SD =$ 10.90). Seventy-seven and one tenth percent were Caucasian, 8.7% were Black or African American, 5.6% were Asian, 5.6% were Hispanic or Latino, 1.2% were Native American or American Indian, 0.4% were Native Hawaiian or Pacific Islander, and 1.5% were other races. Particpants were 71.2% female, and 45% were married, 7.5% were engaged, 39% were in a commited relationship, and 8.1% were casually dating.

Procedures

Recruitment and payment procedures were identical to Studies 1 and 2. Each participant was provided with a set of either positive or negative emotion words and was asked to choose one emotion word from the list that he or she had strongly felt in an interaction with his or her romantic partner. The participants were then instructed to describe this emotional interaction in a text box. Next, participants completed a survey. Participants who had been presented with a negative emotion word list completed a survey which included scales that measured desired affective experiences, provision of social support, amount of self-disclosure, psychological needs, hard and soft emotions, underlying concerns, and desired partner behaviors. Participants who had been presented with a positive emotion word list completed a survey which included scales that

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measured desired affective experiences, provision of social support, amount of self-disclosure, and psychological needs. The scales that measured hard and soft emotions, underlying concerns, and desired partner behaviors were only presented for the negative emotional interaction because these scales are based on a negative emotional interaction and would not make sense to complete for a positive emotional interaction. Next, participants were again presented with a set of emotion words. If the participant had first been presented with the negative emotion word list, then he or she was presented with the positive emotion word list, and vice versa. The order of presentation of the positive and negative emotion sets were randomized, such that some participants were presented with the negative emotion word list first, and some were presented with the positive emotion word list first. Again, participants selected one word from the list that they had strongly felt in an interaction with their partners. Participants were instructed to describe the emotional interaction in a text box. Then, participants completed a particular set of scales based on whether they were completing a negative emotional interaction survey or a positive emotional interaction survey, as described above. Next, all participants completed scales measuring attachment style, trait-level communion and agency, and relationship satisfaction regarding their romantic relationships in general, since these measures are not context-specific measures.

Measures

 Interpersonal motivation. Interpersonal motivation was assessed using the questionnaire developed in Study 2. Four four-item scales measured the interpersonal motivation domains of Moving Away, Moving Toward, Status, and Desire for

Investment. Participants responded to this questionnaire based on both the positive and the negative emotional interactions they described, and thus completed this questionnaire twice. Participants rated their responses on the same 5-point scale described in Study 2 (1= No Desire and 5= Extreme Desire). Reliabilities for the scales ranged from .66 for the Moving Away scale for negative emotional interactions and .91 for the Moving Toward scale for negative emotional interactions. Reliabilities are listed in Table 8. Notably, the Moving Away scale for negative emotional interactions was lower than ideal.

Attachment. Attachment styles were assessed using selected items of the Experiences in Close Relationships-Revised scale (Fraley, et al., 2000), as described by Sanford and Rowatt (2004). Eight items from the relationship avoidance scale, and eight items from the relationship anxiety scale were chosen based on Fraley, Waller, and Brennan's (2000) item-response theory analysis of the Experiences in Close Relationships measure (Brennan, 1998). Sibley, Fischer, and Liu (2005) demonstrated that the ECR-R has a two-dimensional factor structure (anxious and avoidance attachment) and has suitable convergent and discriminant validity. A sample relationship avoidance item is ''I don't feel comfortable opening up to my partner,'' and a sample relationship anxiety item is ''I worry a lot in my relationship.'' Participants completed this measure once, in the context of their experiences in romantic relationship in general. Participants rated their responses on a 7-point scale (1= Disagree Strongly and 7= Agree Strongly). In the current study, alphas were .90 for both anxious attachment and avoidant attachment.

Relationship satisfaction. Satisfaction was measured using the 16-item version of the Couples Satisfaction Inventory (Funk & Rogge, 2007). The CSI demonstrated strong convergent validity with other measures of satisfaction (Funk & Rogge, 2007). A sample item is: "In general, how satisfied are you with your relationship?" Participants completed this questionnaire in the context of their relationship overall, and not in the context of either a positive or a negative emotional interaction. Reliability in the current study was alpha = .98.

Communion and agency traits. Two measures of trait-level communion and agency variables were used in the current study. The first was the Revised Interpersonal Adjectives Scale (IAS-R), a questionnaire that is based on the theory of communion and agency and measures personality traits based on two dimensions of love and status (Wiggins, Trapnell, & Philips, 1988). The two poles of the "love" dimension are "cold-quarrelsome" and "warm-agreeable," and were used to measure communion traits, and the two poles of the "status" dimension are "ambitious-dominant" and "lazy-submissive," and were used to measure agency traits. Four items from each pole that loaded highest on that pole were selected to form two eight item scales. The four items that represented cold-quarrelsome, and the four items that represented lazy-submissive were reversed scored, and the average across the eight items for each scale produced overall love and status scores. Participants rated the adjectives as they applied to themselves on an 8-item scale (0= Extremely Inaccurate and 7= Extremely Accurate). In the current study, alphas were .77 and .80 for status and love, respectively.

Communion and agency values. The second measure of trait-level communion and agency variables was two scales from the Circumplex Scale of Interpersonal Values (Locke, 2000). The CSIV was shown to have appropriate convergent and divergent validity with other measures of interpersonal goals and motives (Locke, 2000). Four items from each pole of the two dimensions of communion and agency were selected to form two eight item scales. For example, the four items with the highest loadings on one pole of the agency dimension combined with the four highest loading items on the opposite pole of the agency dimension formed the current study's CSIV agency scale. The four items that represented low trait agency were reversed scored, and the average across the eight items produced an overall agency score. Participants provided ratings on a 5-item scale (1= Not Important to Me and 5= Extremely Important to Me). The same procedure was used for the communion dimension. Participants rated themselves on these scales based on their general perceptions of themselves, and not within the context of an emotional interaction with their partner. The communion scale had an alpha of .66, which is acceptable but lower than ideal. The agency scale including items from both poles had very poor reliability (alpha = .26), and this was addressed by only including the items from the pole representing high trait agency. The agency scale using these four items was .62, which is acceptable but lower than ideal.

Emotion. The Couples Emotion Rating Form (CERF, Sanford, 2007a) was used to obtain ratings of hard and soft emotion. The four-item hard emotion scale measures feelings of anger, annoyance, irritation, and aggravation, the four-item soft emotion scale measures feelings of sadness, hurt, concern, and disappointment (Sanford, 2007a). This instrument was developed and validated in a series of studies (Sanford, 2007a; Sanford,

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2007b; Sanford, 2012) demonstrating that: (a) the CERF fits an expected factor structure, (b) scores on the CERF correspond to observer ratings of expressed emotion, and (c) changes in emotion predict corresponding changes in communication behavior, cognition, and conflict resolution. Participants only responded to this questionnaire in the context of their negative emotional interaction, given this is a conflict-related measure. Participants rated their responses based on a 5 point scale (1= Disagree Strongly and 5= Agree Strongly). Reliabilities in the current study were .91 for hard emotion, and .83 for soft emotion.

Underlying concerns. The Couples Underlying Concern Inventory is a 16-item questionnaire that was used to assess perceived neglect and perceived threat during a couple's interaction (Sanford, 2010b). The inventory demonstrated appropriate factor structure, convergent, and divergent validity (Sanford, 2010b). Participants only completed this questionnaire in the context of a negative emotional interaction, given that this questionnaire contains items relating to a relationship conflict. In the current study, the eight-item perceived neglect scale ("I felt neglected;" "I felt overlooked") had an alpha of .92. The eight-item perceived threat scale ("I felt accused;" "I felt criticized") had an alpha of .93. Participants completed this questionnaire only within the context of a negative emotional interaction. Participants rated their responses based on a 5 point scale (1= Disagree Strongly and 5= Agree Strongly).

Desired partner behavior. The desires for partner behavior described by Sanford and Wolfe (2013) that are associated with underlying concerns were measured using Sanford and Wolfe's (2013) Desired Resolution Questionnaire. The five-item Stop

Adversarial scale (i.e., "Stop blaming"), nine-item Relinquish Power scale (i.e., "Show more respect"), nine-item Show Investment scale (i.e., "Show more investment in our relationship"), two-item More Communication scale (i.e., "Communicate more with me"), and two-item Give Affection scale (i.e., "Show more affection") had alphas of .83, .88, .90, .73, and .77, respectively. Participants completed this questionnaire only within the context of a negative emotional interaction. Participants rated their responses based on a 5 point scale (1= Disagree Strongly and 5= Agree Strongly).

Desired affective experience. Desired affective experiences were measured using the six-item questionnaire developed by Job et al. (2012). Two three-item scales were developed to measure power-specific (i.e., powerful, enthusiastic, excited) and affiliation-specific affect (i.e., calm, relaxed, peaceful). The scales were shown to be two separate factors with eigenvalues greater than one and accounted for 74% of the variance (Job et al., 2012). Participants rated their responses on a 7-point scale (1= No Desire and 7= Very Strong Desire) for both their negative and positive emotional interactions. In the current study, alphas for the positive emotional interactions were .92 for desired affiliation affect and .73 for desired power affect. Alphas for the negative emotional interactions were .95 for desired affiliation affect and .72 for desired power affect.

Psychological need fulfillment. Psychological need fulfillment was measured using Sheldon and Hilpert's (2012) Balanced Measure of Psychological Needs (BMPN) scale. The measure includes three six-item scales designed to measure relatedness need fulfillment ("I felt close and connected with other people who are important to me"), competence need fulfillment ("I struggled with something I should be good at"), and

autonomy need fulfillment (I was free to do things my own way") (Sheldon & Hilpert,

2012). The BMPN scale demonstrated adequate discriminant and convergent construct

validity through a multi-trait multi-method approach of confirmatory factor analysis

(Sheldon & Hilpert, 2012). Participants rated their responses on a 5-point scale (1= No

Agreement and 5= Much Agreement) for both their negative and positive emotional

interactions. In the current study, alphas for the positive emotional interactions were .82

for relatedness need fulfillment, .54 for competence need fulfillment, and .59 for

autonomy need fulfillment. Alphas for the negative emotional interactions were .85 for

relatedness need fulfillment, and .54 for competence need fulfillment, and .50 for

autonomy need fulfillment.

Provision of social support. The amount of social support provided during both

the positive and the negative emotional interactions was measured using the seven-item

Social Support Index of the Quality of Relationships Inventory (Pierce, Sarason, &

Sarason, 1991). The Social Support Index demonstrated adequate convergent construct

validity with other support scales, including the Social Support Questionnaire (Sarason,

et al., 1983) and the Social Provisions Scale (Cutrona & Russell, 1987). The QRI

demonstrated adequate factor validity so that the Social Support Index was a distinct

factor (Pierce, Sarason, & Sarason, 1991). Additionally, the Social Support Index

demonstrated predictive validity in that it predicted loneliness (Pierce, Sarason, &

Sarason, 1991). The current study adapted the items to assess how much social support

the participant provided, rather than perceived receiving, as done by Sanderson and

Evans (2001) in their study on dating goals. Participants completed this questionnaire for

both positive and negative emotional interactions, and rated their responses on a 5-point

scale (1= Very Slightly/Not At All and 5= Extremely). Alpha was .92 for the negative

emotional interactions and .88 for the positive emotional interactions in the current study.

   Self-disclosure. Amount of self-disclosure by the participant during the interaction

was measured using the Self-Disclosure Index (Miller et al., 1983). This 10-item scale

was found to demonstrate good convergent validity with another measure of self-

disclosure, the Jourard Self-Disclosure Questionnaire (Jourard, 1964) and good

discriminant validity with a social desirability measure, the Marlowe-Crowne scale

(Crowne & Marlow, 1960). Participants completed this questionnaire for both positive

and negative emotional interactions, and rated their responses on a 5-point scale (0=

Discussed Not At All and 4= Discussed Fully and Completely). Alpha was .91 for the

positive emotional interactions and .90 for the negative emotional interactions.

Results

   First, two confirmatory factor analysis models were tested using LISREL

(Version 8.72, Jöreskog & Sörbom, 2005) in which each of the four scales for positive

emotional interactions and for negative emotional interactions were four latent variables

and the items for each scale were indicators. Positive emotional interaction and negative

emotional interaction models were tested separately. The four latent variables were

allowed to correlate, but no error variances were allowed to correlate. Because the

questionnaire items were ordinal variables, models were fit to polychoric correlations

using robust weighted least squares (Flora & Curran, 2004). The model was evaluated

using a two-index strategy (Hu & Bentler, 1999) in which a good fit was defined as

having both a comparative fit index (CFI) of .95 or greater and a standardized root-mean-

square residual (SRMR) of .09 or less. For the negative emotional interaction analysis, the model did not produce an acceptable fit, $\chi^2(14) = 341.94$, $p < .01$, $CFI = .94$, $SRMR = .12$. For the positive emotional interaction analysis, the model produced a good fit, $\chi^2(14) = 204.82$, $p < .01$, $CFI = .98$, $SRMR = .09$. The standardized parameter estimates for the positive emotional interaction model are presented in Table 5, and standardized parameter estimates for the negative emotional interaction model are presented in Table 6.

In the positive emotional interaction model, all the standardized factor loadings were strong, and they ranged between .71 and .90. In the negative emotional interaction model, the standardized factor loadings were strong for the Desire for Investment, Moving Toward, and Status scales, with loadings between .69 and .92. However, the factor loadings for the Moving Away scale were problematic. The factor loading for "To feel independent" was weak at .39, indicating this item does not account for a significant amount of variance in the Moving Away factor. Notably, there are differences in the factor loadings and the fit statistics between the two models, with the positive emotional interaction model having strong effects and the negative emotional interaction model having weaker loadings and an inadequate model fit. This may suggest that the types of motivation that are relevant during positive emotional interactions are different from the types of motivation relevant during negative emotional interactions. CFA factor correlations were also examined and are presented in Table 7.

Table 5

Confirmatory Factor Analysis Standardized Loadings for Positive Emotional Interaction Model

Item	Moving Toward	Moving Away	Status	Desire for Investment
To make my partner feel happy or good.	.83			
To let my partner know that he/she is "wanted."	.87			
To fulfill my partner's needs.	.89			
To demonstrate appreciation or value of my partner.	.79			
To teach my partner a lesson.		.78		
To stop being bothered by my partner.		.80		
To feel independent.		.79		
Space or alone time.		.83		
My partner to listen to me.			.71	
My partner to take me seriously.			.76	
To feel understood.			.85	
To feel acknowledged.			.90	
To feel wanted or desired.				.88
To feel important or special.				.88
Attention from my partner.				.88
To feel appreciated or valued.				.87

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Table 6

Confirmatory Factor Analysis Standardized Loadings for Negative Emotional Interaction Model

Item	Moving Toward	Moving Away	Status	Desire for Investment
To make my partner feel happy or good.	.86			
To let my partner know that he/she is "wanted."	.92			
To fulfill my partner's needs.	.92			
To demonstrate appreciation or value of my partner.	.87			
To teach my partner a lesson.		.68		
To stop being bothered by my partner.		.75		
To feel independent.		.39		
Space or alone time.		.80		
My partner to listen to me.			.69	
My partner to take me seriously.			.76	
To feel understood.			.80	
To feel acknowledged.			.89	
To feel wanted or desired.				.83
To feel important or special.				.87
Attention from my partner.				.80
To feel appreciated or valued.				.88

Table 7

Confirmatory Factor Analysis Correlations Between Factors

Factor	Negative emotional interactions				Positive emotional interactions			
	Moving Toward	Moving Away	Status	Invest	Moving Toward	Moving Away	Status	Invest
Negative emotional interactions								
Moving Toward	1							
Moving Away	-.25*	1						
Status	-.01	.17*	1					
Investment	.30*	.06	.40*	1				
Positive emotional interactions								
Moving Toward					1			
Moving Away					-.16*	1		
Status					.20*	.32*	1	
Investment					.45*	.13*	.54*	1

*p < .05

For the negative emotional interaction model, there were moderate positive correlations between Moving Toward and Desire for Investment, and between Status and Desire for Investment. For the positive emotional interaction model, there was a large positive correlation between Desire for Investment and Status, and there were moderate positive correlations between Moving Toward and Desire for Investment, and between Status and Moving Away.

Descriptive statistics for each of the eight scales are listed in Table 8, and Pearson correlations between the scales are listed in Table 9.

Table 8

Descriptive Statistics for Negative Emotional Interaction Scales and Positive Emotional Interaction Scales

Positive Emotional Interactions	*M*	*SD*	*α*	Negative Emotional Interactions	*M*	*SD*	*α*
Moving Toward	4.26	.82	.84	Moving Toward	2.82	1.40	.91
Moving Away	1.58	.77	.72	Moving Away	2.34	1.01	.66
Status	3.00	1.19	.84	Status	3.88	.97	.81
Desire for Investment	3.70	1.19	.90	Desire for Investment	3.41	1.24	.86

Correlations between the negative emotional interaction scales and the same positive emotional interaction scales (i.e., the Moving Toward scale for positive emotional interactions and the Moving Toward scale for negative emotional interactions) were examined to identify whether they appeared to measure the same or different constructs, and thus whether participants showed consistency in responses across both positive and negative emotional interactions. High correlations between the negative and positive versions of the scales would indicate that the positive and negative versions do measure the same construct and thus that there was consistency in responses across emotional contexts.   The four scales could then be formed into one questionnaire to be administered for both positive and negative emotional interactions.   The correlations between the positive and negative versions of the four scales were all medium, and not high, in magnitude, indicating that there is a notable degree of distinction between the positive emotional interaction scales and the negative emotional interaction scales.

Table 9

Pearson Correlations between Positive Emotional Interaction Scales and Negative Emotional Interaction Scales

Factor	Negative emotional interactions				Positive emotional interactions			
	Moving Toward	Moving Away	Status	Investment	Moving Toward	Moving Away	Status	Investment
Negative emotional interactions								
Moving Toward	1							
Moving Away	-.27**	1						
Status	-.03	.27**	1					
Investment	.32**	.10*	.54**	1				
Positive emotional interactions								
Moving Toward	.20**	.04	.22**	.24**	1			
Moving Away	.14**	.32**	.03	.16**	-.12**	1		
Status	.21**	.19*	.21**	.29**	.24**	.43**	1	
Invest	.17**	.14**	.27**	.34**	.46**	.18**	.72**	1

*p < .05, **p < .01

Thus, the correlations were not sufficiently strong to justify combining the scales into one measure of interpersonal motivation, and, the four scales from each model were examined separately. From this point forward, each scale will be named by its version, either Positive or Negative, to increase clarity and simplicity. For example, the Moving Toward scales will be named Positive Moving Toward and Negative Moving Toward, and the other scales will be similarly named.

In the next step of data analysis, correlations between the trait-level measures of communion and agency were examined in order to do a preliminary check on the validity of these measures. The communion measures should have high correlations with one another, and the agency measures should also have high correlations with one another. The relationship between the CSIV measure of communion and the IAS measure of

communion was .481 (p < .01), and the relationship between the CSIV and IAS measures of agency was .388 (p < .01). Because these measures do not have high correlations, as would be expected given that they purport to measure the same constructs, their validity is questionable and results regarding these scales should be tentative.

A series of regression equations were estimated using SPSS to clarify the extent to which each motivation scale was uniquely associated with variance in each criterion variable. For each criterion variable, two separate regression equations were run. In the first equation, the criterion variable was predicted using the four positive emotional interaction scales, and in the second equation, the criterion variable was predicted using the four negative emotional interaction scales. Table 10 lists the results for the standardized beta weights for both the positive emotional interaction scales and the negative emotional interaction scales.

The Moving Toward scale is a prosocial type of motivation that was hypothesized to be related to communion and an unmet relatedness need as well as providing for one's partner's needs. The regression results for the Positive Moving Toward scale and the Negative Moving Toward scale have a similar pattern of results. The regression results for the Negative Moving Toward dimension of motivation suggest that this type of motivation is indeed characterized by having prosocial goals aimed at providing for a partner's needs, including willingness to self-disclose ($\beta = .34$) and provision of social support ($\beta = .35$).

However, rather than being characterized by a need for relatedness ($\beta = .62$) or communion (IAS, $\beta = .01$; CSIV, $\beta = -.01$), this is a type of motivation that occurs when a partner has fulfilled psychological needs (relatedness, $\beta = .62$; autonomy, $\beta = .33$;

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competency, $\beta = .13$) and is satisfied in his or her romantic relationship ($\beta = .25$).

Additionally, Negative Moving Toward appears to generally be negatively related to measures of conflict-based cognitions and emotions, suggesting that even though this motivation occurs in the context of a negative emotional interaction, partners are motivated by prosocial goals. Negative Moving Toward is negatively related to perceived threat ($\beta = -.13$), perceived neglect ($\beta = -.41$), hard emotion ($\beta = -.49$), Relinquish Power ($\beta = -.15$), Give Affection ($\beta = -.17$), and Show Investment ($\beta = -.28$). Similarly, the regression results for the Positive Moving Toward scale suggest that this dimension is, also characterized by having fulfilled psychological needs (relatedness, $\beta = .33$; autonomy, $\beta = .21$; competency, $\beta = .13$), having high relationship satisfaction ($\beta = .20$), and having prosocial goals related to fulfilling a partner's needs (i.e., willingness to self-disclose [$\beta = .15$] and provision of social support [$\beta = .29$]).

The Moving Away scale was hypothesized to be a type of motivation comprised of conflict-based goals related to avoiding or getting back at one's partner. As such, it was expected to be characterized by having low relationship satisfaction, being motivated by agency and by having a need for autonomy and distance from one's partner (avoidant attachment). The patterns of regression results of the Positive Moving Away scale and the Negative Moving Away scale were somewhat different. The Positive Moving Away scale was related to having a need for autonomy ($\beta = -.21$) and avoidant attachment ($\beta = .19$) as well as having low relationship satisfaction ($\beta = -.12$). However, results indicated that people motivated by Moving Away in the positive emotional interaction also had unmet needs for relatedness ($\beta = -.54$) and competency ($\beta = -.12$), and were not motivated by agency (IAS, $\beta = -.09$; CSIV, $\beta = -.12$).

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Table 10

Study 3 Regression Results

Criterion Variable	Positive Emotional Interactions				Negative Emotional Interactions			
	Moving Toward	Moving Away	Status	Desire for Investment	Moving Toward	Moving Away	Status	Desire for Investment
CSIV Communion	**.081**	-.281***	.132*	**.026**	**-.008**	-.195***	.168**	**.01**
IAS Communion	**.09**	-.259***	-.072	**.182****	**.012**	-.267***	.225***	**.015**
CSIV Agency	.036	**-.119*¹**	**.046**	.023	.176***	**.192*****	**.159****	-.044
IAS Agency	.049	**-.09**	**.016**	.055	-.049	**-.121**¹**	**.174*****	-.086
Need Fulfillment Relatedness	**.331***¹**	-.536***	-.103*	**.091**	**.621***¹**	-.047	-.082	**-.298*****
Need Fulfillment Autonomy	.209***	**-.295*****	**.063**	.141*	.327***	**-.093***	**.021**	-.074
Need Fulfillment Competency	.133**	-.124*	.145*	.031	.133**	-.124*	.145*	.031
Desire for Affiliation Affect	**.074**	.153**	.17**	**.158***	**.299*****	.079	.047	**-.009**
Desire for Power Affect	.258***	**.01**	**.281*****	.077	.367***	**.088***	**.033**	.226***
Self-Disclosure	**.145****	.188***	.308***	-.012	**.337*****	.287***	.087	.142**
Provision of Support	**.29*****	-.325***	.012	.025	**.350*****	-.222***	.166**	-.083
Satisfaction	**.196*****	**-.116***	**-.09**	**.009**	**.251*****	**-.228*****	**.203***¹**	**-.214***¹**
Attachment Anxiety	**-.018**	.09	.075	**.082**	**.007**	.142**	-.088	**.288*****
Attachment Avoidance	-.146**	**.185*****	-.025	.043	-.129**	**.202*****	-.182***	.191***

(Table continues)

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Criterion Variable	Positive Emotional Interactions				Negative Emotional Interactions			
	Moving Toward	Moving Away	Status	Desire for Investment	Moving Toward	Moving Away	Status	Desire for Investment
Hard Emotion					-.491***	**.14*** **	**.231*** **	.05
Soft Emotion					**-.235***[1]**	-.053	.143**	**.218*** **
Stop					.101*	**.402*** **	-.004	.098
Adversarial								
Relinquish Power					-.152***	**.370*** **	**.163*** **	.156***
Give Affection					-.165***	.136***	-.038	**.536*** **
Communicate More					-.025	.055	.104*	**.289*** **
Show Investment					-.282***	.212***	.082	**.411*** **

*<.05 **<.01 ***<.001

bold= hypothesized significant effect

[1]= significant effect that is opposite direction of hypothesized effect

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As such, Positive Moving Away appears to be characterized by having unmet psychological needs and trying to avoid one's partner with whom there is an unsatisfying relationship. The Negative Moving Away scale was also characterized by low relationship satisfaction ($\beta = -.23$), avoidant attachment ($\beta = .20$), and unmet competency ($\beta = -.12$) and autonomy ($\beta = -.09$) needs. Notably, Negative Moving Away was not related to needing relatedness ($\beta = -.05$). This scale is related to several measures of conflict-related cognitions, goals, and emotions, further supporting the notion that this type of motivation occurs in a problematic relationship. Negative Moving Away is significantly related to perceived threat ($\beta = .40$), hard emotion ($\beta = .14$), Stop Adversarial ($\beta = .40$), Relinquish Power ($\beta = .37$), Give Affection ($\beta = .14$), and Show Investment ($\beta = .21$).

The Status scale was hypothesized to be a type of motivation based on the need to feel status in one's relationship, such as being acknowledged and taken seriously by one's partner. As such, the scale was hypothesized to have relationships with agency motivation, the need for autonomy, and poor relationship satisfaction. Additionally, when in conflict, the scale was expected to be related to the perception that one's partner is threatening one's status and feeling angry. The patterns of regression results for the Positive Status and Negative Status scales were quite distinct. Negative Status was related to having both communion (IAS, $\beta = .23$; CSIV, $\beta = .17$) and agency motivation (IAS, $\beta = .17$; CSIV, $\beta = .16$) and having no unmet psychological needs (relatedness, $\beta = -.08$; autonomy, $\beta = .02$; competency, $\beta = .15$). This type of motivation is also related to having high relationship satisfaction ($\beta = .20$), but also experiencing anger ($\beta = .23$) and desiring one's partner to relinquish power in the relationship ($\beta = .16$). Positive

status, on the other hand is not related to IAS communion (IAS, β = -.07) and only had a small correlation with CSIV communion (β = .13). Positive Status was not related to agency motivation (IAS, β = .02; CSIV, β = .05). Positive Status appears to be characterized by self-disclosing to one's partner (β = .31) and desiring power-specific affect, such as feeling powerful and excited (β = .28).

Desire for Investment was predicted to be a type of motivation characterized by the need for one's partner to emotionally invest in the relationship, and was hypothesized to be related to communion motivation. Additionally, it was expected that people motivated by Desire for Investment would be satisfied in their relationships but have a strong need to for their partners to remain close (anxious attachment style). Negative Desire for Investment and Positive Desire for Investment had distinct patterns of regression results. Negative Desire for Investment was characterized by having an anxious attachment style (β = .29) and a need for relatedness with one's partner (β = -.30). Additionally, Negative Desire for Investment was associated with low relationship satisfaction (β = -.21) and several measures of conflict-based measures of cognitions and emotions, including feel sad and hurt (β = .22), perceiving one's partner as being neglectful of the relationship (β = .41), and wanting one's partner to give affection (β = .54), communicate more (β = .30), and show more investment in the relationship (β = .41). On the other hand, Positive Desire for Investment showed some relationship with IAS communion motivation (β = .18) as well as desired affiliation-specific affect (β = .16), such as desiring to feel calm and relaxed. As such, Positive Desire for Investment appears to be characterized as a type of motivation people experience when they do not have unmet needs and they desire connectedness with their partners

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CHAPTER FIVE

Discussion

A series of three studies was conducted to develop a questionnaire that measures interpersonal motivation, defined as need-based goals that people experience during positive and negative emotional interactions with romantic partners. This project aimed to address limitations of currently available scales that purport to measure interpersonal motivation. These limitations include the possibility that more types of interpersonal motivation exist that have not yet been identified and the context-general nature of many existing measures whose wording focuses on long-term or personality traits. The current project began by gathering information about all the possible types of motivation people experience in their romantic relationships through a qualitative analysis in Study 1. Study 2 aimed to create a questionnaire based on the qualitative analyses of Study 1 and through exploratory analyses. In Study 3, the factor structure of the questionnaire was tested using confirmatory factor analyses, and the convergent validity was tested by analyzing the relationship between the dimensions of identified interpersonal motivation and a set of criterion variables. The results of these three studies indicate that eight potentially interesting dimensions of interpersonal motivation have been identified, problems with existing measures of communion and agency have been identified, and evidence was found for the new types of interpersonal motivation being context-specific.

The current project contributes to the literature on interpersonal motivation in several ways. First, eight types of interpersonal motivation were identified: Positive and Negative Moving Toward, Positive and Negative Moving Away, Positive and Negative

Status, and Positive and Negative Desire for Investment. These types of motivation are important because exploratory methods were used in Studies 1 and 2 to derive dimensions of motivation from how people naturally experience them. This exploratory process was conducted in an effort to "carve nature at its joints," that is, to aim to capture the naturally-occurring types of interpersonal motivation as people describe experiencing them. The 67-item list of need-based goals, and their associated motivational themes created in Study 1 was comprehensive, and it was from this list that the final eight scales were derived.

Second, the eight motivation scales appear to be context-specific, and this can make assessment difficult and complex. The correlations between the positive emotional interaction scales and the negative emotional interaction scales were not high. This would indicate that the two sets of scales may not be measuring the same constructs. That is, how someone responded on the scales in the context of a negative emotional interaction was not a good predictor of how he or she responded on the scales in the context of a positive emotional interaction. This is important because it lends evidence to the hypothesis that the questionnaire is assessing motivation at the context-specific level, rather than at a trait level. Further, the relationships between the motivation scales and the event-specific measures of relationship behavior were generally stronger than with the trait-level measures of relationship functioning. Trait-level and context-general measures included communion and agency motivation, attachment style, and relationship satisfaction. While these measures did produce some significant associations with the motivation scales, other event-specific measures were generally stronger in magnitude, suggesting the motivation scales are more related to specific events than to context-

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general levels of functioning. In regards to context-specific scales making assessment difficult and complex, the CFA for the negative emotional interaction model did not produce an adequate fit, while the CFA for the positive emotional interaction model produced a good fit. Although the scales are identical in their item content, the model did not work when participants responded to the scales in the context of a negative emotional interaction. This is further evidence that the negative and positive versions of the scales are functioning at a context-specific level rather than a trait- or long-term level. This might suggest that in future research, the negative motivation scales may need to be altered so that they produce adequate fit using CFA.

Third, existing measures of communion and agency did not converge in the current project as might be expected. The literature on circumplex models of interpersonal traits and behavior has been noted to converge on the two poles of communion and agency or related constructs (Wiggins, 1991). As such, it was expected that the Revised Interpersonal Adjective Scales (Wiggins, Trepnell, & Philips, 1988) and the Circumplex Scales of Interpersonal Values (Locke, 2000) would correlate highly with one another because they both purport to measure communion and agency constructs on a circumplex model of interpersonal behavior. There were only moderate correlations between the IAS-R and the CSIV measures of communion and agency. These moderate correlations lend evidence that suggests that the IAS-R and CSIV are less related than expected. That is, how one sees oneself in terms of communion and agency traits, as measured by the IAS-R, appears to be distinct from how one wants others to perceive him- or herself in terms of communion and agency traits, as measured by the CSIV. Additionally, the reliabilities for both the communion and the agency scales on the CSIV

were less than ideal. Indeed, using the highest loading items from each pole of the CSIV agency scale resulted in extremely poor reliability, suggesting that the poles did not act as opposites of one another as intended. After separating the two poles, reliability for each pole was still lower than ideal.

Additionally, the newly developed interpersonal motivation scales did not clearly map on to measures of trait- communion and agency as expected. It was predicted that the Moving Toward and Desire for Investment scales in particular would be significantly related to communion, while Status and Moving Away would be significantly related to agency. However, this was not a consistent finding, and frequently the interpersonal motivation scales had no significant relationship with the communion and agency scales. One possibility for these inconsistent results may be that the eight newly developed motivation scales appear to be context-specific, and the communion and agency measures are trait-level scales. More specifically, people's personality traits or typical means of interpersonal functioning may not be significantly related to how they function in a particular interaction with their partner. It may also be that the communion and agency scales have questionable validity, and thus, did not produce consistent results.

These validity concerns raise the question of what scales are really measuring when they describe assessing personality traits on two axes of communion and agency, or similar constructs. Although not all measures use the terms communion and agency, many existing measures do purport to assess very similar personality traits, including the IAS-R ("love" and "status") and the CSIV ("communion" and "agency"). As such, caution is needed when discussing and assessing interpersonal motivation and personality

traits. It would be useful for future research to explore the extent to which different measures of communion and agency-like motivation and traits are the same or distinct.

Although the eight motivation scales did not map on to communion and agency as originally expected, they are potentially important and interesting newly identified types of interpersonal motivation in couple interactions. First, an interesting finding is that the Moving Toward scale, in both negative and positive situations, is characterized by feeling secure in one's relationship, rather than by feeling insecure and experiencing attachment anxiety. The Moving Toward scale was positively related to feeling satisfied in the relationship, wanting to self-disclose and provide support to one's partner, and having all three psychological needs fulfilled. The Moving Toward scale includes four items that are characterized by wanting to provide for one's partner's needs and to make one's partner feel good. Notably, the term "Moving Toward" was first coined by Karen Horney (1945) and is described as a personality trait and interpersonal behavior characterized by sacrificing and providing for others in order to compensate for anxiety about being alone and without connection and love. In the current study, these types of goals were not related to attachment anxiety nor a need for relatedness, as might be expected based on Horney's (1945) theory. Thus, the Moving Toward scale in the current study represents a different type of interpersonal motivation that is based not on anxiety, but on security and satisfaction in one's relationship.

Additionally, the Desire for Investment and Moving Away scales may help to clarify the underlying concerns identified by Sanford (2010b). The Desire for Investment scale corresponded closely with Sanford's (2010b) underlying concern perceived neglect, and the Moving Away scale corresponded closely with perceived threat, as hypothesized.

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Perceived neglect is the belief that one's partner is failing to contribute in expected ways to the relationship, and perceived threat is the belief that one's partner is blaming and controlling the self (Sanford, 2010b). Thus, people motivated in interactions with their partners by wanting their partners to invest in the relationship (i.e., Desire for Investment) tend to perceive that their partners are being neglectful of the relationship. On the other hand, partners motivated by wanting distance from their partners (i.e., Moving Away) tend to perceive threat by their partners. Further, the desired resolutions to conflicts associated with perceived threat (stop adversarial communication and relinquish power) were significantly associated with the Moving Away scale, as predicted. Similarly, the desired resolutions to conflicts associated with perceived neglect (give more affection, communicate more, and show investment) were significantly associated with the Desire for Investment scale. These results provide further support to the notion that Moving Away and Desire for Investment correspond closely with perceived threat and neglect. The relationships between the interpersonal motivation scales and underlying concerns would be useful in future research that examines couples' conflicts and the interpersonal motivation that partners experience during those conflicts.

The Status scale had an interesting pattern of results that raises questions about this type of motivation. Positive Status was highly correlated with Positive Desire for Investment, as were Negative Status and Negative Desire for Investment. The high degree of association between the two scales is puzzling. At first look, it would appear as though the Status and Desire for Investment scales may be measuring a very similar construct. However, the scales had distinct patterns of relationships with other measures of relationship behavior. For example, Negative Desire for Investment is characterized

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by a strong need for relatedness with one's partner, whereas Negative Status showed no relationship to any unmet psychological needs. Additionally, Negative Status was positively related to relationship satisfaction, while Negative Desire for Investment was negatively related to relationship satisfaction. Finally, in terms of conflict-based measures, Negative Status was related to feeling angry feelings, and Negative Desire for Investment was related to feeling sad feelings and perceiving partner neglect. The positive scales were also distinct, in that Positive Status was characterized by a need for relatedness, but Positive Desire for Investment was not. Positive Status was associated with a desire to feel excited, powerful, calm, and relaxed, and the willingness to self-disclose to one's partner, while Positive Desire for Investment was only associated with the desire to feel calm and relaxed. As such, it is clear that Status and Desire for Investment measure different types of motivation and are characterized by different patterns of correlations with other relationship variables. It may be that when a partner desires emotional investment from his or her partner, he or she may also tend to feel unacknowledged and undermined and thus have a need for status in the relationship as well. Future research is needed to clarify the nature of the relationship between Status and Desire for Investment.

There were several limitations to this project. First, the samples collected for these studies are limited to people who have access to computers and internet, given that all participants were recruited through Amazon's Mechanical Turk. It would be useful to expand the population sampled by using other methods of data collection, such as paper and pencil questionnaires, to include participants that may not have access to computers or the internet. Second, data were taken from self-report measures using a single method,

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and participants reported on past emotional interactions. Thus, participants may have reported inaccurately. Future studies could collect data via observation, which would address both of these concerns, or could collect data from events occurring presently or very recently. Another key limitation involves the fact that all three studies relied on non-clinical samples. This is important because there is a possibility that the questionnaire might be useful in clinical settings, yet as it stands, additional research is needed to clarify the extent to which validity results generalize to clinical populations.

The development of a context-specific questionnaire measuring interpersonal motivation in couple interactions may be a useful tool in understanding reasons for partner behavior and cognitions in positive and negative emotional interactions. The identification of eight types of motivation, comprised of need-based goals, begins to provide important information about the nature of the "why" of partner behavior. Desire for Investment, Status, Moving Away, and Moving Toward appear to be important types of context-specific motivation within in couple interactions, and function in distinct ways depending on the context and emotional valence of the interaction. Future research would be useful in clarifying the relationships between each of these motivations as well as how they contribute to relationship outcomes.

APPENDICES

Study 1 Instructions

Need: A need is something you want or desire, or a goal that you hope to achieve. Sometimes, needs are met, and sometimes they are not. When your needs are met, you may feel positive emotions, and when your needs are not met, you may feel negative emotions. Each need is likely to have two parts, a specific part and a general part.

Specific part of a need: The specific part of a need is the part that is unique to a specific person in a specific situation at a specific time and place. You may want a specific thing to happen; you may want a specific action you want to be taken, or you may want to obtain a specific object. For example, you may have a need to complete a project, to visit with a friend about something that happened to you, or to have someone approve plans that you made.

General part of a need: The general part of a need is the part that could be experienced by many people, in different situations and different times and places. It is the part of the need that is best described using general terms such as a need for "success" or a need for "companionship" or a need for "control." The general need provides the underlying or overarching reason for why you have a specific need. For example, you might need to complete a project (a specific need) in order to experience success in a job (a general need).

Please read the following story and identify the man's specific and general parts of his need.

A man came home from work, and his dog greeted him with his tail wagging. The man was excited to see the dog too, because he missed him while he was at work. The man reached down and petted the dog. He valued his dog's companionship, and he continued to affectionately pet the dog. The man felt happy now petting the dog because he had been alone in his small office all day at work. He knew that his companionship with his dog was important to his overall happiness because it helped him feel less lonely after work.

*Identify the man's **specific** part of his need in this situation:*

a. To pet his dog

b. *To relax at home*

c. *To make a social connection*

d. *To show his dog he loved him*

*Identify the man's **general** part of his need in this situation:*

a. *To pet his dog*

b. *To relax at home*

c. To experience companionship

d. *To show his dog he loved him*

Please read the following story and identify the man's specific need and general need. A man came home from work, and his dog greeted him holding the man's chewed shoe in his mouth. The man became angry because he thought the dog had willfully misbehaved and ruined his shoe. The man scolded the dog to make sure the dog felt bad for what he

did. He did not want the dog to think he could do whatever he wanted. The man hoped

that the dog would remember being scolded in the future and not be disobedient again.

*Identify the man's **specific** part of his need in this situation:*

a. ***To make his dog feel bad***

b. *To regain control of the dog*

c. *To feel angry*

d. *To recover his shoe*

*Identify the man's **general** part of his need in this situation:*

a. *To make his dog feel bad*

b. ***To regain control of the dog***

c. *To feel angry*

d. *To recover his shoe*

Study 1 Categorization Instructions for Research Assistants

Communion

- Affection: Responses include needs related to emotional or physical affection, including giving or receiving affection. This may include feeling cared for or loved, disclosing one's care and love for one's partner, fondness and tenderness for one's partner, and providing or receiving hugs, kisses, massages, cuddling, or other forms of physical affection.

    o Physical affection

    o Feel cared for

    o Feel loved

    o Reciprocal affection/mutual love

- Connectedness: Responses that fit this category will be characterized by the need to communicate with, associate with, relate with, to be acknowledged, to feel a sense of contact, to share thoughts and feelings with one's partner or for one's partner to share thoughts and feelings, or to be attended to, simply for the purpose of connecting and not for another purpose.

    o Togetherness/company

    o Communication

    o Connectedness

    o Talk

- o Openness

- o To interact with someone

- o Attention

- o To be listened to

- o To have a relationship

- o Feel acknowledged

- o Companionship

- o Understanding

- Intimacy: Responses that fit this category will include those in which there is a

  need to deepen the social or emotional bond with one's partner, to have a private

  moment together, to be in close physical proximity to one's partner for the

  purpose of intimacy (and not a utilitarian purpose, such as helping with a chore),

  or to feel emotionally or physically close to one's partner.

  - o Feel close

  - o Further the relationship

  - o Share life together

  - o To show him I wanted to marry and spend rest of life with him

  - o Closer bond

  - o Start a life together

  - o Stronger relationship

Agency

- Need to feel important: Responses will be characterized by needs to feel important,

  have self-esteem boosted, to be affirmed, and to feel needed or wanted.

- o Need to feel missed

- o Need to feel needed

- o Feel wanted

- o Feel desired

- o Feel important

- o Feel appreciated

- o Feel valued

- o Feel special

- o Have views affirmed

- o Prove my worth

- o Feel first over in-laws

- o Feel respected

- o Consideration

- o Understanding/validation?

- o Taking one seriously

- Need for power: Responses in this category will be characterized by needs to feel dominant, superior, commanding, in charge, strong, or effective.

  - o Make the decision

  - o Put a stop to unwanted behavior

  - o Teach partner a lesson

- Need for individuation: These responses include needing to feel separate from one's partner, to have a distinct personal identity, to feel differentiated from or unique apart from one's partner.

- Stop being bothered by partner

- Space/alone time

Need for partner to contribute something they are not currently: These responses include needs for one's partner to do something differently, to change in some way, or to contribute something they are not currently.

- Financial security/support

- Have partner's promises kept

- Partner to compromise

- Trust

- Support ("uplifting" "positivity")

- Apology

- Reasons for partner's actions/explanations

- Gain knowledge

- Reassurance

- Closure on relationship/reasons/explanation

Need to contribute to partner's well-being: These responses reflect one's needs for the partner to feel good or feel better, or to contribute to the partner's overall well-being in some way.

- Make partner happy

- Let partner know they are "wanted"

- Be supportive of partner

- Show partner empathy

- Make partner feel good

- Fulfill partner's needs

- Take care of/provide for

Need for Emotions: Responses characterized by needs to feel a certain way.

- Happy

- Content

- Relaxed

- Cheered up/comforted

- Feel better

- Emotional well-being

- Receive emotional support

- Stress relief

- Stop feeling hurt and angry

- Feel safe/secure

Need for the Couple to act as a unit: These responses reflect a need for both partners to come together on a shared goal or shared desire, to unite or act as a team, to agree on something.

- United partnership

- Come together on a common goal

- Agreement

- Shared desires

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