**HALF OF US ADMIT TO NOT KNOWING HOW (OR WHEN) TO ARGUE WITH OUR PARTNERS, ACCORDING TO NEW SURVEY**

* *1 in 2 struggle to stop an argument escalating with their partner*
* *We’re forgetting to be kind and 20% never say sorry*
* *Top tips from Paired couples app on how to argue successfully*

**London, 26 May 2021:** All couples fight. Having disagreements is part of a normal, healthy relationship. But it turns out many of us are making common mistakes when we argue and have lost the ability to fight fairly with our partner.

However, new findings from the [Paired couples app](http://www.getpaired.com) reveal that nearly **half of us don’t know how to stop an argument from getting out of hand.**

In fact, a staggering **45% confessed to not knowing how to get a heated discussion back on track,** largely because they miss key opportunities to repair during arguments.

The survey, answered by 11,000 people in relationships using the Paired couples app, also found that almost **half (48%) said they didn’t know when to take a break during an argument.**

It seems apologies don’t always come easy, either – **2 in 10 partners admitted to not saying sorry,** even when they said or did something mean. Furthermore, 60% said they struggled to show love and kindness towards their partner when they argued.

But it does seem that our repair attempts work. 67% admitted that they responded positively when their partner reached out and thankfully, **7 in 10 (74%) said their attempts at repair are effective.**

An overwhelming 73% also revealed that they work together with their partner to understand why they argued in the first place.

So how do you stop arguments spiralling out of control?

[Dr. Marisa T Cohen](https://www.getpaired.com/experts/dr-marisa-t-cohen/ckk7fzt9k321o0a82ywt8vi0c). Head of Couple Relationships at Paired couples app, shares her advice on how to argue successfully.

“Disagreements are normal – there are going to be things that we don’t agree with our partners on, and this doesn’t mean that the relationship is doomed. It is how we choose to engage with our partners when we disagree that matters, so choosing kindness and respect while working to understand each other’s point of view is important.”

She continues: “Repair attempts are any actions or statements that help to diffuse tension and de-escalate conflict, such as taking breaks, saying sorry, or making a joke. When things get heated, it’s easy to forget about these – we get lost in the weeds, fighting about how we are relating to one another and losing sight of the initial reason we engaged in the discussion in the first place.”

**4 TIPS TO REPAIR HARM DURING ARGUMENTS FROM PAIRED COUPLES APP**

1. **Take a well-timed break:** Each person is different, some want to express their views right away, whereas others want time to process their thoughts and emotions. No matter what, if you notice an increase in physiological arousal (thus increased levels of stress and anxiety), which may lead to engaging with one another in ways that aren’t as compassionate, slow down and pause.
2. **Apologise:** Sorry is the kindest word. By saying sorry you take ownership of what you have done wrong (intentionally or unintentionally), creating a culture of respect between you.
3. **Be kind:** Showing kindness during an argument is the best way to mitigate harm caused during an argument. Even if you are upset about a certain situation, you should still communicate to your partner that you care about them as a person, instead of attacking their character or focusing on the behavior at hand. A touch on the arm, a kind word, or a joke can all serve to de-escalate the stress experiences. It can be helpful to talk to your partner first about what type of gestures they’d most appreciate during tense discussions.
4. **Prepare to disagree:** We must understand how our partners best like to handle difficult conversations so that we are mindful of how to engage with them in a way that they feel valued and cared for. By doing this, we can approach arguments in a kind but constructive way, keeping the discussion civil and productive.

Want more advice? Take Paired’s ‘[How well do you repair an argument](https://apps.apple.com/gb/app/id1469609343?ls=1)’ in-app quiz today.

Paired is a fun and easy-to-use app that has been [proven to increase communication](http://www.getpaired.com/oureport), deepen intimacy and improve the connection between couples. It is available globally and is free to download from the [Apple App Store](https://apps.apple.com/us/app/id1469609343?ls=1) and [Google Play Store.](https://play.google.com/store/apps/details?id=com.getpaired.app)

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All figures are from the Paired couples app. Total sample size was 11,000 adults in a relationship. The results were gathered in April 2021 from an in-app quiz and answered by users of the Paired app.

**About Paired**

Paired is a relationship app that launched in October 2020. Its mission is to make relationships happier and healthier by prompting daily conversations between couples via fun questions, quizzes, and expert tips. Paired was founded by Kevin Shanahan and Diego López, who previously worked at leading language learning app Memrise. Dr Jacqui Gabb, Professor of Sociology and Intimacy at The Open University, is the Chief Relationships Officer at Paired. The app is free to download with a Premium subscription offering access to a full library of content and a more personalised experience. [www.getpaired.com](http://www.getpaired.com)

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