

**TABLE 11.7** A Typology for Understanding How Couples Cope with Conflict

		<b>Active</b>			
		<b>EXIT</b> Threatening to end the relationship, or engaging in abusive acts such as yelling or hitting.	<b>VOICE</b> Openly discussing matters with the partner, changing behavior in such a manner as to solve the problem, or obtaining advice from a friend or therapist.		
<b>Destructive to Relationship</b>				<b>Constructive to Relationship</b>	
		<b>NEGLECT</b> Avoiding discussion of critical issues, reducing interdependence with the partner, or nagging the partner about unrelated matters.	<b>LOYALTY</b> Optimistically waiting for conditions to improve or defending the partner in the face of criticism.		
		<b>Passive</b>			

Source: Rusbult, Zembrodt, and Gunn (1982).