

**Couples in Distress:  
An Analysis of Unmet Relational Needs and Underlying Emotions**

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In the current project we examine emotion-focused approaches' conceptualization of couple distress. The more specific aim is to gain a further understanding of the specific unmet relational needs and emotional dynamics (including cognitive appraisals, bodily sensations, motor expressions, feelings, action tendencies, and emotion regulation) that foster relationship conflict and lead to couple distress. Our research questions are investigated by means of a combination of large-scale surveys, scenario-based/recall studies, and observational lab studies, conducted with samples of committed couples with varying levels of relationship (dis)satisfaction. Some results and their potential implications for couple therapy will be discussed.

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