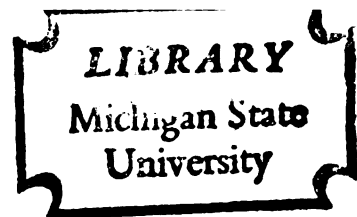


HOW DO PEOPLE FIGHT?
AN EXPLORATORY ANALYSIS OF
FIGHT STYLES

Thesis for the Degree of M. A.
MICHIGAN STATE UNIVERSITY
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THESIS



ABSTRACT

HOW DO PEOPLE FIGHT? AN EXPLORATORY ANALYSIS OF FIGHT STYLES

By

Audrey Doris Landers

At present, fight styles are an interesting clinical observation, with some measure of consensual validation. The purpose of this investigation was to determine if the concept of a fight style, as described by Bach, is a meaningful one, in a more rigorous sense. It attempted to answer several questions: Do fight styles really exist? If so, have they been characterized accurately? What variables are related to fight styles?

A fight questionnaire containing sixty-five statements of ways people behave when they disagree was constructed. Two hundred twenty-three introductory psychology students rated each statement according to how well it described their fight behavior. Information regarding sex, fight partner (the person with whom one disagrees), and fight topic (the topic about which one disagrees) was also obtained.

The following thirteen fight styles were identified by means of a factor analysis of the data obtained from the fight questionnaire: Carom fighting; Withdrawal-evasion; Interference; Indifference; Analysis; Overloading-Undermining; Double-binding; Vengeance; Ego-smashing; Silence; Avoidance; Heckling; and Withholding. These fight styles indicated that previous characterizations of fight styles by Bach are, for the most part, accurate.

Of the variables selected as variables of interest in this investigation, only sex emerged as significantly related to fight style. However, sex differences in fight styles were due to a quantitative, rather than a qualitative, difference between males and females--the sexes rank-ordered their use of the fight styles quite similarly, but males made greater use of them. It appears that males fight more intensively than females do, but they use the same tactics!

A comparison of the frequency of usage of the fight styles suggests that, in general, people would rather not engage in a fight. The fight styles which subjects reported they used most are those which avoid fighting. The fight styles used least are those which involve more active participation in a fight.

Possible explanations of the results, methodological considerations, and limitations of the present investigation were discussed. Directions for future research were suggested.

HOW DO PEOPLE FIGHT?
AN EXPLORATORY ANALYSIS OF FIGHT STYLES

By

Audrey Doris Landers

A THESIS

Submitted to
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G 58370
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"I was angry with my friend:

"I told my wrath, my wrath did end.

"I was angry with my foe:

"I told it not, my wrath did grow."

William Blake
1757-1827

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CHAPTER I

INTRODUCTION AND REVIEW OF THE LITERATURE

In the fifth century B. C. , Socrates fought with his wife. Her name, Xanthippe, has become proverbial for a scolding, nagging, shrewish spouse. Xanthippe felt that Socrates spent too little time earning a living for them and too much time engaging in philosophical activities. Many stories are told about Xanthippe's bad disposition and Socrates' indifference to it. It is said that on one occasion, after berating Socrates for some time and getting no response, she threw a bucket of water over him. Socrates acted undisturbed and remarked, "Xanthippe's thunder often ends in rain."

Thus, as the preceding anecdote illustrates, hostile, injury-oriented aggression has been recognized for a long time. On the other hand, nonnoxious, therapeutic aggression is a rather new concept. It is only in recent years that the constructive potential of aggression has received both clinical and theoretical recognition.

In a discussion of hate and aggression in psychotherapy, Bach (1965) expressed the opinion that direct expression of aggression can be therapeutic. He stated that he would like to teach schizophrenic patients to fight in a straightforward manner; to accept their hostility; and to express it in a meaningful context, instead of a destructive, bizarre, and confusing one. Wagner (1968) has attempted to facilitate the expression of anger in psychiatric patients. He found that anger expression increased for a group of patients who received a positive reaction to expression of anger in a role-playing situation.

Bach (1967a) found that aggression confrontation is a particularly growth-stimulating part of the helping process. Participants in Marathon groups were asked to report in what way(s) they received help from the group member who was most helpful to them. Of five items, each representing a dimension of helpfulness, the "aggression-confrontation item"--"(S)He aggressively confronted me with what I had done in the group, even at the risk of my becoming angry with (her) him."--accounted for 17% of the responses.¹ The participants also reported the way(s) they gave help to the group

¹ The four other dimensions of helpfulness and the percentage of responses that each accounted for were: empathic identification, 21%; acceptance-warmth, 19%; self-understanding, 25%; and problem-solving, 18%.

member whom they helped most. The "aggression-confrontation item"--"I was willing to candidly express my thoughts and observations about (her) him, even at the risk of his criticizing or becoming angry with me."--accounted for 20% of the responses.¹

In a companion study, Bach (1967b) found that aggression phobia, i.e., avoidance of aggressive confrontation, is one of the least helpful kinds of interpersonal contacts. Participants in Marathon groups were asked to report why they did not receive help from the group member who was least helpful to them. Of five items, each representing a dimension of "least helpfulness," the "aggression-phobia item"--"He was not willing to share candidly critical thoughts or feelings with me or the group or to risk anyone's being angry with (her) him for being criticized."--accounted for 26% of the responses.² The participants also reported why they were least helpful to the group member they helped least. The "aggression-phobia item"--"I was not willing to share candidly my critical thoughts or feelings about him (her) or to risk (her) his

¹Empathic identification accounted for 18%; acceptance-warmth, 19%; self-understanding, 25%; and problem-solving, 18%.

²The four other dimensions of "least helpfulness" and the percentage of responses that each accounted for were: strangeness, 18%; non-caring indifference, 23%; narcissism, 19%; and disjunctive communication, 14%.

becoming angry with me." -- again accounted for 26% of the responses.¹

These findings, taken together, support the notion of the constructive potential of aggression. Bach (1963, 1968), in attempts to formulate a theory of constructive aggression, begins by rejecting the assumption that the primary aim of human aggression is to hurt, injure, or kill. He distinguishes between fights in the context of intimacy and fights in the context of alienation. In fights between intimates, the above assumption need not hold. Bach has developed a "fight-training" approach to conflict resolutions of intimates. Intimate fighters are instructed in a "creative style of fighting whereby both partners can win." According to Bach, a constructively fought fight facilitates the emergence of intimacy.

Part of Bach's fight training approach involves "style analysis."² Bach attempts to help fight partners recognize their style of communicating with each other, for "before you restyle anyone's communication, you have to know what it is."

Alexander (1963) summarized the many destructive fight styles which Bach has witnessed in his clinical work. He reported

¹ Strangeness accounted for 21%; non-caring indifference, 27%; narcissism, 15%; and disjunctive communication, 11%.

² Hurley (1963) took notes on a demonstration of style analysis.

that husbands and wives who participate in Bach's fight training program usually recognize their fight style among those which Bach has categorized. If they do not recognize their own fight style, they invariably recognize their partner's.

Schneider (1963) constructed a checklist based on Bach's work to analyze marital fight styles. Schneider's checklist appears in Appendix A. It is divided into twelve sections, each representing a fight style. The sections are labelled as follows: withdrawal or evasion; open noxious attack; pseudo-accommodation; attack or reduction of someone or something treasured by the partner; double-binding; character analysis or interpretation; blamesmanship; interference; overloading the system or relationship; underloading the system or relationship; withholding; and arousing anxiety and fears. The sections are composed of phrases or sentences which describe the fight styles. Spouses are told that the checklist is designed to aid in identifying the presence or absence of injurious, destructive fight styles. They are asked to indicate which styles they feel are characteristic of themselves and which they feel are characteristic of their partner.

Statement of the Problem

At present, fight styles are an interesting clinical observation, with some measure of consensual validation. It remains for

an experimental investigation to determine if the concept of a fight style is a meaningful one, in a more rigorous sense, i. e. , do fight styles really exist? If so, has Bach characterized them accurately? What variables are related to fight styles? The present study attempted to answer these questions.

CHAPTER II

HOW PEOPLE FIGHT

The Fight Questionnaire

The questionnaire constructed for this investigation appears in Appendix B. It contains sixty-five randomly ordered statements of ways persons may behave when they disagree with other persons who are important to them. These statements were derived, primarily, from the checklist prepared by Schneider (1963) to analyze marital fight styles.

The fight questionnaire was presented to 223 students enrolled in the introductory psychology course at Michigan State University. Subjects were instructed to rate each statement according to how well it described their "fight behavior" (the way they behave when they disagree with someone about whom they care). The rating scale ranged from 0 to 4: 0 designated an action which the subject never does; 1, an action the subject rarely does; 2, an action he sometimes does; 3, an action he frequently does; and 4, an action he always does.

Subjects were requested to list their relationship to the people with whom they disagreed most often and to list the topics about which they disagreed most often. Information regarding age, sex, race, and religion of the subjects was also obtained.

The Fight Styles

The intercorrelations among the 65 items in the questionnaire were computed. The intercorrelation matrix appears in Appendix C.

The matrix was then factor analyzed using Guttman communality estimates. Factors were extracted by the principal components method and rotated to the varimax criteria. An eigenvalue threshold of 1.00 and a Kiel-Wrigley option of one were used as criteria for the number of factors to be rotated. A 13-factor solution emerged. The rotated factor loadings for the 65 items on the 13 factors appear in Table 1.

Subsequently, 13 sub-scales were derived from the 13 factors. Each sub-scale consisted of those items whose loading on the factor had an absolute value greater than .40. Composite scores for subjects were obtained by using their mean rating of the items within each sub-scale. The sub-scales corresponding to each factor are underlined in Table 1. The 13 fight styles identified by these sub-scales are described below.

TABLE 1
ROTATED FACTOR LOADINGS

Items in Questionnaire	Factors												
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII
6	<u>48</u>	<u>11</u>	07	18	08	10	--	07	08	-10	-21	18	--
55	<u>69</u>	--	--	26	10	21	10	-11	08	--	09	--	--
56	<u>46</u>	-06	18	24	--	23	22	-08	40	--	24	--	--
65	<u>56</u>	--	13	--	14	32	14	-16	07	11	14	10	09
2	07	<u>51</u>	--	06	-15	-07	16	12	--	09	14	<u>41</u>	06
7	--	<u>42</u>	16	--	19	06	30	10	20	--	12	10	--
12	-19	<u>61</u>	07	16	--	--	15	--	07	10	-05	07	--
17	--	<u>42</u>	-08	03	--	--	-07	07	--	<u>61</u>	16	15	05
20	--	<u>45</u>	05	--	19	06	--	-15	13	<u>50</u>	16	-09	--
22	05	<u>71</u>	--	08	05	-05	15	-13	05	15	08	--	-15
23	24	<u>44</u>	29	26	-05	--	08	-30	20	--	12	-07	-20
27	08	<u>74</u>	-05	-06	--	07	--	-08	--	--	--	-07	08
32	07	<u>63</u>	--	--	-10	-07	-12	15	-13	--	21	--	--

TABLE 1. -- Continued

Items in Questionnaire	Factors												
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII
33	--	<u>49</u>	10	--	--	19	-05	-23	-05	--	15	11	32
45	--	<u>45</u>	--	21	24	--	18	-06	-23	-23	16	12	17
47	--	<u>44</u>	--	28	06	19	-08	--	23	--	28	-12	--
3	06	--	<u>64</u>	17	--	05	--	-18	--	--	-11	26	--
4	22	-11	<u>40</u>	24	16	12	13	16	--	31	06	08	13
9	-11	--	<u>71</u>	--	08	15	07	--	27	--	09	13	-05
24	10	26	<u>40</u>	25	--	09	12	-29	23	--	08	06	24
25	18	--	<u>45</u>	18	09	29	28	-11	17	--	--	-07	14
28	37	15	<u>43</u>	06	12	05	06	-27	--	-12	09	06	32
29	14	21	<u>53</u>	08	07	36	09	14	--	-14	-06	-14	08
40	10	--	<u>55</u>	24	18	33	13	-08	--	--	17	--	13
50	--	--	<u>45</u>	30	09	<u>41</u>	14	-07	10	07	10	--	10
37	09	30	12	<u>51</u>	12	17	-10	-08	--	--	11	08	10

TABLE 1. -- Continued

Items in Questionnaire	Factors												
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII
44	05	14	19	<u>64</u>	--	11	20	-09	--	--	10	05	-07
49	21	13	10	<u>60</u>	--	--	08	--	08	--	29	--	14
52	--	07	-05	<u>47</u>	10	18	--	<u>-49</u>	10	--	13	14	15
54	25	--	22	<u>56</u>	--	11	07	-07	21	--	07	08	06
18	--	-07	--	--	<u>76</u>	09	-07	--	10	--	-05	--	13
19	25	11	32	05	<u>52</u>	18	--	09	--	--	12	29	-18
41	16	--	19	06	<u>46</u>	19	24	-27	21	--	15	22	07
53	11	--	19	--	<u>74</u>	11	12	-13	--	11	--	-12	--
5	10	13	18	08	13	<u>47</u>	06	--	22	-28	--	14	-05
11	09	--	26	07	--	<u>56</u>	--	--	17	17	--	--	--
13	13	17	30	--	14	<u>41</u>	-05	-09	28	--	--	12	35
16	--	-10	17	-05	--	<u>43</u>	07	-12	-06	05	-13	24	-37
36	19	06	27	32	10	<u>53</u>	05	-14	--	09	-13	05	21

TABLE 1. -- Continued

Items in Questionnaire	Factor												
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII
38	22	--	--	10	07	<u>44</u>	06	--	06	-11	35	23	-14
46	09	09	--	28	16	<u>57</u>	14	-12	19	-07	--	--	--
58	16	05	06	-06	-07	<u>62</u>	11	-16	-16	--	--	07	10
64	07	--	19	10	18	<u>58</u>	06	--	25	15	07	-11	05
43	11	09	07	10	--	--	<u>65</u>	-06	--	--	--	10	09
60	29	--	-05	15	23	36	<u>40</u>	-11	22	15	05	21	06
61	18	--	13	--	--	35	<u>60</u>	-13	20	-08	07	--	--
21	25	10	29	--	07	17	10	<u>-51</u>	11	--	17	13	--
51	29	11	09	19	13	32	19	<u>-53</u>	05	--	05	07	--
8	21	--	31	--	16	24	10	-09	<u>55</u>	--	11	11	10
31	11	--	13	28	12	31	22	-15	<u>45</u>	08	-12	11	--
48	31	09	19	30	17	28	09	-13	<u>56</u>	--	07	08	10
57	15	35	07	25	06	--	05	-10	-06	10	<u>73</u>	--	14

TABLE 1. -- Continued

Items in Questionnaire	Factors												
	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII
62	08	32	--	26	05	-08	--	-10	--	15	<u>73</u>	--	14
1	25	06	19	12	--	08	10	-26	08	11	-07	<u>56</u>	--
10	--	31	21	13	30	06	06	--	10	-20	06	<u>44</u>	18
15	20	--	17	08	06	33	29	-19	24	11	-13	<u>43</u>	-07
14	-13	15	22	20	07	13	21	-08	06	29	08	16	<u>43</u>
34	14	05	25	39	19	11	16	--	--	08	14	--	<u>52</u>
26	31	--	25	27	05	07	24	-31	22	--	--	--	--
30	--	17	38	17	12	29	35	-05	10	23	-13	-10	--
35	18	--	29	--	18	22	37	10	-28	--	07	17	09
39	36	-06	10	22	08	20	26	12	34	-08	21	24	-10
42	-16	20	07	08	--	16	32	-17	--	--	35	--	-17
59	-17	21	-11	25	--	21	06	-26	12	12	35	20	14
63	31	--	12	15	34	37	12	-11	24	--	10	09	24

Note: Decimal points and values less than 0.05 were omitted for ease of reading.

Carom fighting (questionnaire items #6, 55, 56, 65). -- The first factor suggests a fight style which is characterized, for the most part, by an attack upon something of value to the fight partner, rather than an attack upon the fight partner himself. Users of this fight style are indirectly aggressive. They speak against something their fight partner stands for, say that they dislike something their fight partner likes, or attack something they know is important to their fight partner. Since the items which compose this fight style were derived, primarily, from Bach's description of "Carom Fighters," this fight style will be referred to as "carom fighting."

Withdrawal-evasion (questionnaire items #2, 7, 12, 17, 20, 22, 23, 27, 32, 33, 45, 47). -- The second factor suggests a fight style which is characterized by evasion of the fight partner and/or the fight topic. Users of this fight style refuse to engage in a fight. When their fight partner mentions the topic of the disagreement, they try not to respond. When they feel a fight impending, they leave the situation. They try not to do or say anything associated with the fight topic. They refuse to listen when the fight partner tries to discuss an area of disagreement. Since such fighters correspond closely to Bach's description of the "Withdrawal-Evaders," this fight style will be referred to as "withdrawal-evasion."

Interference (questionnaire items #3, 4, 9, 24, 25, 28, 29, 40, 50). -- The third factor seems to describe Bach's "interference" fight style. "Interferers" attempt to impede their fight partner's independence or self-fulfillment. They interfere with their fight partner's strivings toward a goal. They make it difficult for their fight partner to pursue his aims, and they try to impose restrictions on his freedom of movement.

Indifference (questionnaire items #37, 44, 49, 52, 54). -- Factor IV contains elements of several fight styles which Bach describes. Taken as a whole, the factor suggests a fight style characterized by "Indifference." "Indifferent" fighters refrain from doing anything that would make it easier to enjoy things with their fight partner. They refrain from doing anything that would please their fight partner. They fail to defend their fight partner; they act as if they do not care what their partner does; and they try not to feel or show sympathy for him.

Analysis (questionnaire items #18, 19, 41, 53). -- Factor V suggests a fight style which is characterized by interpretation of the fight partner's behavior and analysis of the fight partner's personality. Such fighters tell their partner that he has motives or values other than those he, himself, thinks he has. They explain

to their partner what his real, subconscious, or hidden feelings are. They act as if they know what is best for their fight partner, even if the partner does not agree; and they tell their partner that he really is not what he thinks he is and never was that way. Since this fight style clearly refers to those fighters which Bach calls the "Character Analysts," this fight style will be referred to as "analysis."

Overloading-Undermining (questionnaire items #5, 11, 13, 16, 36, 38, 46, 58). -- Factor VI seems to be composed, primarily, of elements from two fight styles described by Bach: the "Overloading the System" fight style and the "Undermining" fight style. "Overloaders" are over-demanding; they demand actions that their fight partner finds difficult to accomplish. "Underminers" try to keep their fight partner on edge. They arouse anxieties and fears in their partner and encourage him to feel anxious or depressed.

Double-binding (questionnaire items #43, 60, 61). -- Factor VII appears to reflect the fight style that Bach has called "Double-binding." "Double-binders" set up expectations in their fight partner but make no attempt to meet them. They make promises to their partner and then rebuke him for being so stupid as to even expect fulfillment of them.

Vengeance (questionnaire items #21, 51, 52). -- Factor VIII does not correspond to any of the fight styles which Bach discusses. Since it seems to be characterized by some elements of revenge, it will be referred to as "Vengeance." Users of this fight style will "rub it in" when their fight partner fails in an area that is important to him; they will encourage outsiders to attack their partner; and they will try not to feel or show sympathy for their partner.

Ego-smashing (questionnaire items #8, 31, 48). -- The ninth factor suggests a fight style which is characterized by an open, noxious attack upon the fight partner. Users of this fight style try to cut their fight partner down to a smaller size. They let their fight partner know that they feel he is inferior. They bring up sensitive issues. Since such fighters correspond closely to Bach's description of the "Professional Ego-smashers," this fight style will be referred to as "ego-smashing."

Silence (questionnaire items #17, 20). -- The tenth factor suggests a fight style characterized by "Silence." The "silent-type" just "clam up." They respond to their fight partner only with silence. While Bach does not refer to the exclusive use of silence as a fight style, he does note its presence in the repertoire of "withdrawal-evaders" and fighters who underload the system.

Avoidance (questionnaire items #57, 62). -- Factor XI appears to describe a fight style characterized by avoidance of the fight partner. When "avoiders" disagree with someone, they try to avoid coming into contact with him. Bach refers to avoidance behavior as part of the "Withdrawal-evasion" fight style, but he does not discuss "Avoidance" as a fight style per se.

Heckling (questionnaire items #1, 2, 10, 15). -- Factor XII does not seem to correspond to any of the fight styles which Bach describes. This factor, however, appears to reflect, for the most part, a "Heckling" fight style. "Hecklers" make fun of their fight partner's anger. They pretend to agree with their fight partner, even though their tone of voice lets their partner know that they really do not agree. They heckle their partner without really having an issue.

Withholding (questionnaire items #14, 34). -- Factor XIII appears to be derived from Bach's "Withholding" fight style. "Withholders" withhold things that are important to their fight partner and cues which would make communication with the fight partner easier.

CHAPTER III

THE WHO, WHAT, HOW RELATIONSHIP

As previously stated, subjects reported their age, sex, race, and religion. They also listed their relationship to the people with whom they frequently disagreed (i. e. , their fight partner) and the issues about which they disagreed (i. e. , their fight topic). Three of these variables--sex, fight partner, and fight topic--were selected for further analyses vis a vis the fight style data. These variables intuitively seemed to be the ones most likely related to fight styles. Discussion of these additional analyses appears below.¹

Dichotomization of the Independent Variables

Sex. -- Subjects were divided into males and females. The sample contained 97 males and 91 females.

Partner. -- Subjects were divided into those who fought with peers and those who fought with superiors. Typical "peer" responses

¹These analyses were based on responses of 188 subjects, since 35 subjects failed to complete the questionnaire.

included "roommate," "other students," "boyfriend," and "sister." Typical "superior" responses included "mother," "professors," and "my boss." When subjects listed several fight partners, the first one listed was used. The sample contained 104 "peers" and 85 "superiors."

Topic. -- Subjects were divided into those who fought about abstract topics and those who fought about concrete topics. Typical "abstract" responses included "politics," "religion," and "morals." Typical "concrete" responses included "who cleans the room," "what time I should be in," and "how to raise my younger sisters." When subjects listed several fight topics, the one listed first was used. The sample contained 93 "abstracts" and 95 "concretes."

Relationship Within and Between the Dichotomies

A partition of chi square (Winer, 1962) was carried out in order to examine the frequency distribution of the 188 subjects within the eight cells generated by the three-way dichotomization of the data. The results appear in Table 2. Examination of the table indicates that all comparisons yielded chi square values far below that needed for significance at the .05 level. It thus appears that the 2×2×2 classification process resulted in a fairly random

distribution of subjects into eight cells. There is no evidence that the variables are related.

TABLE 2
PARTITION OF CHI SQUARE

Source	df	Chi Square
Total	7	5.106
Sex (S)	1	.191
Partner (P)	1	2.128
Topic (T)	1	.021
S × P	1	.192
S × T	1	.767
P × T	1	1.723
S × P × T	1	.084

Do Sex, Partner, and Topic
Affect Fight Style?

Overall analysis. -- A three-way analysis of variance (for unequal cell frequencies) was used to assess the effects of sex, partner, and topic upon fight style. This analysis was performed on the sum of the subjects' responses to all 65 items of the fight questionnaire. Examination of Table 3 reveals a significant effect of sex ($F = 5.532$, $df = 1/180$). The significant sex effect indicates that there was an overall difference in the way males and females responded to the questionnaire, with males tending to respond

with higher values ($\bar{X}_{\text{males}} = 1.29$, $\bar{X}_{\text{females}} = 1.13$). This sex difference is suggested by the graphical presentation in Figure 1.

TABLE 3
OVERALL ANALYSIS OF VARIANCE

Source	df	MS	F
Sex (S)	1	178.279	5.532*
Partner (P)	1	18.453	.573
Topic (T)	1	31.375	.974
S $\times$ P	1	11.582	.359
S $\times$ T	1	13.553	.421
P $\times$ T	1	1.789	.055
S $\times$ P $\times$ T	1	6.724	.209
Error	180	32.227	

* $p < .05$

Analysis by fight style. -- To further investigate the relationships among the variables, a three-way analysis of variance (for unequal cell frequencies) was performed on each fight style.

Tables 4 through 16 contain the results of these analyses.

Examination of these tables suggests some sources of the significant sex effect which emerged from the overall analysis. Significant sex differences appear in five of the fight styles: carom fighting, overloading-undermining, double-binding, vengeance, and heckling. In addition, males rated themselves higher (but not significantly so) on seven of the remaining fight styles.

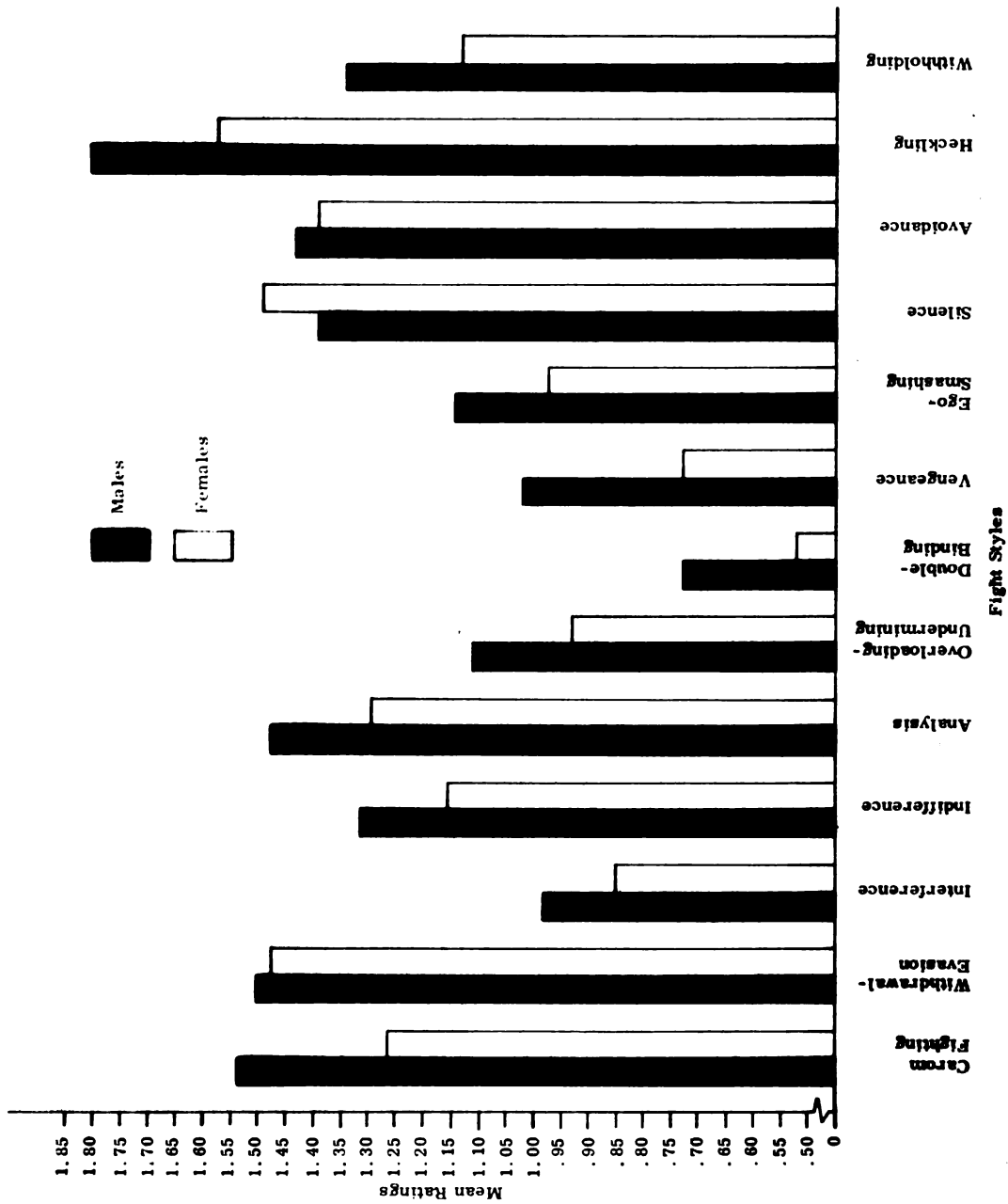


FIGURE 1. -- COMPARISON OF MALE AND FEMALE RATINGS OF THE FIGHT STYLES

TABLE 4
ANALYSIS OF VARIANCE: CAROM FIGHTING

Source	df	MS	F
Sex (S)	1	3.344	7.518*
Partner (P)	1	.085	.191
Topic (T)	1	.775	1.743
S × P	1	.202	.453
S × T	1	.839	1.886
P × T	1	1.899	4.270*
S × P × T	1	.051	.115
Error	180	.445	

*p < .05

TABLE 5
ANALYSIS OF VARIANCE:
WITHDRAWAL-EVASION

Source	df	MS	F
Sex (S)	1	.007	.022
Partner (P)	1	.018	.056
Topic (T)	1	.037	.118
S × P	1	.148	.465
S × T	1	.139	.439
P × T	1	.004	.014
S × P × T	1	.256	.808
Error	180	.317	

TABLE 6

ANALYSIS OF VARIANCE: INTERFERENCE

Source	df	MS	F
Sex (S)	1	.708	2.387
Partner (P)	1	.386	1.302
Topic (T)	1	.547	1.847
S × P	1	.064	.217
S × T	1	.000	.000
P × T	1	.068	.228
S × P × T	1	.004	.014
Error	180	.296	

TABLE 7

ANALYSIS OF VARIANCE: INDIFFERENCE

Source	df	MS	F
Sex (S)	1	1.123	2.737
Partner (P)	1	.239	.583
Topic (T)	1	.697	1.698
S × P	1	.009	.021
S × T	1	.386	.941
P × T	1	.095	.231
S × P × T	1	.049	.121
Error	180	.410	

TABLE 8

ANALYSIS OF VARIANCE: ANALYSIS

Source	df	MS	F
Sex (S)	1	1.378	2.834
Partner (P)	1	.041	.084
Topic (T)	1	.013	.027
S × P	1	.001	.001
S × T	1	.082	.168
P × T	1	.585	1.203
S × P × T	1	.029	.059
Error	180	.486	

TABLE 9

ANALYSIS OF VARIANCE:
OVERLOADING-UNDERMINING

Source	df	MS	F
Sex (S)	1	1.607	6.312*
Partner (P)	1	.112	.439
Topic (T)	1	.000	.000
S × P	1	.080	.313
S × T	1	.082	.323
P × T	1	.943	3.706
S × P × T	1	.164	.644
Error	180	.255	

*p < .05

TABLE 10

ANALYSIS OF VARIANCE: DOUBLE-BINDING

Source	df	MS	F
Sex (S)	1	2.066	6.085*
Partner (P)	1	.026	.078
Topic (T)	1	.008	.025
S × P	1	1.177	3.468
S × T	1	.007	.021
P × T	1	.723	2.130
S × P × T	1	.174	.513
Error	180	.339	

*p < .05

TABLE 11

ANALYSIS OF VARIANCE: VENGEANCE

Source	df	MS	F
Sex (S)	1	3.876	8.047*
Partner (P)	1	.027	.055
Topic (T)	1	.053	.110
S × P	1	.435	.903
S × T	1	.055	.114
P × T	1	.055	.113
S × P × T	1	.176	.366
Error	180	.482	

*p < .05

TABLE 12

ANALYSIS OF VARIANCE: EGO-SMASHING

Source	df	MS	F
Sex (S)	1	1.254	2.209
Partner (P)	1	.943	1.661
Topic (T)	1	.724	1.275
S × P	1	.003	.005
S × T	1	.678	1.195
P × T	1	.228	.401
S × P × T	1	.001	.001
Error	180	.568	

TABLE 13

ANALYSIS OF VARIANCE: SILENCE

Source	df	MS	F
Sex (S)	1	.407	.553
Partner (P)	1	1.207	1.639
Topic (T)	1	2.626	3.566
S × P	1	.858	1.165
S × T	1	3.049	4.141*
P × T	1	.339	.460
S × P × T	1	.069	.094
Error	180	.736	

*p < .05

TABLE 14

ANALYSIS OF VARIANCE: AVOIDANCE

Source	df	MS	F
Sex (S)	1	.068	.064
Partner (P)	1	.003	.003
Topic (T)	1	.483	.451
S × P	1	.004	.004
S × T	1	.137	.128
P × T	1	.966	.903
S × P × T	1	.287	.269
Error	180	1.070	

TABLE 15

ANALYSIS OF VARIANCE: HECKLING

Source	df	MS	F
Sex (S)	1	2.420	6.320*
Partner (P)	1	.029	.077
Topic (T)	1	.286	.747
S × P	1	1.372	3.583
S × T	1	.278	.725
P × T	1	.017	.045
S × P × T	1	.019	.049
Error	180	.383	

*p < .05

TABLE 16
ANALYSIS OF VARIANCE: WITHHOLDING

Source	df	MS	F
Sex (S)	1	1.938	2.871
Partner (P)	1	.094	.139
Topic (T)	1	2.119	3.139
S × P	1	1.223	1.813
S × T	1	.208	.309
P × T	1	.000	.001
S × P × T	1	.008	.012
Error	180	.675	

Two significant interaction effects, which did not appear in the overall analysis, emerged from the analyses of the individual fight styles. The analysis of Carom fighting revealed a significant partner by topic interaction ($F = 4.270$, $\underline{df} = 1/180$). The analysis of Silence revealed a significant sex by topic interaction ($F = 4.141$, $\underline{df} = 1/180$).

The significant interactions. -- The means which yielded the significant partner by topic interaction which emerged in the analysis of Carom fighting appear in Table 17. This interaction indicates that subjects who fight with superiors about abstract topics rated this fight style higher than did subjects who fight with superiors about concrete topics. This difference is highly significant ($F =$

5.705, $\underline{df} = 1/180$, $p < .025$; analysis of simple main effects). A significant difference did not appear in subjects who fight with peers.

TABLE 17
THE PARTNER $\times$ TOPIC INTERACTION
IN CAROM FIGHTING

	$\bar{X}_{\text{peer}}$	$\bar{X}_{\text{superior}}$
$\bar{X}_{\text{abstract}}$	1.39	1.56
$\bar{X}_{\text{concrete}}$	1.45	1.21

The means which yielded the significant sex by topic interaction which emerged in the analysis of Silence appear in Table 18. This interaction indicates two significant relationships. First, females respond differently to abstract and concrete fight topics. Females who fight about concrete topics rated this fight style higher than did females who fight about abstract topics. This difference is highly significant ($F = 5.932$, $\underline{df} = 1/180$, $p < .025$; analysis of simple main effects). Second, males and females respond differently to concrete fight topics. Females who fight about concrete topics rated this fight style higher than did males who fight about concrete topics. This difference is also significant ($F = 4.054$, $\underline{df} = 1/180$, $p < .05$; analysis of simple main effects).

TABLE 18
THE SEX $\times$ TOPIC INTERACTION
IN SILENCE

	$\bar{X}_{\text{male}}$	$\bar{X}_{\text{female}}$
$\bar{X}_{\text{abstract}}$	1.38	1.27
$\bar{X}_{\text{concrete}}$	1.36	1.71

The relationship between male and female fight styles. --

Examination of Figure 1 suggests that sex differences are associated with an overall difference in the level at which males and females rate themselves on the 13 fight styles. Aside from this difference in level, it appears that males and females distribute their ratings of the fight styles quite similarly. Calculation of the product-moment correlation coefficient between the 13 mean ratings of males and females on the fight styles yielded a value of .87, which is highly significant ($t = 8.58$, $df = 11$, $p < .01$, two-tailed).

Differences in the frequency of usage of the fight styles. --

To compare the frequency of usage of the fight styles, the fight styles were ranked by mean rating, and t tests were performed upon the means of adjacent fight styles. The results of the t tests are contained in Table 19. These results are also suggested by the graphical representation of the rank-ordered fight styles in Figure 2.

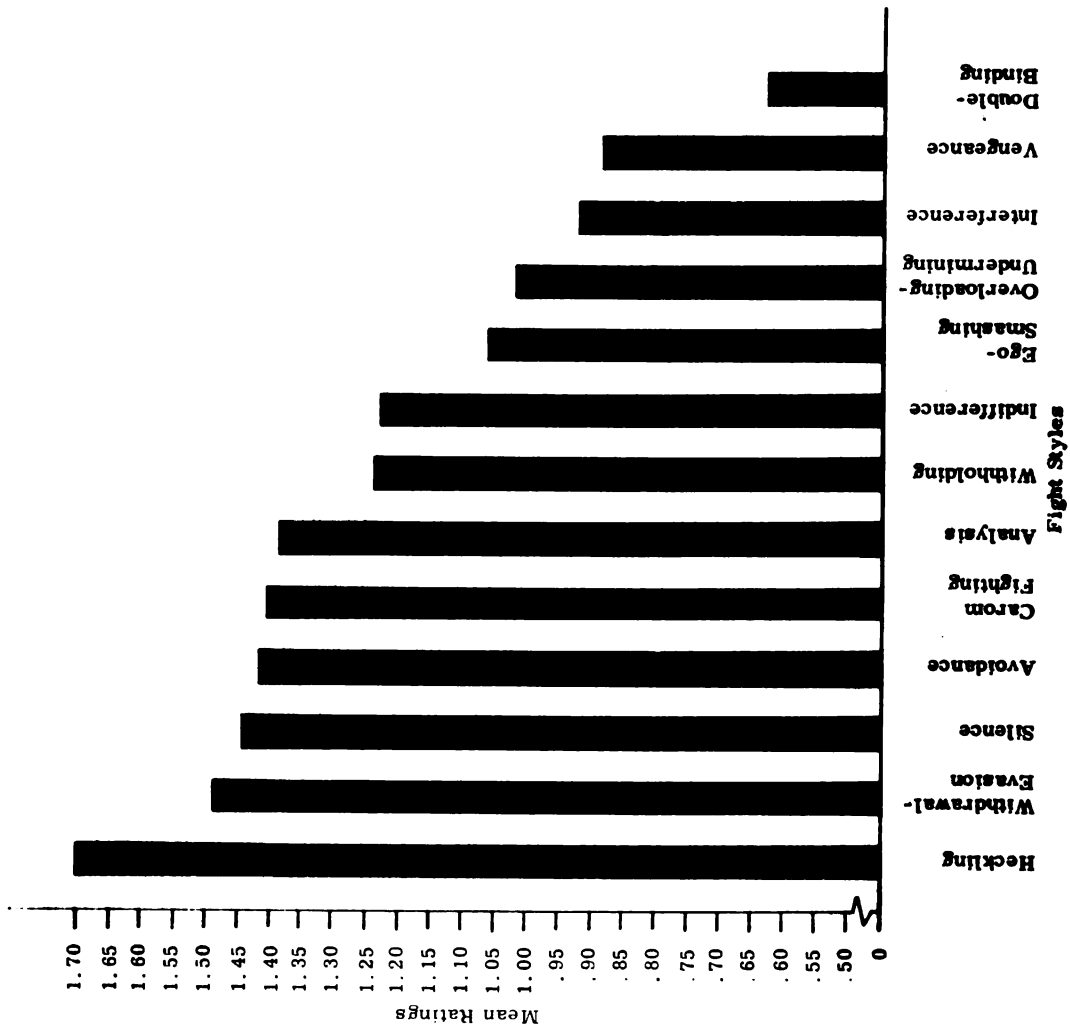


FIGURE 2.-- RANK ORDERING OF THE FIGHT STYLES

TABLE 19
TESTS OF DIFFERENCES BETWEEN
RANKED FIGHT STYLE MEANS

Fight Style	$\bar{X}$	s	t
Heckling	1.69	.62	4.614*
Withdrawal-evasion	1.48	.56	.901
Silence	1.44	.87	.400
Avoidance	1.41	1.02	.199
Carom fighting	1.40	.68	.262
Analysis	1.38	.69	2.194*
Withholding	1.24	.82	.110
Indifference	1.23	.64	3.324*
Ego-smashing	1.06	.75	.804
Overloading-Undermining	1.02	.51	3.394*
Interference	.92	.54	.869
Vengeance	.88	.70	5.217*
Double-binding	.63	.59	

*p < .05

It appears that heckling is used significantly more than the other fight styles, and double-binding is used significantly less than the other fight styles. Four groupings of fight styles seem to exist

between these extremes. The first grouping consists of five fight styles: withdrawal-evasion, silence, avoidance, carom fighting, and analysis. The second grouping consists of two fight styles: withholding and indifference; the third, of two fight styles: ego-smashing and overloading-undermining; and the fourth, of two fight styles: interference and vengeance.

CHAPTER IV

DISCUSSION

The crucial question which this investigation sought to answer was, "Is the concept of a fight style a meaningful one?" That the concept is, indeed, meaningful is strongly supported by the emergence of fight styles from the factor analysis of the items in the fight questionnaire, which have both face validity and some correspondence to the styles which Bach derived from his clinical experience.

A second important question was, "If fight styles exist, has Bach characterized them accurately?" The results of this study suggest that, for the most part, he has. Seven of the thirteen fight styles generated by the data from the present study correspond closely to fight styles described by Bach--carom fighting, withdrawal-evasion, interference, analysis, double-binding, ego-smashing, and withholding. Two fight styles--silence and avoidance--represent portions of larger fight styles which Bach has described. The overloading-undermining fight style combines descriptions of two of

Bach's fight styles. Only three fight styles--indifference, vengeance, and heckling--fail to correspond to Bach's characterizations.

The last question concerned variables related to fight styles. Of the three variables selected as variables of interest in this investigation, only sex emerged as significantly related to fight style. Sex differences in fight styles were due to a quantitative, rather than a qualitative, difference between males and females--the sexes rank-ordered their use of the fight styles quite similarly, but males made greater use of them. Thus, it appears that males fight more intensively than females do, but they use the same tactics!

There are several possible explanations of the finding that males are more verbally aggressive than females. One possibility is that the sex difference emerged only because males are more open in their self-reports--they more frankly admit to their fight behaviors than do females. A significant difference in reporting the use of aggression would be compatible with the influence of our society, which is more accepting of aggression in males than in females.

A second possible explanation is that males are, indeed, more verbally aggressive than females: that differences in the subjects' self-reports reflect a true difference in behavior. Perhaps, there are innate sex differences in the expression of aggression;

perhaps, the social models and the social reinforcement patterns which favor the expression of physical aggression in males have a similar effect upon the expression of verbal aggression.

The finding that males are more verbally aggressive than females is quite compatible with much of the research on physical aggression, which finds that males are more physically aggressive than females (Sears, 1951; Johnson, 1951; Bandura, 1962; Bandura, Ross, and Ross, 1961; 1963a; 1963b). However, the finding is incompatible with the limited research on verbal aggression, which finds that females are more verbally aggressive than males (Johnson, 1951; Barclay and Haber, 1965). The incompatibility could be explained in terms of the level at which the aggression is expressed. Johnson inferred aggression from doll-play, and Barclay and Haber inferred aggression from TAT stories. It is possible that at this deeper level of expression of aggression, females are more aggressive than males. Because they express less aggression (both physically and verbally), they have more repressed aggression--to express through doll-play or through projection.

Still another possible explanation of the sex difference remains. Perhaps, the fight questionnaire did not include a sufficient number of female fight behaviors. For example, there was no opportunity to report the use of tears as a fight tactic. If female

fight tactics were not adequately represented in the fight questionnaire, then males would erroneously emerge as more aggressive.

The partner by topic interaction in "Carom fighting" emerged because subjects who fight with superiors use the carom fighting style more when they fight about abstract topics than when they fight about concrete topics. There appears to be no straightforward explanation of this interaction. It might be speculated that in fights about concrete topics, one tends to stay on the topic. However, in fights about abstract topics, it is easier to drift from the topic: in a fight about one value, it is convenient to drift to other values--perhaps, more "attackable" values--as the carom fighter does. This phenomenon might occur more in fights with superiors than in fights with peers because superiors may be more "threatening"--they require a carom fighting approach if one is to dare to disagree at all.

The sex by topic interaction in the "Silence" fight style appears to be due to the great use which females make of silence when they fight about a concrete topic. This interaction might derive from the "traditional," "non-Bachian" concept of a fight, i.e., a disagreement is "bad"; there is always a "loser." A concrete fight topic may more likely lead to a "winner" and a "loser" than an abstract fight topic: often the issues seem less philosophical

and more personal, tangible, and clear-cut. Perhaps, females, fearing the possibility of emerging as a "loser," resort to responding to concrete fight topics with silence. They avoid losing by refusing to fight at all.

Inspection of the rank-ordered fight styles (Figure 2) suggests that, for the most part, people would rather not actively engage in a fight. The fight styles which subjects reported they used most frequently tend to be those which avoid fighting. Heckling--the fight style used most frequently--involves making fun of the fight partner's anger; in a sense, this is even a refusal to admit that there is any reason to fight at all. Withdrawal-evasion, silence, and avoidance are fight styles which prevent a fight from really getting started. Ego-smashing--the fight style which is characterized by an open noxious attack on the fight partner--was ranked ninth in frequency of usage; it was used significantly less than eight other fight styles.

Hare (1962) recognized that people would rather not fight. In a discussion of the dyad, he pointed to the finding that groups of two consistently tend to avoid disagreement and antagonism and concentrate, instead, on exchange of information and agreement: ". . . the two-man group may be viewed as having built into it an implicit agreement that the two members will stay within spheres on which they can agree." It may be this "implicit agreement" to

which Hare refers that is reflected in the subjects' rank ordering of the fight styles.

Subjects reported using double-binding significantly less than all the other fight styles. It might be argued that double-binding a fight partner is an exceedingly destructive fight style, and, therefore, it would be used least by people who avoid fighting, in general. However, another explanation of the infrequent use of double-binding is possible. Double-binding usually occurs outside of the awareness of the person creating the double-bind; double-binding is most often conceived of as an unconscious process. To be aware of placing a fight partner in a double-bind would be unusual. Thus, the reported use of double-binding as a fight style would be expected to be low. It is probable that double-binding is used more frequently than the subjects reported.

The tests of differences between ranked fight style means (Table 19) revealed that some fight styles or groupings of fight styles occurred with significantly greater frequency than others. These groupings should be interpreted with caution. Fight styles in the same group do not significantly differ from one another in terms of how frequently they are used. However, there is no evidence to support a conclusion that fight styles which group together represent the same kinds of fight behaviors.

Methodological Considerations and Directions for Future Research

The validity of this investigation is dependent upon the validity of the subjects' self-reports on the fight questionnaire. The validity of such a measurement technique is, at the least, debatable. Future research might be directed toward an examination of "fights in action"--perhaps, observed or recorded fights.

An oversight in this study was the absence in the fight questionnaire of items representing a constructive fight style. Subjects had no opportunity to report such constructive behaviors as, "I tell the other person I am angry with him," or "I let the other person know how I am feeling." Only behaviors representing injurious and destructive fight styles appeared in the fight questionnaire.

This study attempted to look at the generality of Bach's observations about the nature of fight styles. It used college students to test some notions derived from a marriage counseling setting. The results suggest that a person's fight style is a relatively stable characteristic. The complete absence of a significant "partner effect" is particularly suggestive of the idea that how one fights is not dependent upon the person with whom he fights. Future research might examine the extent of this generality.

APPENDICES

APPENDIX A

A CHECKLIST TO ANALYZE MARITAL FIGHT STYLES

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A CHECKLIST TO ANALYZE MARITAL FIGHT STYLES

Analysis of Marital Fight Styles

Taken by Stanley Schneider, M.A., from George Bach's Ph.D.
Presentation to the Michigan Group Psychotherapy Association
Fall Workshop, 1963

Record and then analyze marital fight styles with the aid of the following checklist to identify the presence or absence of the following (INFORMATIONAL or) INJURIOUS FIGHT STYLES which you feel you may be using. Please indicate with a check which of the styles you feel are yours and indicate with a cross those you feel are your partner's. Add to this list any additional fight styles that you can identify in your attempts to better understand how you and your partner are helping or hurting one another: Affirming and building versus destroying and undermining one another's self-image.

I. Withdrawal or Evasion:

	Him	Her
a. Avoidance of contact	___	___
b. Visibly escaping from an encounter	___	___
c. No initiation	___	___
d. No commiseration	___	___
e. Apparent uninvolvedness	___	___
f. No relevant response	___	___
g. Attempt at evasion	___	___
h. Avoidance of engagement	___	___
i. Withdrawnness	___	___
j. Not listening	___	___
k. Falling asleep	___	___
l. Leaving	___	___
m. Waiting to get out	___	___

II. Open Noxious Attack:

	Him	Her
a. Inflicting physical, verbal or other psychological pain	_____	_____
b. Degrading	_____	_____
c. Reducing	_____	_____
d. Insulting and derogatory name calling	_____	_____
e. Hitting below the belt	_____	_____
f. Total rejection	_____	_____
g. Needling without issue	_____	_____
h. Mocking anger	_____	_____
i. Comparing self as superior to partner--"Upmanship"	_____	_____

III. Pseudo-Accommodation (Childlike way of fighting):

a. To pretend to go along with something by saying yes though meaning no for a momentary peace sake but not really believing in it and not sharing with the partner the private reservation, doubt or contempt. Not even sharing these things facially like a sarcastic "yah." Rather the partner pretends a phony agreement which is real aggressive type of behavior.	_____	_____
---	-------	-------

IV. Attack or Reduction of Someone or Something Treasured by the Partner:

a. A very common method by people who do not like to be called aggressive whether it is a child or a film they saw or a particular painting they likes--as a particular friend "Oh you like him--ho he's horrible." This sort of thing is called an attack on the third party treasured by the partner.	_____	_____
---	-------	-------

V. Double Binding:

- | | Him | Her |
|---|-----|-----|
| a. Setting up an expectation for a good time in the partner--stimulating the partner--not responding to a demand but stimulating an expectation for a good time and then giving him a bad time: Setting up expectations and images for the partner through promises, excitement and seduction and then letting the partner down by not even attempting to fulfill them--or worse rebuking the partner for being so stupid as to even expect these things. | — | — |

VI. Character Analysis or Interpretation:

- | | | |
|---|---|---|
| a. Like the spouse who tells the partner that he's childish and doesn't get along with anybody. | — | — |
| b. Assign, impute or interpret motives or values <u>other than those the person holds for himself.</u> | — | — |
| c. Uncover deceptions in your partner. | — | — |
| d. Deny the validity of the here and the now as the partner feels it himself--putting him on the defensive for being what he is or thinks he is--because you're telling him that he really isn't that--and never was! | — | — |

VII. Blamesmanship:

- | | | |
|--|---|---|
| a. Arousing or intensifying guilt or inadequate feelings in the partner. | — | — |
| b. Encouraging him to feel that he is making mistakes. | — | — |
| c. Punitive judgments against the partner. | — | — |
| d. Negative appraisal of inadequate performance (in areas where the partner strives to do well and is ego-involved; an intimate marital relationship allows both parties to know very well whether the other tries hard or not. Thus when you try hard and are called incompetent--by the spouse--you experience "Blamesmanship.") | — | — |

VIII. Interference (used by intellectuals):

	Him	Her
a. Interference with involved or goal directed strivings.	—	—
b. Interference with self-fulfillment or independence of the other partner	—	—
c. Interference with mutual autonomy (acting as if you know what is best for the other partner though he doesn't agree).	—	—
d. Trying to <u>impose restrictions</u> on the individual's freedom of movement, (throwing up road blocks, slow downs and creating conditions that would make it hard or difficult to pursue the aim--spoiling rather than facilitating opportunities to pursue things of personal interest or pleasure). (Once we get rid of guilt over aggression--constructive aggression--we can understand it better just as we understand sex nowadays better than we once did since we've overcome our fear of looking at it).	—	—

IX. Overloading the System or Relationship:

a. Over-demanding	—	—
b. Talking more than your share	—	—
c. Asking for more than can be realistically provided.	—	—
d. Showing dissatisfaction and disappointment in what the partner can and does provide.	—	—
e. Demanding to be better taken care of or provided for emotionally, sexually, or materially (the bottomless well phenomena).	—	—
f. Demanding responses that are difficult for the partner.	—	—

X. Underloading the System or Relationship:

a. Where the couple responds to each other only in silence--they both sit and wait for the other to be or make the wrong response and then they count up the score--they don't give each other cues regarding their real feelings and how the other might respond to them.	—	—
--	---	---

XI. Withholding:

Him Her

- | | | |
|--|---|---|
| a. Withholding something desired or deserved. | — | — |
| b. Withholding cues which make communication easier. | — | — |
| c. Not wholeheartedly participating in mutual activity. | — | — |
| d. Withholding affection, food, recognition, privileges. | — | — |
| e. Not facilitating mutual enjoyment. | — | — |

XII. Arousing Anxiety and Fears (Crisis Makers):

Fight style particularly used in groups and in families and organizations, at parties and on vacations. These are people who have a difficult time expressing their aggression under other circumstances. They express their aggression by arousing such anxieties and fears as:

- | | | |
|---|---|---|
| a. You look tired. | — | — |
| b. Don't you feel well? | — | — |
| c. You must be tired. | — | — |
| d. Who made you tired? | — | — |
| e. Did you have a bad time with your wife (suggesting a crisis and then attempting to rescue the person from the crisis but finally joining the enemy by encouraging hostility and ill will against your partner and failing to be the friend or partner against the destructive or dangerous, unfair attacks or rebukes by others who would reduce the value of the partner or in other ways unwittingly arouse anxiety and fears in him. The person fails to affirm the feelings of hope and health that the partner may have about himself.) | — | — |

APPENDIX B

THE FIGHT QUESTIONNAIRE

APPENDIX B

THE FIGHT QUESTIONNAIRE

Name: _____

Age: _____ Sex: _____ Race: _____ Religion: _____

Each person, at one time or another, finds himself in disagreement with people about whom he cares. Disagreeing is an experience which we all share. However, the way you may act when you disagree may be different from the way other individuals act. Below are a list of actions which have been found to describe what some people do when they disagree with people who are important to them. In the space provided before each statement, please place a 0, 1, 2, 3, or 4--according to how well the statement describes you. Use a 0 for an action which you never do, a 1 for an action which you rarely do, a 2 for an action which you sometimes do, a 3 for an action which you frequently do, and a 4 for an action which you always do.

REMEMBER:

0 = Never

1 = Rarely

2 = Sometimes

3 = Frequently

4 = Always

- 1 ___ I make fun of the other person's anger.
- 2 ___ I look for an opportune moment to get out of the situation.
- 3 ___ I interfere with the other person's strivings toward a goal.
- 4 ___ I withhold something the other person wants or deserves.
- 5 ___ I tell the other person that he's childish and that he can't get along with anybody.
- 6 ___ I attack something that I know is important to the other person.
- 7 ___ I pretend I am going to leave the situation.
- 8 ___ I let the other person know that I feel that he is inferior.
- 9 ___ I interfere with the other person's independence or self-fulfillment.
- 10 ___ I pretend to agree even though the tone of my voice lets him know that I really don't.
- 11 ___ I arouse anxieties and fears in the other person.
- 12 ___ I don't listen to the other person when he tries to start a disagreement.
- 13 ___ I try to arouse or intensify feelings of guilt or inadequacy in the other person.
- 14 ___ I withhold cues which could make communication easier.
- 15 ___ I "needle" (heckle) the other person without really having a cause or issue.
- 16 ___ I am over-demanding.
- 17 ___ I just "clam up."
- 18 ___ I tell the other person that he has motives or values other than those he himself thinks he has.

- 19 ___ I act as if I know what is best for the other person, even
 if the other person doesn't agree.
- 20 ___ I respond to the other person only in silence.
- 21 ___ I encourage outsiders to attack the other person.
- 22 ___ When it seems that the other person is about to start a
 disagreement, I just leave.
- 23 ___ I totally reject the other person.
- 24 ___ When I am with the other person, I act bored.
- 25 ___ I try to intensify emotional insecurities.
- 26 ___ I degrade something or someone the other person likes
 or loves.
- 27 ___ When the other person brings up the subject of the dis-
 agreement, I try not to respond.
- 28 ___ I encourage the other person to feel that he is making
 mistakes.
- 29 ___ I try to impose restrictions on the other person's free-
 dom of movement.
- 30 ___ I lead the other person to expect a good time and then
 give him a bad time.
- 31 ___ I "hit below the belt" (i. e. , bring up sensitive issues).
- 32 ___ I make sure that I don't do or say anything that is con-
 nected to what we are disagreeing about.
- 33 ___ I keep quiet and wait for the other person to say or do
 the wrong thing.
- 34 ___ I withhold things that are important to the other person
 (e. g. , praise).
- 35 ___ I take more than my share.

- 36 ___ I encourage the other person to feel anxious or depressed.
- 37 ___ I act as if I really don't care what the other person does.
- 38 ___ I tell the other person that he ought to be punished.
- 39 ___ I insult the other person and call him derogatory names.
- 40 ___ I make it difficult for the other person to pursue his aims.
- 41 ___ I tell the other person that he really isn't what he thinks
 he is and never was that way.
- 42 ___ I just fall asleep.
- 43 ___ I make promises to the other person and don't attempt
 to fulfill them.
- 44 ___ I don't do anything that would make it easier for the
 other person and I to enjoy things together.
- 45 ___ I pretend to "go along" with the other person for the sake
 of momentary peace.
- 46 ___ I try to keep the other person "on edge."
- 47 ___ I try not to start talking to the other person.
- 48 ___ I try to cut the other person down to a smaller size.
- 49 ___ I fail to defend the other person.
- 50 ___ I spoil opportunities for the other person to pursue things
 of personal interest or pleasure.
- 51 ___ I "rub it in" when the other person fails in an area that
 is important to him.
- 52 ___ I try not to feel or show sympathy for the other person.
- 53 ___ I explain to the other person what his real, subconscious,
 or hidden feelings are.

- 54 ___ I refrain from doing things which would make life easier
 for the other person or give the other person pleasure.
- 55 ___ I speak against something that the other person stands
 for.
- 56 ___ I degrade the other person.
- 57 ___ I avoid contact with the other person.
- 58 ___ I demand actions that the other person finds difficult.
- 59 ___ I don't give the other person any hints about what my
 real feelings are and how they might be responded to.
- 60 ___ I continually harp on something the other person dreads,
 and I may even wish it would happen.
- 61 ___ I make promises to the other person and then rebuke him
 for being so stupid as to even expect these things.
- 62 ___ I try to avoid coming into contact with the other person.
- 63 ___ I try to uncover deceptions in the other person and really
 let him know it when I do.
- 64 ___ I inflict physical or psychological pain.
- 65 ___ I say that I don't like something that the other person
 likes.

Please list below your relationship to the people with whom you find
yourself disagreeing most often (e. g. , father).

Please list below the topics about which you find yourself disagreeing
most often.

APPENDIX C

THE INTERCORRELATION MATRIX

APPENDIX C

INTERCORRELATION MATRIX

	1	2	3	4	5	6	7	8	9	10
1	1.0000									
2	0.2421	1.0000								
3	0.3291	0.0464	1.0000							
4	0.2025	0.1369	0.3217	1.0000						
5	0.1883	0.0809	0.1462	0.1414	1.0000					
6	0.2450	0.1095	0.1918	0.1134	0.2499	1.0000				
7	0.1017	0.3094	0.1208	0.1809	0.1894	0.1558	1.0000			
8	0.2558	0.0131	0.2152	0.2535	0.3281	0.1743	0.2184	1.0000		
9	0.2187	0.0034	0.5138	0.2815	0.2467	0.1224	0.2484	0.4054	1.0000	
10	0.2522	0.2141	0.3104	0.1462	0.2155	0.1219	0.3283	0.2663	0.2631	1.0000
11	0.1986	0.0159	0.1804	0.2434	0.2874	0.1407	0.1597	0.3229	0.3337	0.1131
12	0.1548	0.3294	0.1732	0.0098	0.0844	-0.0105	0.2935	0.0428	0.1037	0.2261
13	0.2008	0.0678	0.2877	0.2759	0.3282	0.2558	0.1564	0.4804	0.3735	0.3175
14	0.2189	0.1989	0.1812	0.2223	0.1549	0.0443	0.2095	0.1652	0.2198	0.2372
15	0.4367	0.1734	0.2423	0.1874	0.2413	0.2508	0.1949	0.3773	0.2446	0.2357
16	0.1819	-0.0461	0.1753	0.0791	0.2183	0.0604	0.0084	0.1861	0.1688	0.0308
17	0.0828	0.2743	0.0388	0.0971	-0.0476	-0.0302	0.1764	0.0286	-0.0224	0.1053
18	0.0466	-0.0997	0.0313	0.1156	0.1133	0.0864	0.1157	0.1610	0.1023	0.1651
19	0.8318	0.0844	0.2149	0.2717	0.3149	0.2270	0.2361	0.2746	0.2922	0.3678
20	0.0444	0.2155	0.1118	0.1963	0.0164	0.0724	0.2563	0.2038	0.0594	0.1646
21	0.3599	0.0982	0.2893	0.1472	0.2452	0.2530	0.2093	0.3032	0.2734	0.1795

APPENDIX C--Continued

22	0.1464	0.3904	0.0462	-0.0770	0.1273	0.0745	0.2774	0.1291	0.0366	0.1945
23	0.2117	0.2410	0.2137	0.1124	0.2254	0.1847	0.1867	0.2565	0.2010	0.1766
24	0.2796	0.1140	0.3257	0.2774	0.2396	0.1794	0.2593	0.3649	0.2921	0.3080
25	0.2294	0.0042	0.2497	0.3444	0.4053	0.1919	0.1434	0.3718	0.3886	0.1618
26	0.2594	0.0372	0.2154	0.2434	0.2459	0.2747	0.2210	0.2956	0.2238	0.1637
27	0.0387	0.3502	0.0181	-0.0721	0.0775	0.0242	0.2297	0.0030	-0.0702	0.1816
28	0.3004	0.1344	0.3145	0.2182	0.2217	0.1764	0.1431	0.3340	0.2106	0.2299
29	0.1120	0.0381	0.2437	0.2454	0.3029	0.1786	0.2421	0.2934	0.3927	0.2019
30	0.1669	0.0274	0.2134	0.3194	0.2402	0.1096	0.2423	0.2664	0.3329	0.1360
31	0.2303	0.0132	0.1953	0.2234	0.3089	0.2077	0.1807	0.3752	0.2391	0.1645
32	0.0144	0.3473	0.0454	-0.0170	-0.0240	0.0454	0.1700	-0.0730	0.0102	0.1303
33	0.1694	0.2912	0.1215	0.1002	0.1203	0.1202	0.2053	0.1594	0.0705	0.3086
34	0.1390	0.1110	0.1492	0.3063	0.1435	0.1605	0.2169	0.2020	0.1896	0.2501
35	0.2032	0.0687	0.2150	0.2314	0.2319	0.1125	0.1847	0.1744	0.1548	0.2032
36	0.2000	0.0463	0.3269	0.2403	0.3204	0.2709	0.1360	0.3326	0.2290	0.2077
37	0.1317	0.1222	0.1412	0.1870	0.2160	0.2064	0.2534	0.2190	0.1291	0.3393
38	0.1734	0.1483	0.1501	0.1741	0.3415	0.1709	0.1380	0.2610	0.1323	0.1155
39	0.2711	0.0802	0.1110	0.2084	0.2057	0.1944	0.1442	0.4155	0.1774	0.2273
40	0.1922	0.0170	0.3401	0.3417	0.2415	0.1630	0.2344	0.3350	0.4400	0.2010
41	0.3301	0.0907	0.1773	0.2031	0.3215	0.2020	0.2473	0.4001	0.2601	0.2091
42	0.0000	0.1049	0.0290	0.0333	0.0202	-0.0010	0.1700	0.0545	0.1263	0.1432
43	0.1900	0.1210	0.1210	0.1220	0.0001	0.1900	0.2463	0.1620	0.1675	0.1730
44	0.3005	0.1764	0.2202	0.2774	0.1637	0.1404	0.1601	0.1863	0.1950	0.1527
45	0.0007	0.2094	0.1860	0.0029	0.1110	0.0770	0.2454	0.0040	-0.0075	0.3712

APPENDIX C--Continued

46	0.2220	-0.0121	0.1552	0.1520	0.3507	0.1314	0.2594	0.3149	0.1359	0.2024
47	0.0243	0.2273	0.0241	0.0754	0.1447	0.0304	0.2544	0.1395	0.0740	0.1402
48	0.3004	0.0999	0.2414	0.2204	0.3179	0.2245	0.3047	0.4070	0.2977	0.3112
49	0.2164	0.1907	0.1105	0.1162	0.1594	0.1415	0.1569	0.1003	0.0074	0.1606
50	0.2420	0.0634	0.3733	0.3447	0.2945	0.1923	0.1903	0.3227	0.3856	0.2165
51	0.2430	0.0084	0.2702	0.1563	0.2219	0.2273	0.1945	0.3271	0.1734	0.2223
52	0.2457	0.0037	0.1752	0.1770	0.1447	0.2023	0.0947	0.2097	0.0075	0.2409
53	0.0977	-0.1152	0.1431	0.2177	0.1457	0.1350	0.1440	0.2562	0.2034	0.1855
54	0.2303	0.0077	0.3223	0.2525	0.1479	0.2453	0.1305	0.2031	0.2531	0.1022
55	0.2632	0.0194	0.1207	0.2301	0.1452	0.3591	0.1115	0.2609	0.0633	0.1142
56	0.2094	0.0622	0.1000	0.3430	0.2444	0.2562	0.2067	0.4440	0.2521	0.1035
57	0.0050	0.2639	0.0409	0.1167	0.1167	0.0775	0.2911	0.1546	0.1064	0.2045
58	0.2007	-0.0174	0.1473	0.1159	0.2470	0.1537	0.1014	0.1444	0.1261	0.1270
59	0.1091	0.2314	0.0190	0.0129	0.1904	0.0523	0.1341	0.1412	0.0999	0.1094
60	0.3001	0.0004	0.1439	0.2937	0.3923	0.2239	0.1903	0.3751	0.1522	0.2546
61	0.1773	0.1070	0.1970	0.2367	0.3410	0.2009	0.2101	0.3073	0.2610	0.1369
62	0.0400	0.2009	0.0154	0.1420	0.0937	-0.0340	0.2702	0.1241	0.0404	0.1521
63	0.2411	0.0441	0.2700	0.3954	0.3403	0.2020	0.2124	0.4017	0.2246	0.2292
64	0.1100	-0.0099	0.1100	0.3169	0.3007	0.0092	0.0974	0.3064	0.3009	0.0919
65	0.2090	0.0007	0.1903	0.2324	0.2144	0.3029	0.1074	0.3407	0.1977	0.2217
11	1.0000									
12	0.1000	1.0000								
13	0.1000	1.0000								
14	0.1000	1.0000								
15	0.1000	1.0000								
16	0.1000	1.0000								
17	0.1000	1.0000								
18	0.1000	1.0000								
19	0.1000	1.0000								
20	0.1000	1.0000								

[illegible]

APPENDIX C--Continued

37	0.1490	0.2781	0.1804	1.3294	0.1152	.0750	0.2040	0.0465	0.1473	0.2419
38	0.2194	-0.0521	0.2135	0.0524	0.2711	0.1631	0.0260	0.0014	0.2909	0.0664
39	0.2431	0.0347	0.1704	0.1195	0.5084	0.1519	-0.0225	0.0045	0.2939	0.0230
40	0.4200	0.1197	0.3105	0.2747	0.2079	0.0900	-0.0124	0.1442	0.3771	0.1056
41	0.2414	0.0734	0.3664	0.2134	0.3709	0.1362	-0.0104	0.3069	0.3469	0.2020
42	0.0780	0.2194	0.1724	0.1634	0.0440	0.1214	0.0764	-0.0054	0.0701	0.2043
43	0.0734	0.0974	0.0551	0.2165	0.2419	0.0303	0.0340	-0.0192	0.0935	0.0515
44	0.2600	0.1754	0.1597	0.2312	0.2271	0.0417	0.0987	-0.0079	0.1205	0.0992
45	-0.0163	0.2807	0.1420	0.1477	0.0409	-0.0771	0.1900	0.1175	0.2006	0.1399
46	0.3209	0.1084	0.3532	0.1713	0.3220	0.2134	0.0242	0.1757	0.1796	0.1323
47	0.0090	0.2167	0.2229	0.1937	0.0043	-0.0079	0.2492	0.0125	0.0848	0.3499
48	0.3376	0.1424	0.4239	0.2200	0.4443	0.0703	0.0450	0.2000	0.2070	0.1932
49	0.0997	0.2074	0.1464	0.2401	0.1845	-0.1109	0.1094	0.0290	0.1452	0.1515
50	0.3493	0.1479	0.3174	0.3107	0.2755	0.1535	-0.0244	0.0006	0.2543	0.1407
51	0.2252	0.1404	0.2410	0.1345	0.3939	0.1005	0.0560	0.0064	0.2520	0.2052
52	0.2290	0.1099	0.1956	0.2304	0.1013	0.0003	0.0073	0.0020	0.1125	0.1753
53	0.1592	0.0404	0.2424	0.1790	0.1420	0.0702	0.0149	0.3220	0.3096	0.2341
54	0.1900	0.1319	0.2403	0.1070	0.2039	0.0912	0.0208	0.0134	0.1021	0.0623
55	0.2002	-0.0120	0.2717	0.0710	0.2703	0.0414	-0.0096	0.1107	0.2502	0.0447
56	0.2307	0.0227	0.3000	0.1705	0.3001	0.1172	-0.0047	0.0000	0.2471	0.1003
57	0.1000	0.2039	0.1479	0.2000	0.0407	-0.1220	0.3000	0.0344	0.1545	0.3330
58	0.2700	0.0044	0.2907	0.1012	0.2000	0.2004	-0.0079	-0.0042	0.1573	0.0677
59	0.1002	0.2224	0.1401	0.2003	0.1401	-0.0997	0.2909	-0.0190	0.0950	0.2104
60	0.2077	0.0039	0.3009	0.2207	0.4123	0.1005	0.1101	0.1700	0.3201	0.1046

APPENDIX C--Continued

	21	22	23	24	25	26	27	28	29	30
41	0.3033	0.0997	0.2402	0.1485	0.3828	0.1352	-0.1001	0.0262	0.1725	0.0939
42	0.0646	0.2624	0.0055	0.2247	0.0764	-0.1139	0.2969	0.0409	0.1154	0.3198
43	0.3626	0.0751	0.4109	0.2431	0.3148	0.1409	0.0199	0.2930	0.3534	0.1032
44	0.3809	0.0974	0.3197	0.2260	0.3179	0.2015	0.0635	0.2234	0.2337	0.1574
45	0.3051	0.0944	0.2673	0.2239	0.3789	0.1374	0.0768	0.1579	0.3297	0.1296
21										
22	1.0000									
23	0.1568	1.0000								
24	0.3464	0.4287	1.0000							
25	0.2880	0.2181	0.4574	1.0000						
26	0.3252	0.0932	0.2551	0.3427	1.0000					
27	0.3147	0.0824	0.3028	0.3435	0.3494	1.0000				
28	0.0914	0.4927	0.2484	0.1401	0.0275	-0.0883	1.0000			
29	0.4275	0.1499	0.3688	0.3925	0.3447	0.2948	0.1618	1.0000		
30	0.2477	0.0517	0.2685	0.2815	0.3960	0.2177	0.1577	0.3300	1.0000	
31	0.2379	0.2067	0.2759	0.3080	0.4192	0.2453	0.0760	0.2209	0.3424	1.0000
32	0.2842	0.0821	0.2498	0.3284	0.3495	0.4316	-0.0392	0.2372	0.2000	0.2919
33	0.0518	0.3694	0.2054	0.1261	-0.0756	-0.0913	0.4569	0.0662	0.0779	0.0177
34	0.1709	0.2961	0.2718	0.4100	0.1474	0.1386	0.3689	0.2444	0.2197	0.1948
35	0.1869	0.0862	0.1764	0.3491	0.3787	0.2681	0.0716	0.3876	0.2684	0.2665
36	0.1652	0.0874	0.0417	0.1767	0.2257	0.1904	-0.0582	0.2844	0.2557	0.2507
37	0.2871	0.0734	0.2362	0.3428	0.4443	0.2888	0.0395	0.3892	0.3315	0.3992
38	0.1876	0.2364	0.3154	0.4089	0.2433	0.2584	0.1970	0.2552	0.2723	0.1675

APPENDIX C--Continued

38	0.2239	0.0966	0.1782	1.1178	0.2492	0.1522	-0.0269	0.1818	0.1725	0.1385
39	0.2063	0.0623	0.2516	0.2674	0.3123	0.2681	-0.0615	0.2688	0.1701	0.1574
40	0.3540	0.0744	0.2400	0.3969	0.4144	0.2774	0.0267	0.4029	0.4551	0.3650
41	0.3510	0.1382	0.2833	0.3104	0.3427	0.3520	0.0679	0.3670	0.1605	0.2922
42	0.1024	0.2453	0.2575	0.1323	0.1109	0.1274	0.0799	0.0591	0.0941	0.1627
43	0.2000	0.1334	0.1471	0.2233	0.2175	0.1590	0.0338	0.1439	0.1521	0.2672
44	0.1787	0.2064	0.3418	0.3404	0.2895	0.2697	0.0955	0.2090	0.1772	0.1922
45	0.1710	0.2897	0.1914	0.2114	0.0115	0.0849	0.2638	0.2538	0.2133	0.0937
46	0.2009	0.0631	0.1960	0.3154	0.2185	0.2159	0.0518	0.1606	0.2675	0.3446
47	0.1068	0.3111	0.2863	0.1884	0.0431	0.1140	0.2921	0.1167	0.1272	0.1777
48	0.4050	0.0973	0.3870	0.4487	0.4067	0.3774	0.0612	0.3754	0.3036	0.3287
49	0.1836	0.2182	0.3174	0.3213	0.2187	0.2414	0.0661	0.2314	0.1546	0.1581
50	0.2970	0.0444	0.2451	0.3505	0.4269	0.3780	-0.0179	0.3194	0.3975	0.3590
51	0.4761	0.1913	0.3187	0.3031	0.3464	0.4495	0.1401	0.3395	0.1679	0.2220
52	0.3467	0.1642	0.2818	0.2882	0.1061	0.2437	0.1163	0.2276	0.0566	0.1989
53	0.1934	0.0983	0.1674	0.1056	0.2408	0.1521	0.0235	0.2435	0.2123	0.2489
54	0.2052	0.0733	0.3243	0.2036	0.3485	0.2748	0.0458	0.2461	0.2459	0.2801
55	0.2701	0.1544	0.2885	0.2193	0.2729	0.3598	0.0300	0.2960	0.1726	0.1528
56	0.3623	0.0583	0.3159	0.3403	0.3974	0.4489	-0.0296	0.3461	0.2574	0.2258
57	0.2583	0.3621	0.3725	0.3179	0.1492	0.1253	0.2477	0.2694	0.0789	0.0858
58	0.2814	0.0204	0.0865	0.1754	0.2498	0.0997	0.1016	0.1344	0.2528	0.1371
59	0.2488	0.2044	0.1974	0.2489	0.0041	0.1508	0.1581	0.0874	0.0442	0.1398
60	0.2889	0.0904	0.2241	0.1783	0.3281	0.3249	0.0656	0.1997	0.1771	0.2911

APPENDIX C---Continued

61	0.3071	0.1273	0.2190	0.2174	0.3062	0.3061	0.0441	0.2168	0.2770	0.3277
62	0.2298	0.3471	0.3109	0.2114	0.1129	0.0864	0.2599	0.2059	0.0083	0.0915
63	0.3192	0.0845	0.1784	0.2725	0.3107	0.3162	0.0545	0.4142	0.2509	0.2354
64	0.2657	0.0554	0.1765	0.2165	0.3062	0.2537	0.0248	0.2001	0.3524	0.3174
65	0.3172	0.0461	0.2522	0.3082	0.3041	0.3684	0.0567	0.2751	0.2114	0.2501
	31	32	33	34	35	36	37	38	39	40
31	1.0000									
32	-0.0942	1.0000								
33	0.0923	0.3750	1.0000							
34	0.2324	0.0729	0.2551	1.0000						
35	0.1611	-0.0091	0.0457	0.2844	1.0000					
36	0.3755	0.0087	0.2781	0.3967	0.2674	1.0000				
37	0.2045	0.1609	0.2655	0.3484	0.1032	0.3431	1.0000			
38	0.1895	0.0454	0.1675	0.1487	0.1457	0.3026	0.2295	1.0000		
39	0.3909	-0.0214	0.0724	0.2201	0.2027	0.2517	0.2501	0.3624	1.0000	
40	0.3270	-0.0059	0.2343	0.4107	0.3450	0.4773	0.2280	0.2476	0.3228	1.0000
41	0.3652	-0.0604	0.2200	0.2730	0.3003	0.3299	0.2115	0.3007	0.3651	0.3911
42	0.0425	0.1302	0.1852	0.1191	0.0750	0.0809	0.1086	0.2256	0.1116	0.1323
43	0.2076	-0.0159	0.1009	0.1617	0.2252	0.1744	0.1093	0.1311	0.2647	0.1837
44	0.2657	0.1282	0.1565	0.2585	0.1439	0.3153	0.3590	0.1294	0.2710	0.3405
45	0.0210	0.2361	0.2093	0.1954	0.1536	0.0580	0.2571	0.0859	0.0773	0.0767
46	0.3908	-0.0669	0.1643	0.2317	0.2127	0.4797	0.2819	0.3898	0.2482	0.3357

APPENDIX C--Continued

	51	52	53	54	55	56	57	58	59	60
51	1.0000									
52	0.4452	1.0000								
53	0.2042	0.1211	1.0000							
54	0.3220	0.3494	0.0464	1.0000						
55	0.3540	0.2581	0.2340	0.3297	1.0000					
56	0.3821	0.2712	0.1482	0.4252	0.4961	1.0000				
57	0.1780	0.2752	0.1255	0.2740	0.2497	0.2972	1.0000			
58	0.3003	0.1375	0.1174	0.1562	0.2576	0.2301	0.0981	1.0000		
59	0.2119	0.3492	0.0491	0.1484	0.1237	0.1561	0.3797	0.1195	1.0000	
60	0.4598	0.3122	0.2418	0.3769	0.3403	0.4667	0.1357	0.2584	0.2439	1.0000
61	0.4182	0.2271	0.2274	0.2430	0.2552	0.4047	0.1331	0.2796	0.1644	0.4984
62	0.1733	0.2734	0.0472	0.2490	0.2127	0.2353	0.8771	0.0029	0.3743	0.0929
63	0.4041	0.3231	0.3457	0.3569	0.3419	0.4062	0.2298	0.2280	0.1866	0.4597
64	0.2867	0.1997	0.2433	0.2744	0.2335	0.3794	0.0756	0.3492	0.2094	0.3219
65	0.3071	0.2097	0.2339	0.2428	0.5121	0.4326	0.2318	0.3324	0.1055	0.3996
61		62	63	64	65					
61	1.0000									
62	0.1028	1.0000								
63	0.3779	0.1884	1.0000							
64	0.3284	0.0594	0.5011	1.0000						
65	0.3888	0.1744	0.4358	0.2909	1.0000					

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