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Fighting Is Good for Your Relationship

The old adage of forgive and forget might be wrong, according to researchers at Florida State University. Sometimes, getting angry is the best medicine. In mental health, there's an approach termed "positive psychology." The idea is that "forgiveness, optimism, kindness, and positive thinking" are supposed to help in relationships that are experiencing serious trouble. Sometimes, though, instead of helping to heal the wounds, forgiveness might just make things worse. The researchers found that if you just throw your forgiveness around all 1) _____, some people might take advantage of that and continue to be jerks.

Anger tells the person who 2) _____ **up** in the relationship that their behaviour is unacceptable and that they need to stop. Another, separate study out of the University of Michigan showed that couples who suppress their anger are more than twice as likely to die early. So, get in a fight every now and again—it's good for you. But there's a 3) _____: while both spouses are equally able to cool down during conflicts, the husband's emotional regulation **had little or no** 4) _____ **on** long-term marital satisfaction. In other words, it's usually the ladies who have to calm things down and suggest solutions.

Anger makes you honest

Let's say you're accused of a crime. What do you do? Well, if you're innocent, then you'll probably lose your cool. No one is going to stand and take it when someone throws false accusations in their face. And that's exactly what the cops are counting on. If you're accused of a crime that you didn't do, you'll be mad and law enforcement is trained to tell if it's real or fake. Being genuinely 5) _____ **off** is a sign that you're innocent. It's one of the key emotions that the FBI and police look for when interviewing a suspect. Studies back this up — people who are wrongly accused will give verbal and nonverbal 6) _____ which show that they are telling the truth. On top of that, people who are angry are also more likely to voice their real opinions. Anger increases your confidence, and confident people will tend to be open and tell the truth.

Angry People Live Longer

Can losing your 7) _____ be good for you? According to a new German study, people who express their anger live two years longer, on average, than those who bottle up their rage. After analyzing 6,000 patients, researchers found that those who suppressed their angry feelings ran the risk of an elevated pulse, high blood pressure, and other serious ailments like cardiovascular disease, like heart attacks and even sudden death.

On the other hand, people with chronic anger seething inside can also develop coronary disease. It's moderation that you need to 8) _____ **for**. It doesn't include flying off the 9) _____, throwing things or punching your fist through a wall. Channel your anger into something constructive, like forming a group or starting a petition.

