


# Hearing 'Not Tonight' Can Be Tough

The effect of rejection on a relationship and overall satisfaction

Article

## When Tonight Is Not the Night: Sexual Rejection Behaviors and Satisfaction in Romantic Relationships

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Swipe through and we'll break  
down our findings!



**Sexual rejection** (when someone *rejects their partner's invitation for sexual activity*), is a **common form of conflict** in relationships.



We were interested in learning **how couples in long-term relationships** manage sexual rejection.

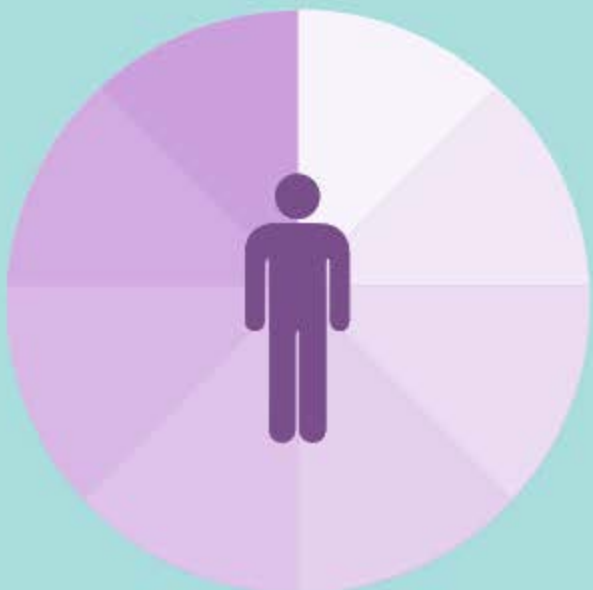
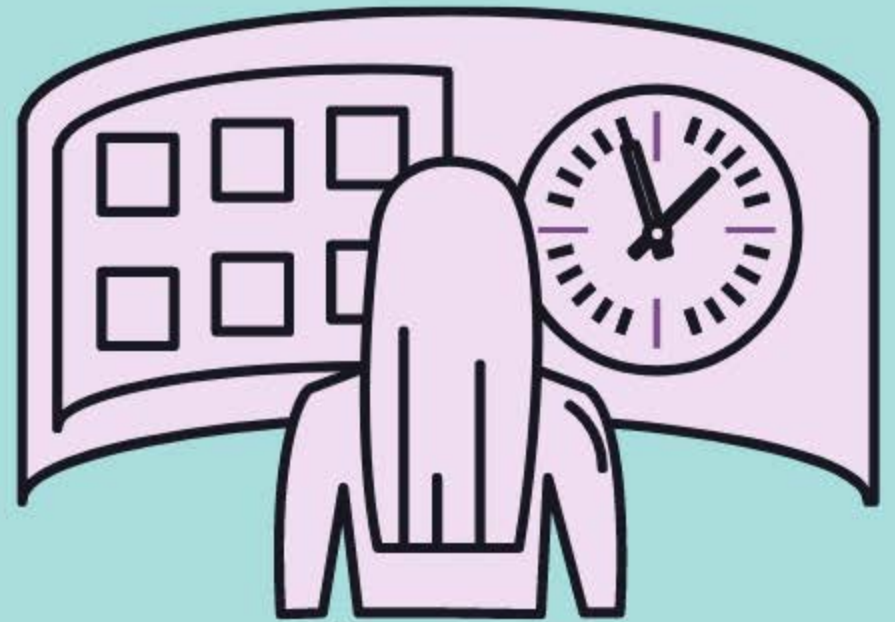
# To learn about sexual rejection:



- We conducted a pilot study;
- Established a list of common sexual rejection behaviours, and;
- Used the list to study rejection in long-term relationships

# Next, we conducted four studies on rejection:

The **first study** asked sexually active adults **how often** they used each of the different types rejection behaviours.



The **second study** asked whether certain **personality traits** were **associated** with particular **rejection behaviours**.

# The third study explored:

**Frequency** of rejection behaviours



**How rejection was perceived** by the rejected person



**Associations** between rejection **frequency, perceptions** of rejection, and relationship and sexual **well-being**



The **fourth and final study** attempted to determine how perceptions of sexual rejection were associated with **daily** relationship and sexual **satisfaction**.



# We also found:

Use of **hostile rejection** was perceived as **less responsive** to a partner's needs;

**Responsiveness**



**Hostile rejection** was associated with **lower** sexual and relationship **satisfaction**, and;

**Satisfaction**



**Reassuring rejection** was associated with **increased** sexual and relationship **satisfaction**.

**Satisfaction**



# We found four distinct types of rejection behaviours:

## Reassuring Sexual Rejection

Offers other forms of intimacy.



## Hostile Sexual Rejection

Shows signs of frustration towards their partner.



## Assertive Sexual Rejection

Is direct in explaining their lack of desire.



## Deflecting Sexual Rejection

Ignores or pretends not to notice that their partner wants to have sex.





# What does all of this mean?

Using a reassuring rejection approach may be better for relationships long-term!

Reassuring rejection can **limit the negative feelings** that partners experiences when they are rejected.

Reassuring rejection can **increase feelings of satisfaction.**



## **This is a summary of our published article:**

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