

## Marriage changes everything—including your personality

[R]esearch suggests the experience of committing to and settling down with another person really does change our personalities for better and for worse... until death do us part.

It makes sense that it might – after all, publicly binding yourself to another person takes loyalty and forward thinking, not to mention a radical change of lifestyle for some, and of course living day in, day out with the same person requires a certain degree of patience and diplomacy.

...

The researchers recruited 199 newlywed couples and, within three months of their wedding, measured how forgiving each partner was (the participants rated their agreement with items like “When my partner wrongs me, my approach is just to forgive and forget”) and their self-control (participants rated their agreement with items like “I am good at resisting temptation”). The participants then repeated these measures each year for four further years.

The results showed that the participants increased in forgiveness and self-control over the course of the study. Statistically speaking, the increases in forgiveness were moderate while the increases in self-control small, but Pronk and her team pointed out that they were equal to the self-control gains seen in people who have completed psychological programmes specifically designed to increase trait self-control.

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Many committed singles have watched as their married friends became insufferable and boring. But is this really true?](#)**