Supplemental Table 1

Means and Standard Deviations for Pre- and Post-Discussion Appraisals, Post-Discussion Emotion and Closeness Ratings, and Skin Conductance Reactivity (SCR) for Each Discussion

| | Own Loss (Narrator) Discussion | | | | | | Partner Loss (Listener) Discussion | | | | | | Change Discussion | | | | | |
| | Women | | | Men | | | Women | | | Men | | | Women | | | Men | | |
	M	SD	CI	M	SD	CI	M	SD	CI	M	SD	CI	M	SD	CI	M	SD	CI
Pre-discussion Appraisal																		
Neg anticipation	3.55	1.12	[3.27, 3.82]	2.99	1.22	[2.69, 3.29]	2.80	1.05	[2.55, 3.06]	2.57	1.14	[2.29, 2.85]	3.20	1.13	[2.92, 3.48]	2.82	1.17	[2.54, 3.11]
Post-discussion Appraisals																		
Expressed new info	2.11	1.26	[1.80, 2.42]	2.22	1.24	[1.92, 2.53]	1.45	1.25	[1.14, 1.76]	1.50	1.21	[1.21, 1.80]	1.61	1.06	[1.34, 1.87]	1.71	1.15	[1.43, 1.99]
Learned new info	1.37	1.17	[1.08, 1.66]	1.29	1.20	[.99, 1.58]	2.44	1.18	[2.15, 2.73]	2.22	1.24	[1.92, 2.53]	1.71	1.05	[1.45, 1.97]	1.72	1.17	[1.43, 2.01]
Similarity	1.84	1.28	[1.53, 2.16]	2.10	1.31	[1.77, 2.42]	1.99	1.27	[1.68, 2.30]	2.22	1.26	[1.91, 2.53]	2.90	1.09	[2.64, 3.17]	2.82	1.12	[2.54, 3.09]
Open and honest	3.71	.62	[3.55, 3.86]	3.84	.39	[3.74, 3.94]	3.49	.84	[3.28, 3.69]	3.71	.64	[3.55, 3.86]	3.68	.58	[3.54, 3.83]	3.68	.57	[3.54, 3.82]
Conflict	0.35	0.79	[.15, .54]	.27	.77	[.08, .46]	.24	.70	[.07, .41]	.36	.91	[.14, .59]	1.04	1.17	[.75, 1.32]	1.14	1.06	[.88, 1.40]
Change for better	1.96	1.25	[1.66, 2.27]	2.23	1.33	[1.90, 2.56]	2.08	1.22	[1.78, 2.38]	2.39	1.25	[2.08, 2.70]	2.39	1.17	[2.11, 2.68]	2.55	1.21	[2.26, 2.85]
Change for worse	0.12	.50	[.00, .25]	.02	.13	[-.02, .05]	.17	.64	[.01, .33]	.09	.41	[-.01, .19]	.25	.57	[.11, .39]	.20	.48	[.08, .32]
Post-discussion Emotions																		
Sadness	2.24	1.30	[1.92, 2.56]	1.64	1.50	[1.27, 2.01]	1.35	1.36	[1.02, 1.69]	1.38	1.31	[1.06, 1.70]	.33	.72	[.16, .51]	.24	.68	[.07, .40]
Hopelessness	.54	.95	[.30, .78]	.41	.85	[.20, .62]	.13	.47	[.02, .25]	.27	.71	[.09, .44]	.28	.75	[.10, .46]	.21	.60	[.06, .36]
Anger	.57	.95	[.33, .80]	.40	.88	[.18, .62]	.17	.53	[.04, .30]	.22	.65	[.06, .38]	.32	.68	[.16, .49]	.20	.55	[.07, .34]
Irritation	.23	.53	[.10, .36]	.31	.88	[.09, .53]	.10	.30	[.02, .17]	.19	.54	[.05, .32]	.54	.92	[.32, .77]	.38	.75	[.19, .56]
Post-discussion Relationship Closeness																		
Closeness	2.71	1.57	[2.32, 3.09]	3.07	1.41	[2.72, 3.42]	2.88	1.50	[2.51, 3.25]	3.08	1.32	[2.76, 3.40]	2.47	1.73	[2.05, 2.90]	2.79	1.53	[2.41, 3.17]
Physiological Reactivity																		
SCR reactivity	1.57	1.60	[1.15, 1.98]	1.67	1.54	[1.26, 2.07]	1.12	1.63	[.68, 1.55]	1.34	1.43	[.97, 1.71]	1.84	1.53	[1.44, 2.24]	2.13	1.40	[1.76, 2.49]
SCR slope	-.11	.34	[-.20, -.03]	.01	.34	[-.08, .10]	.10	.34	[.02, .19]	.06	.33	[-.02, .15]	-.07	.35	[-.16, .01]	-.11	.35	[-.20, -.02]

Note. CI indicates 99% confidence interval. Neg anticipation = Negative anticipation. Similarity = Similarity to other discussions outside the lab. . Closeness = Ratings of feeling close minus feeling distant. SCR reactivity = mean SCR during the discussion minus mean SCR during relaxation baseline. SCR slope = Fisher transformed correlation coefficients between SCR per 30 second interval and time.

Supplemental Table 2

Correlations Between Pre- and Post-Discussion Appraisals, Post-Discussion Reactions, and SCRs During Own Loss (Narrator) Discussion, Partner Loss (Listener) Discussion, and Change Discussions

Own Loss (Narrator)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Neg anticipation	-	.03	-.18	-.26*	-.34**	.08	-.31*	.07	.19	.18	.18	.15	-.20	.05	-.05
2. Expressed new info	.06	-	.19	-.19	.17	-.01	.31*	.14	.31*	.07	.14	.05	.18	-.04	.04
3. Learned new info	-.12	.35**	-	.05	.18	-.14	.41**	-.15	.01	-.03	.00	.10	.32*	-.09	.11
4. Similarity	-.29*	-.17	-.09	-	.14	-.03	.04	-.17	-.04	.12	.10	.09	.18	-.20	.02
5. Open and honest	-.26*	.21	.10	.24	-	-.42**	.35**	-.12	.16	.09	.11	.12	.40**	.08	-.16
6. Conflict	.11	.02	.06	-.15	-.12	-	-.08	.39**	.04	.09	.09	-.09	-.23	.10	.03
7. Change for better	-.29*	.37**	.37**	.14	.23	-.05	-	-.08	.15	-.01	.11	.15	.34**	.01	-.03
8. Change for worse	.02	-.13	-.02	-.14	.00	.48**	-.14	-	.03	.25*	.17	-.05	-.25*	-.03	-.01
9. Sadness	.21	.21	-.04	-.07	.04	.01	.08	-.24	-	.35**	.35**	.12	.19	-.03	-.13
10. Hopelessness	.13	-.08	-.10	.03	-.06	.26*	-.20	.03	.36**	-	.40**	.22	-.05	.03	-.14
11. Anger	.25*	-.07	-.01	-.06	-.17	.24	-.11	.28*	.20	.39**	-	.53**	.14	-.05	.02
12. Irritation	.17	.12	-.01	-.01	-.20	.15	-.07	.06	-.09	.19	.30*	-	.11	-.00	-.08
13. Closeness	-.30*	.13	.04	.24*	.44**	-.45**	.31*	-.31*	.14	-.23	-.21	-.15	-	.03	.11
14. SCR reactivity	.02	-.08	-.26	-.10	-.14	.12	.04	-.04	.10	.13	.15	.01	-.04	-	.06
15. SCR slope	.08	-.15	-.06	-.16	.02	.10	-.14	.16	.02	-.07	-.02	-.18	-.11	.06	-
Partner Loss (Listener)															
1. Neg anticipation	-	-.06	-.21	-.04	-.22	.05	-.48**	.01	.12	.13	.13	.05	-.35**	-.09	.03
2. Expressed new info	-.03	-	.38**	-.13	.08	.26*	.32**	.18	.10	-.15	.15	.21	.06	-.01	-.02
3. Learned new info	-.15	.37**	-	-.23	.05	.14	.41**	.15	.13	-.06	.07	.08	.13	.01	.04
4. Similarity	-.25*	-.08	-.15	-	.32*	.14	.00	-.11	-.01	-.03	.01	-.06	.27*	-.15	-.16
5. Open and honest	-.34**	.16	.15	.07	-	-.28*	.17	-.07	.16	-.10	-.04	-.20	.49**	.04	-.00
6. Conflict	.11	.10	-.14	-.16	-.08	-	-.03	.13	-.13	.00	.38**	.66**	-.24	.16	.09
7. Change for better	-.23	.29*	.45**	.11	.14	-.09	-	.12	.13	.11	.01	.05	.40**	-.04	-.05
8. Change for worse	.07	.16	.07	.11	.01	.51**	.10	-	.04	-.05	-.04	.17	-.05	-.04	-.22
9. Sadness	.16	-.01	.06	-.05	-.02	-.11	.05	-.11	-	.21	.07	-.13	.24	-.08	-.06
10. Hopelessness	.03	.19	.09	.14	.08	.31*	.01	.37**	.05	-	.10	.01	-.00	-.02	-.04
11. Anger	.06	.09	.04	.09	-.05	.42**	.03	.36**	.05	.12	-	.72**	.10	.05	.12
12. Irritation	.01	.05	-.23	.07	-.01	.49**	-.07	.34**	-.11	.29*	.40**	-	-.03	.02	.02
13. Closeness	-.27*	.00	.29*	.01	.31*	-.53**	.23	-.29*	.15	-.18	-.15	-.39**	-	-.09	-.06
14. SCR reactivity	.12	.18	.00	-.09	-.05	-.02	.03	.03	-.06	.05	.03	.13	.12	-	.13
15. SCR slope	.05	.02	-.05	.05	-.05	-.00	-.05	-.04	.05	.02	.02	-.04	-.10	-.16	-
Change															
1. Neg anticipation	-	-.09	.06	-.13	-.30*	.17	-.33**	.26*	.35**	.22	.21	.24*	-.27*	-.06	.03
2. Expressed new info	-.08	-	.60**	-.05	.20	.06	.39**	.01	-.05	-.19	-.10	-.07	.12	-.05	.03
3. Learned new info	-.03	.54**	-	-.05	.20	.06	.52**	-.01	.12	-.17	-.13	-.02	.22	-.01	.15
4. Similarity	-.29*	-.09	-.27*	-	.16	-.09	.05	-.19	-.05	-.07	-.01	-.09	.22	-.21	-.05
5. Open and honest	-.19	.08	.07	.17	-	-.16	.41**	-.35**	-.10	-.32*	-.19	-.21	.46**	.02	.12
6. Conflict	.24*	-.13	-.12	-.01	-.23	-	-.18	.38**	.31*	.18	.36**	.45**	-.29*	.01	.19
7. Change for better	-.33**	.31*	.37**	.06	.20	-.45**	-	-.27*	-.12	-.19	-.33**	-.28*	.51**	.10	.09
8. Change for worse	.17	-.13	-.19	-.09	-.08	.46**	-.38**	-	.26*	.34**	.41**	.50**	-.41**	-.01	.08
9. Sadness	.16	-.02	.16	-.11	-.25*	.29*	-.22	.25*	-	.24*	.34**	.40**	-.16	-.16	.09
10. Hopelessness	.08	-.11	-.03	-.06	-.06	.41**	-.33**	.46**	.38**	-	.32**	.41**	-.32*	-.03	.09

	1	2	3	4	5	6	7	8	9	10	11	12	13	15	16
11. Anger	.27*	-.10	-.11	-.03	-.16	.68**	-.45**	.49**	.46**	.43**	-	.70**	-.42**	-.11	-.09
12. Irritation	.22	-.03	-.12	-.15	-.22	.70**	-.49**	.47**	.44**	.38**	.74**	-	-.50**	-.03	-.01
13. Closeness	-.29*	.17	.13	.05	.27*	-.65**	.55**	-.61**	-.39**	-.43**	-.66**	-.67**	-	.02	.11
14. SCR reactivity	.07	.16	-.02	-.02	-.13	.08	.04	-.11	.10	-.15	.10	.07	.02	-	.10
15. SCR slope	-.00	-.02	-.09	.05	-.01	-.03	-.05	-.07	-.01	-.04	-.01	-.02	-.04	.00	-

Note. Coefficients for women are below the diagonal, coefficients for men are above the diagonal. Neg anticipation = Negative anticipation. Similarity = Similarity to other discussions outside the lab. Closeness = Ratings of feeling close minus feeling distant. SCR reactivity = mean SCR during the discussion minus mean SCR during relaxation baseline. SCR slope = Fisher transformed correlation coefficients between SCR per 30 second interval and time. * $p < .01$, ** $p < .001$.

Supplemental Table 3

Comparisons in Pre- and Post-Discussion Appraisals Between Own (O) Loss Discussion, Partner's (P) Loss Discussion and Change Discussions

	Negative anticipation					Expressed new information				
Variable	b	SE	99% CI	z	p	b	SE	99% CI	z	p
O Loss vs Change	0.26	0.09	[0.04, 0.48]	2.99	.003	0.51	.10	[.25, 76]	5.05	<.001
P Loss vs Change	-0.33	.08	[-0.54, -0.11]	-3.95	<.001	-.18	.09	[-.42, .06]	-1.97	.049
P Loss vs O Loss	-0.58	.07	[-0.76, -0.40]	-8.39	<.001	-.69	.11	[-.96, -.41]	-6.46	<.001
Sex	-.39	.11	[-0.68, -0.10]	-3.46	.001	.09	.10	[-.18, .35]	0.88	.382
Relationship length	.01	.00	[-0.00, 0.01]	1.65	.099	.00	.00	[-.01, .01]	0.46	.648
Cohabitation	.03	.13	[-0.30, 0.37]	0.25	.803	-.07	.11	[-.36, .23]	-0.57	.568
R^2	6.83%					5.72%				

	Learned new information					Similar to other discussions				
Variable	b	SE	99% CI	z	p	b	SE	99% CI	z	p
O Loss vs Change	-.39	.11	[-.66, -.12]	-3.67	<.001	-.89	.10	[-1.14, -.65]	-9.32	<.001
P Loss vs Change	.62	.09	[.38, .86]	6.65	<.001	-.75	.10	[-1.02, -.49]	-7.29	<.001
P Loss vs O Loss	1.01	.11	[.72, 1.30]	8.93	<.001	.14	.08	[-.06, .35]	1.78	.075
Sex	-.10	.09	[-.34, .14]	-1.09	.274	.13	.10	[-.13, .40]	1.33	.185
Relationship length	.00	.00	[-.00, .01]	0.88	.380	-.00	.00	[-.01, .01]	-0.24	.813
Cohabitation	.09	.12	[-.22, .39]	0.71	.480	.02	.14	[-.34, .39]	0.16	.872
R^2	11.39%					9.60%				

	Open and honest					Amount of conflict				
Variable	b	SE	99% CI	z	p	b	SE	99% CI	z	p
O Loss vs Change	.09	.04	[-.02, .20]	2.17	.030	-.78	.08	[-.99, -.58]	-9.72	<.001
P Loss vs Change	-.09	.05	[-.21, .04]	-1.85	.065	-.79	.08	[-1.00, -.57]	-9.49	<.001
P Loss vs O Loss	-.18	.05	[-.32, -.04]	-3.41	.001	-.01	.05	[-.14, .13]	-0.09	.927
Sex	.12	.06	[-.04, .28]	1.98	.048	.05	.06	[-.11, .21]	0.81	.415
Relationship length	.00	.00	[-.00, .00]	1.00	.319	.01	.00	[.00, .01]	2.36	.018
Cohabitation	.05	.06	[-.11, .20]	0.76	.447	.08	.11	[-.21, .38]	0.71	.477
R^2	2.04%					14.55%				

	Change for better					Change for worse				
Variable	b	SE	99% CI	z	p	b	SE	99% CI	z	p
O Loss vs Change	-.38	.09	[-.61, -.15]	-4.30	<.001	-.15	.04	[-.25, -.06]	-4.12	<.001
P Loss vs Change	-.24	.08	[-.45, -.02]	-2.83	.005	-.09	.04	[-.21, 02]	-2.12	.034
P Loss vs O Loss	.14	.07	[-.05, .33]	1.95	.052	.06	.04	[-.04, .16]	1.59	.111
Sex	.24	.11	[-.04, .53]	2.19	.029	-.08	.04	[-.18, .02]	-2.03	.042
Relationship length	.00	.00	[-.01, .01]	0.79	.431	.00	.00	[-.00, .00]	1.04	.296
Cohabitation	-.04	.16	[-.45, .37]	-0.26	.799	.04	.05	[-.10, .17]	0.67	.501
R^2	2.38%					2.10%				

Note. Number of observations = 684. Negative anticipation was reported prior to each discussion and all other constructs were reported after each discussion. O Loss vs Change, P Loss vs Change, and P Loss vs O Loss are level 1 variables; Sex is a level 2 variable; and Relationship Length and Cohabitation are Level 3 covariates.

Supplemental Table 4

Comparisons in SCR (Skin Conductance Response) Across Time (Slope) Between Own (O) Loss Discussion, Partner's (P) Loss Discussion and Change Discussions

Variable	SCR				
	b	*SE*	95% CI	*z*	*p*
Level 1 predictors					
Time	-0.02	0.01	[-0.04, -0.01]	-2.66	.008
O Loss vs Change	-0.17	0.17	[-0.50, 0.16]	-1.02	.306
P Loss vs Change	-1.10	0.17	[-1.43, -0.77]	-6.52	<.001
P Loss vs O Loss	-0.93	0.17	[-1.26, -0.59]	-5.41	<.001
Level 2 predictors					
Sex	0.55	0.18	[0.19, 0.91]	3.02	.003
Mean SCR during relaxation	0.31	0.10	[0.13, 0.50]	3.31	.001
Level 3 covariates					
Relationship length	0.01*	0.00	[0.00, 0.01]	2.53	.012
Cohabitation	-0.08	0.16	[-0.39, 0.22]	-0.54	.591
Two-way cross-level interactions					
Time*O Loss vs Change	-0.01	0.01	[-0.03, 0.01]	-0.83	.408
Time*P Loss vs Change	0.04	0.01	[0.02, 0.07]	3.83	<.001
Time*P Loss vs O Loss	0.05	0.01	[0.03, 0.07]	4.77	<.001
Time*Sex	-0.00	0.01	[-0.02, 0.02]	-0.21	.832
O Loss vs Change*Sex	-0.56	0.22	[-0.99, -0.12]	-2.51	.012
P Loss vs Change*Sex	-0.10	0.22	[-0.54, 0.33]	-0.47	.639
P Loss vs O Loss*Sex	0.45	0.24	[-0.01, 0.92]	1.91	.056
Three-way cross-level interactions					
Time*O Loss vs Change*Sex	0.04	0.02	[0.00, 0.07]	2.18	.029
Time*P Loss vs Change*Sex	-0.00	0.02	[-0.03, 0.03]	-0.10	.923
Time*P Loss vs O Loss*Sex	-0.04	0.02	[-0.07, -0.00]	-2.19	.029
R^2			3.58%		

Note. Number of observations = 13680. All cross-level interactions are between Level 1 and Level 2 variab

Supplemental Table 5

Mean Differences in Post-Discussion Reactions According to Congruence vs. Incongruence in Narrator's (N) and Listener's (L) Skin Conductance Response (SCR) Slopes during the Loss Discussions

Variable	Closeness – Her Loss					Closeness – His Loss				
	b	*SE*	95% CI	*z*	*p*	*b*	*SE*	95% CI	*z*	*p*
Listener vs. narrator	0.37	0.15	[0.08, 0.66]	2.53	.012	-0.20	0.17	[-0.52, 0.13]	-1.20	.232
N ↓ - L ↓ vs N ↑ - L ↑	0.78	0.35	[0.09, 1.47]	2.22	.027	0.15	0.28	[-0.40, 0.70]	0.54	.592
N ↓ - L ↓ vs. Incongruent	0.66	0.25	[0.l7, 1.14]	2.66	.008	0.19	0.28	[-0.35, 0.73]	0.68	.498
N ↑ - L ↑ vs. Incongruent	-0.12	0.35	[-0.80, 0.55]	-0.36	.719	0.04	0.28	[-0.50, 0.58]	0.13	.894
Relationship length	0.00	0.01	[-0.01, 0.01]	-0.22	.827	0.00	0.01	[-0.01, 0.01]	-0.70	.484
Cohabitation	-0.03	0.24	[-0.50, 0.43]	-0.13	.893	0.24	0.21	[-0.18, 0.66]	1.12	.262
R^2	7.02%					0.77%				

Note: N ↓ - L ↓ signifies the group of couples with both Narrator and Listener having decreasing SCR slopes; N ↑ - L ↑ signifies the group of couples with both Narrator and Listener having increasing SCR slopes; Incongruent signifies couples with one partner having an increasing SCR slope and the other having a decreasing SCR slope. Closeness = Rating of feeling close minus rating of feeling distant. Role (Listener vs. Narrator) is a level 1 variable. All slope group contrasts as well as Relationship length and Cohabitation are level 2 variables.