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The types of data that **trigger or replace** direct communication depend on each couple's routines, needs and knowledge of each other

**Strong individual differences across and within couples**

Media Playing

ask about surprising patterns (trigger)

coordinate pick-ups (replace)

# Steps



check that her husband arrived to work safely (replace)

warn her husband about his knee health (trigger)

**ForDDonny:**

**For Kelly:**

The streams that **triggered** or **replaced** communication depended on  
the routines, needs and intimate knowledge of **each couple**

Data that **confirms** partners' expectations and  
knowledge of each other **replaces** direct communication

Data that **challenges** partners' expectations and  
knowledge of each other **triggers** direct communication

# Strong individual differences across and within couples

The streams that triggered or replaced communication depended on the routines, needs and intimate knowledge of each couple

## Media Playing

## Steps

- |            |   |   |
|------------|---|---|
| For Dory:  | ask about surprising patterns (trigger) | check that her husband arrived to work safely (replace) |
| For Kelly: | coordinate pick-ups (replace)           | warn her husband about his knee health (trigger)        |

Data that confirms partners' expectations and knowledge of each other replaces direct communication

Data that challenges partners' expectations and knowledge of each other triggers direct communication

# Post-Lifelines

**15 out of 18 participants missed sharing at least 2 streams.**

**Some found ways of compensating the lack of Lifelines:**