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1. What first drew you to relationship science?

In high school I took a Health class, which was mostly devoted to nutrition. Surprisingly, the teacher decided to provide a unit devoted to healthy relationships, during which they introduced us to Sternberg's love triangles. My mind was blown. The possibility that you could develop scientifically testable theories of close relationships was mind-altering. From that point, I was hooked.

2. What's a project you're especially proud of right now, and why?

I'm especially proud of our recently published paper in *Perspectives on Psychological Science* outlining Interparental Positivity Spillover Theory (IPST). This work sits at the intersection of relationship, affective, and family science, and elucidates how interparental positive interactions spill over into child experiences, thereby promoting beneficial outcomes across numerous domains (e.g., cognition, social behavior, and physiology). We are currently in the process of testing some of the key predictions of IPST, and I'm excited about this work!

3. What do you find most exciting or rewarding about studying relationships?

It's hard to find aspects of human experience that are truly universal. Although they look different depending on culture and context, relationships are fundamentally important to humans all across the world. I find that exciting and invigorating.

4. What's something about relationships that people often misunderstand—or that your work has changed your mind about?

One thing that comes to mind, that I find many people get wrong about relationships, is the idea that conflict is always bad. A bunch of excellent work by scholars in our field demonstrates that the nature or manner in which couples engage in key interactions like conflict can determine the extent to which it contributes to maladaptive or even beneficial outcomes. Relationships always involve conflict, and so it's more about learning skills to engage in conflict effectively, rather than avoiding conflict altogether.

5. What are you working on next, or what question are you most excited to pursue?

Inspired by the work of others in the field working on awe, my PhD student Hailey Wooten is developing some fascinating work examining how shared experiences of awe may promote the connection between intimate couples via a small sense of self. We think this work speaks to larger questions about the social function of the emotion of awe in dyads and groups. Stay tuned!

6. What advice would you give to students or early-career scholars interested in relationship science?

This is a hard question to answer, because there are so potential answers. The first thing I would say is do your best to find a unique research identity. How do you, in particular, want to make your mark on the field? The second thing I would say is apply for external funding early and often. Even if you don't get a grant, each time you apply for funding you gain institutional knowledge about the system and the process. Applying for funding will be critically important to a successful career, and the sooner you can develop this skill, the better.