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## **“What do you really think about me?”: Uncovering the influence of partner beliefs on well-being**

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**“What do you *really* think about me?”**  
**Uncovering the influence of partner beliefs on well-being**

Have you ever wondered what your romantic partner truly thinks about you? As we move about our day-to-day lives, we form thoughts and beliefs about ourselves and our close others, and those individuals also form thoughts and beliefs about us.

Previous research tells us that our beliefs can have a large impact on our own mental health and well-being. What we do not know, however, is what effect the beliefs held by our closest others, often our romantic partner, have on us. I am currently investigating just that; how someone’s beliefs about their romantic partner affect both individuals’ daily well-being. I suspect that the beliefs held by one’s partner may even play a role in shaping one’s own experience with mental illness. If such a role is found, it may serve to inform couple and individual mental illness treatment plans.

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