

## How Do Expected Self-Changes in Romantic Relationships Affect Future Relationship Outcomes?

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The current research uses a longitudinal design to understand the role of expected self-changes in romantic relationships and how they impact actual self-changes and relationship outcomes. There are four types of self-changes that are induced by romantic relationships: self-expansion, self-adulteration, self-pruning, and self-contraction. Previous research has also shown that these 4 types of relational self-changes are associated with relational outcomes. Positive illusions literature has also shown that positive illusions and expectations in romantic relationships can lead to positive relational outcomes. Participants who were in the early stages of their romantic relationships were recruited from mTurk and completed an online questionnaire at Time 1, then 3 months after Time 1, the same participants completed another online questionnaire. Data collected at Time 1 showed that participants' expected self-change at Time 1 was correlated with their relationship satisfaction and commitment at Time 1. The longitudinal data showed that participants had higher level of all four types of expected self-changes compared to actual self-changes. Expected self-changes also predicted relationship satisfaction and commitment at Time 2.