

Partner Interruption



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Interruption is one of the most common complaints I hear in couples counseling, and the parties always have very different perceptions of who is doing what to whom, even though the conversations in question are all between the two of them. The subjective experience of being interrupted often bears little relationship to objective reality, because interruption isn't just about timing—it's about power, attention, and respect. Research shows two types: cooperative interruptions expressing enthusiasm and support versus intrusive interruptions

that suppress and control conversations. The same verbal behavior is often interpreted completely differently by each partner. This is why couples can have heated arguments about interruptions where both partners are absolutely convinced they're right – they're experiencing two entirely different conversational realities.

This perception gap creates conflict. When your partner jumps in before you've finished, are they excited or dismissing you? Their intent may be cooperative, but if it feels intrusive, that's your reality. Partners who repeatedly interrupt often establish conversational dominance while the interrupted partner feels devalued. These patterns typically reflect broader relationship issues—the partner silenced in conversation often feels overlooked in other areas as well. We notice our partner's interruptions clearly while remaining blind to our own, creating a situation where we both genuinely believe we're the victim. Understanding how you and your partner relate to interruptions can break destructive cycles where everyone feels misunderstood or abused. Interruption can be a relationship buster. Trust me. Call me.

Concise Personal Counseling

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