**The Experience of Feeling Heard in Conflict Across Relationships**

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**Objective.** To explore factors that contribute to the psychological experience of feeling heard in conflict among emerging adults, whether there are differences in feeling heard and feeling not heard experiences, and whether these factors differed significantly in their contributions to feeling heard between four different relationship types. **Methods.** 145 University of Utah undergraduate students, ages 18 to 29, completed an online survey where participants provided narrative accounts of a time where they felt heard during a conflict with another person and of a time where they did not feel heard during a conflict. Participants were randomly assigned to either provide narratives of conflicts involving either their mom, dad, a close friend, or a romantic partner. Participants responded to a 17-item questionnaire after completing the narratives. The 17-items were conceptualized into 6 categories which corresponded to either self- or other- orientations. **Results.** A mixed design analysis of variance with specified *a priori* interaction contrasts revealed there were no significant differences in experiences of feeling heard and not heard between selected relationships for items concerning validation, power, compliance, and perspective-taking. However, reparative behavior where the participant had apologized or made amends during conflict was significantly different when comparing peer (friend and romantic partner) and parental relationships in experiences of feeling heard and not heard (*p* < 0.001). **Conclusions.** Certain factors contribute to the psychological experience of feeling heard in conflict no matter the relationship. However, reparative behavior contributed more in conflicts with peers than with parents when the participant said they felt heard.