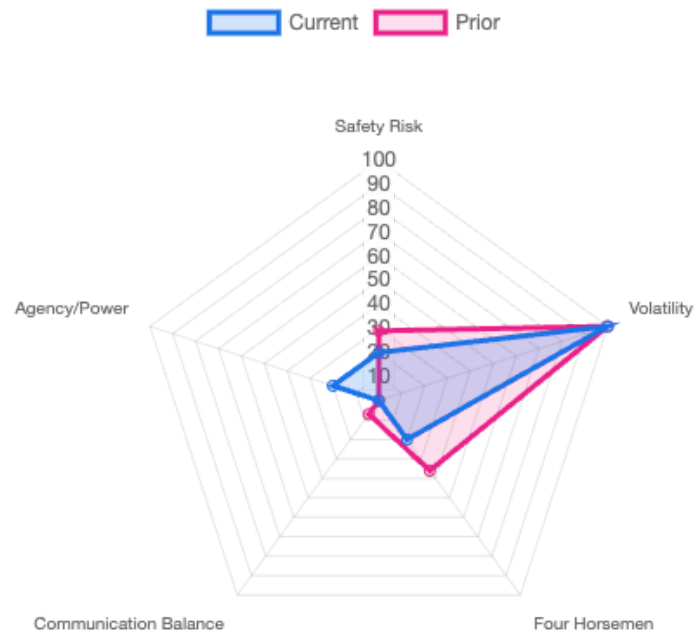




Relationship Health Report

ISaidUSaid analyzes your conversations to reveal patterns that matter in therapy. A custom AI model performs sentiment and communication-style analysis to surface strengths, risks, and practical opportunities to improve day-to-day interactions.

Relationship Health Radar



Last 12 months: 2025-01-01 to 2026-01-01; Prior 12 months: 2024-01-01 to 2025-01-01

Metric	Current %	Prior %	Δ
Safety Risk	20	29	-9
Volatility	100	100	0
Four Horsemen	20	36	-16
Communication Balance	0	7	-7
Agency/Power	20	0	20

All values are observational counts and proportions.

How these metrics are calculated. “Current” reflects the last 12 months ending at the most recent message in evidence; “Prior” reflects the 12 months immediately before that. Δ is Current minus Prior (percentage points). Each percentage is rounded to the nearest whole number.

Safety Risk is the proportion of messages that contain domestically violent or warning-sign behaviours (e.g., coercive control, blackmail, bullying) among all messages that contain any scored behaviour in the window.

Volatility is the share of conversations in which the first negative message occurs within 5 minutes of the conversation start (a proxy for rapid escalation).

Four Horsemen is the proportion of messages that include one of the Gottman “Four Horsemen” signals (Criticism, Defensiveness, Contempt, or Stonewalling) among messages where those signals can occur.

The report was generated by Artificial Intelligence, for more information, please go to www.isaidusaid.com

Communication Balance is the share of positive messages out of all messages that contain either positive or negative signals (higher values indicate a more prosocial tone).

Agency/Power is the proportion of messages that contain manipulative or power-assertive behaviours (e.g., coercive control or financial abuse), used here as a proxy for power asymmetry.

Relationship Summary

In 2024, the interactions between Joe and Jill primarily revolved around ongoing conflicts regarding their co-parenting of Johnny. Initial exchanges were marked by harsh criticisms and personal attacks, with Joe frequently expressing frustration over Johnny's behavior and Jill's parenting. Despite the intense emotions and insults, a notable shift occurred as their conversations progressed. Both participants began to recognize the detrimental impact of their disputes on Johnny and expressed a desire to find common ground. This led to attempts at more constructive communication and the suggestion of mediation as a way to address their co-parenting challenges.

Throughout the year, Jill's communication evolved from defensiveness to greater openness, with her acknowledging feelings of being overwhelmed and suggesting practical solutions for their co-parenting situation. Joe mirrored this trend by moving away from confrontational language towards fostering collaboration and finding shared responsibilities. Although tensions remained, particularly illustrated by heated exchanges, their communication ultimately displayed a commitment to improving their engagement for Johnny's benefit. Both parties showed signs of willingness to negotiate, indicating a potential path towards resolution amidst their difficulties.

Throughout 2025, the relationship dynamics between Jill and Joe were characterized by a mix of playful banter and escalating tensions, particularly surrounding issues of trust and jealousy. Initially, their interactions often featured light-hearted teasing, creating an atmosphere of humor. However, significant emotional shifts occurred, particularly when trust was questioned, as seen when Jill confronted Joe about a woman's name on his phone. This moment marked a turning point in their relationship, highlighting vulnerability and insecurities that quickly transitioned their communication from playful to confrontational.

As the year progressed, these dynamics intensified, leading to confrontations marked by aggression from Joe and defensiveness from Jill. Notable exchanges revealed Joe's tendency to dominate conversations with accusations, often leading to anger and physical altercations, while Jill's responses reflected emotional distress and a struggle to assert her innocence. The pattern of these interactions underscores a persistent cycle of conflict where both participants displayed difficulty in engaging constructively, ultimately culminating in confrontations that left emotional fallout and unresolved issues, indicating a volatile and challenging relationship landscape.

In 2026, notable relationship dynamics emerged between Joe and Jill, characterized by escalating tensions. A significant incident occurred when Joe accused Jill of humiliating him through her interactions with another man, leading to an emotionally charged confrontation. The situation quickly devolved into a physical altercation, highlighting the volatility in their relationship and Joe's dominating presence in this conflict.

This event may represent a crucial point in their relationship, suggesting deeper issues regarding trust and communication. The physical escalation indicates that underlying frustrations could be impacting their ability to interact healthily. The dynamics captured in this altercation demonstrate a potential shift toward more aggressive interactions instead of constructive dialogue.

Recent change (last 12 vs prior 12)

Last 12 months: 2025-01-01 to 2026-01-01; Prior 12 months: 2024-01-01 to 2025-01-01

- Safety Risk: -9 pts
- Volatility: 0 pts
- Four Horsemen: -16 pts
- Communication Balance: -7 pts
- Agency/Power: +20 pts

Recent change (last 12 vs entire relationship)

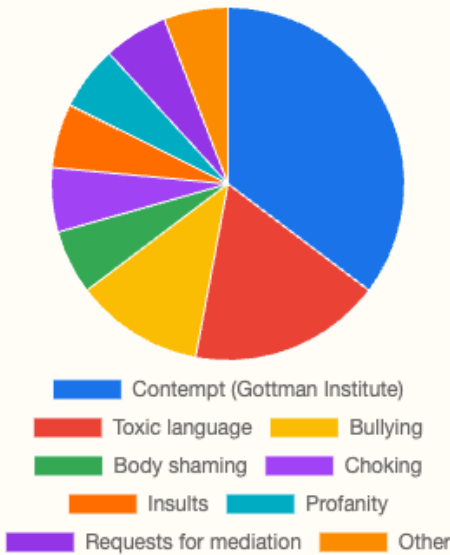
Last 12 months: 2025-01-01 to 2026-01-01; Entire period: 2024-04-10 to 2026-01-01
The report was generated by Artificial Intelligence, for more information, please go to www.isaidusaid.com

- Safety Risk: -6 pts
- Volatility: 0 pts
- Four Horsemen: -12 pts
- Communication Balance: -5 pts
- Agency/Power: +15 pts

Communication overview visuals

Style mix, polarity, and the most common behaviours across the entire evidence window.

Sent messages by type



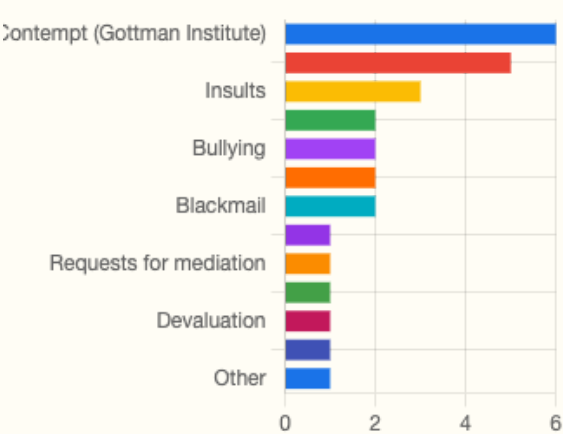
Received messages by type



Sent vs received polarity

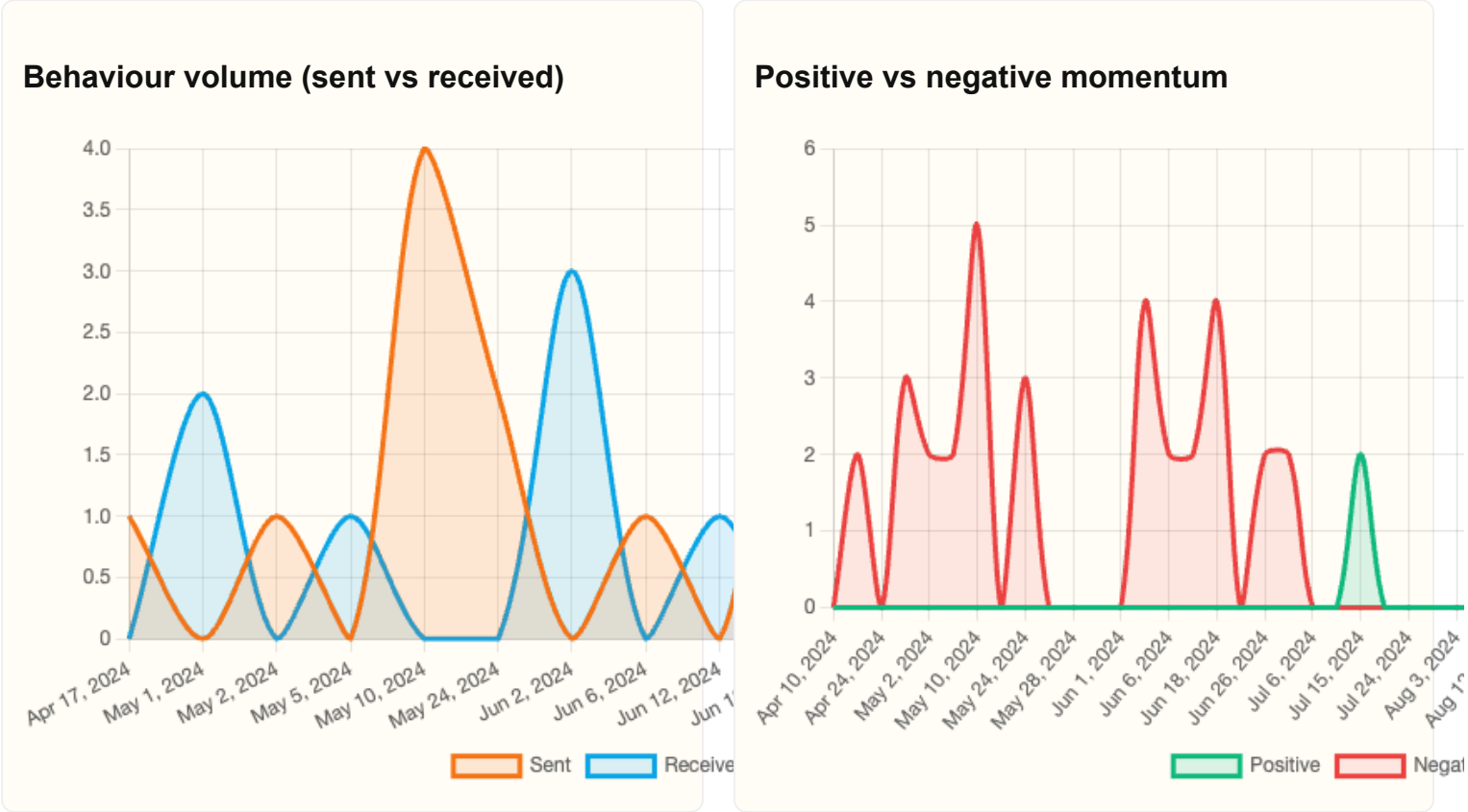


Message type proportions



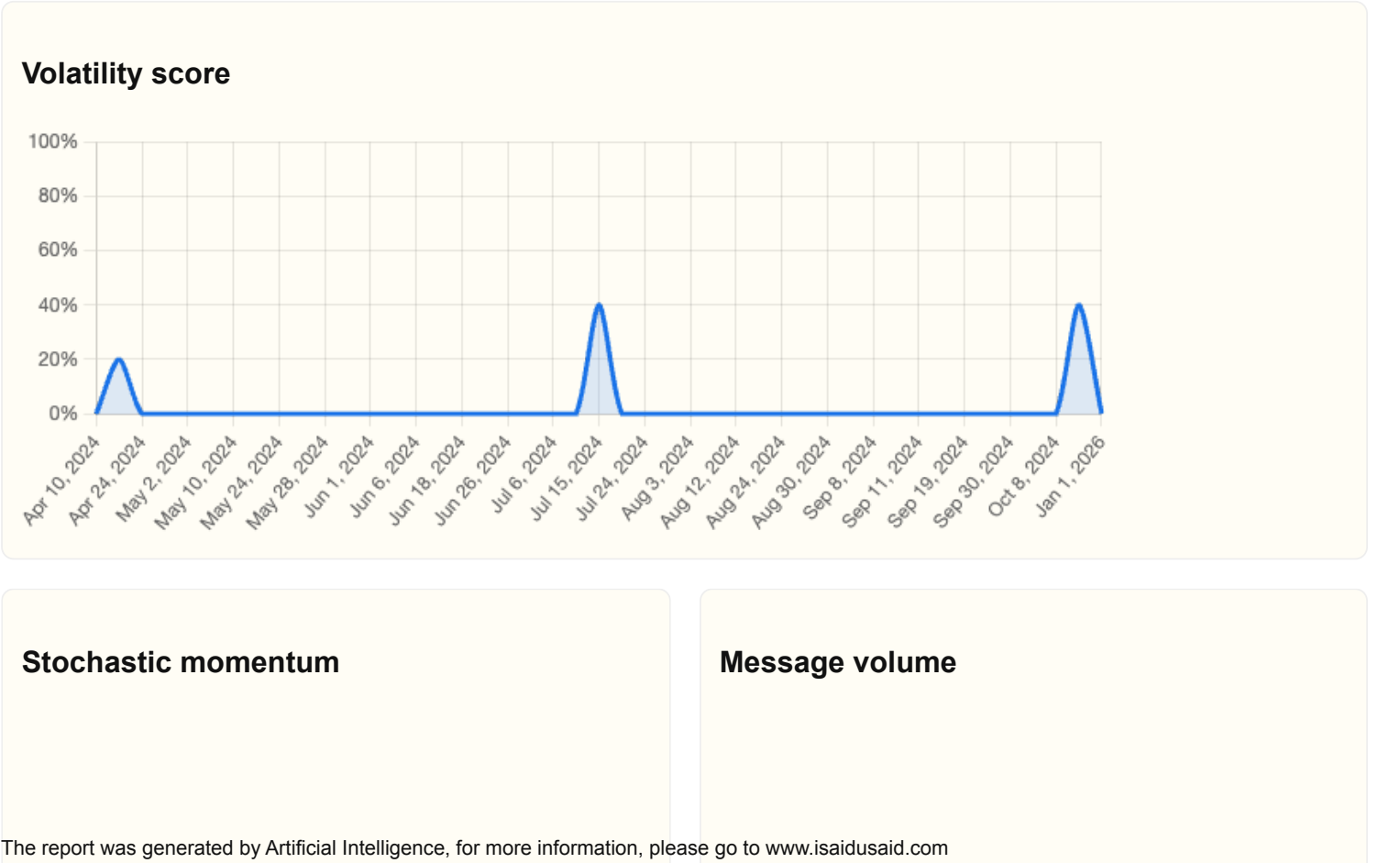
Behaviour trends

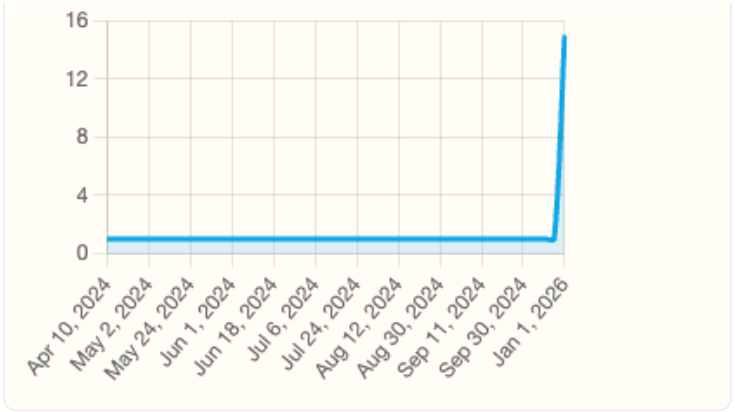
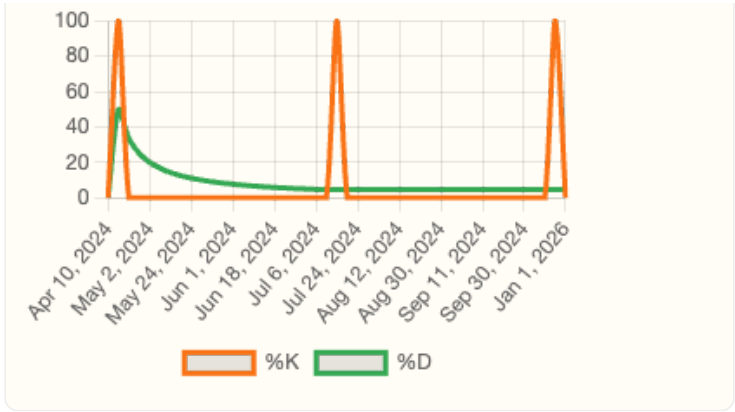
Timeline views contrasting the volume of behaviours each party expressed and the overall positive/negative momentum.



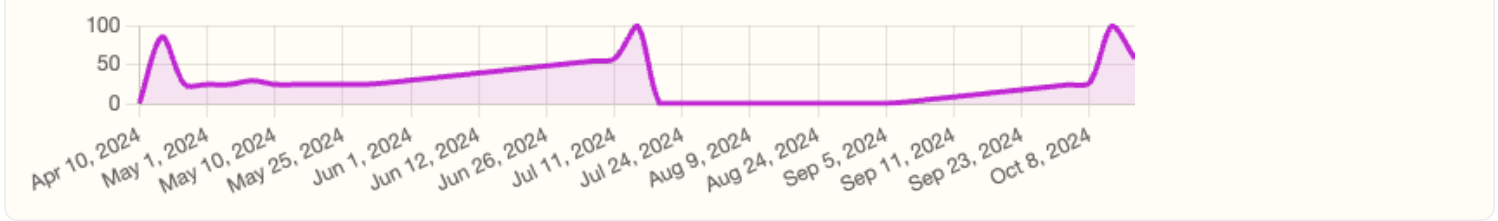
Relationship volatility & indicators

Volatility score, trend oscillators, volume, fragility, and calm-window tracking mirror the Angular insights dashboard.

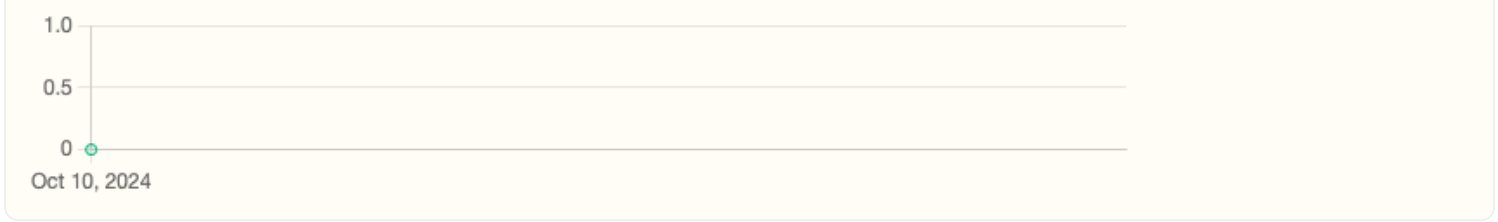




Fragility trend



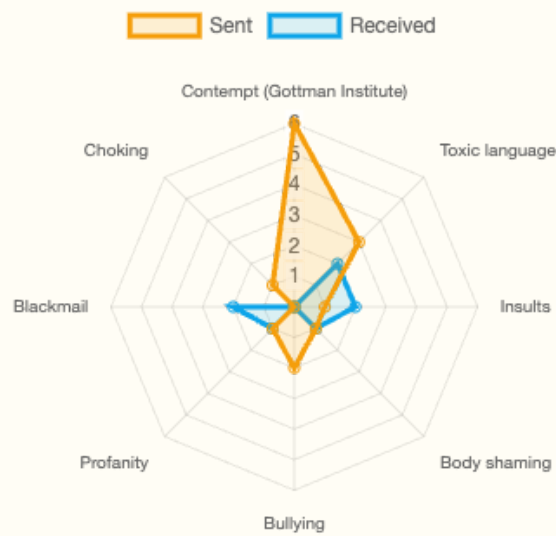
Calm windows (inverse days between spikes)



Distribution snapshots

Top positive and negative behaviours compared across parties, plus weekday cadence of negative momentum.

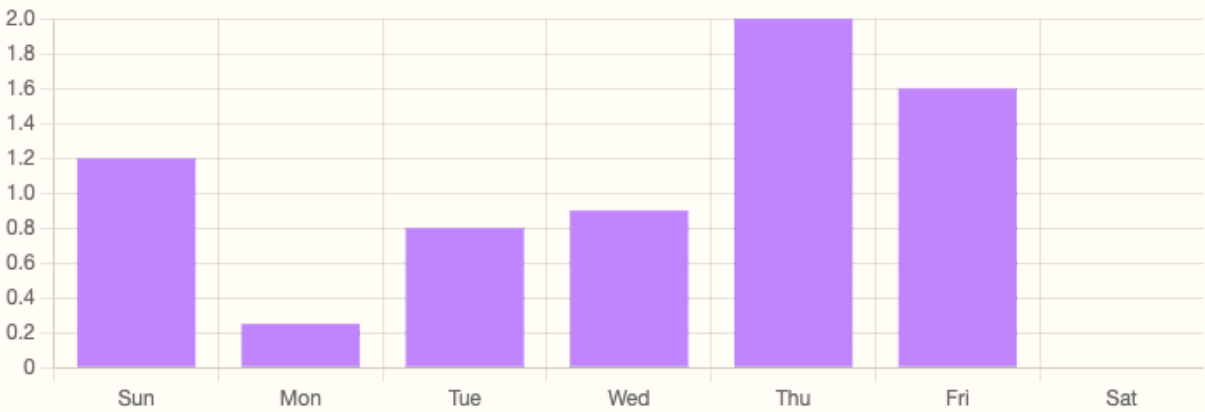
Negative behaviours (sent vs received)



Positive behaviours (sent vs received)



Conflict cadence by weekday



Communication Highlights

Metric	Value
Repairs per 100 msgs	0

Notes: Highlights are observational and neutral. Child-centricity, when shown, reflects how often messages prioritize the child's needs.

Protective Factors

- In 2024, both Joe and Jill showed a commitment to improve communication for their child's benefit, indicating a willingness to negotiate and find common ground.
- Jill's communication shifted from defensiveness to openness, suggesting her desire to address their co-parenting challenges.
- Joe moved away from confrontational language, which reflected an effort to foster collaboration and share responsibilities.
- Despite ongoing tensions, their attempts at constructive dialogue evidenced a protective factor for their relationship focused on their son's well-being.
- Throughout the years, the evolution in their communication strategies points to moments where both parties sought to engage more positively, highlighting the potential for repair attempts amidst conflicts.

Year by Year

2024

In 2024, the interactions between Joe and Jill primarily revolved around ongoing conflicts regarding their co-parenting of Johnny. Initial exchanges were marked by harsh criticisms and personal attacks, with Joe frequently expressing frustration over Johnny's behavior and Jill's parenting. Despite the intense emotions and insults, a notable shift occurred as their conversations progressed. Both participants began to recognize the detrimental impact of their disputes on Johnny and expressed a desire to find common ground. This led to attempts at more constructive communication and the suggestion of mediation as a way to address their co-parenting challenges.

Throughout the year, Jill's communication evolved from defensiveness to greater openness, with her acknowledging feelings of being overwhelmed and suggesting practical solutions for their co-parenting situation. Joe mirrored this trend by moving away from confrontational language towards fostering collaboration and finding shared responsibilities. Although tensions remained, particularly illustrated by heated exchanges, their communication ultimately displayed a commitment to improving their engagement for Johnny's benefit. Both parties showed signs of willingness to negotiate, indicating a potential path towards resolution amidst their difficulties.

2025

Throughout 2025, the relationship dynamics between Jill and Joe Blogs were characterized by a mix of playful banter and escalating tensions, particularly surrounding issues of trust and jealousy. Initially, their interactions often featured light-hearted teasing, creating an atmosphere of humor. However, significant emotional shifts occurred, particularly when trust was questioned, as seen when Jill confronted Joe about a woman's name on his phone. This moment marked a turning point in their relationship, highlighting vulnerability and insecurities that quickly transitioned their communication from playful to confrontational.

As the year progressed, these dynamics intensified, leading to confrontations marked by aggression from Joe and defensiveness from Jill. Notable exchanges revealed Joe's tendency to dominate conversations with accusations, often leading to anger and physical altercations, while Jill's responses reflected emotional distress and a struggle to assert her innocence. The pattern of these interactions underscores a persistent cycle of conflict where both participants displayed

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difficulty in engaging constructively, ultimately culminating in confrontations that left emotional fallout and unresolved issues, indicating a volatile and challenging relationship landscape.

2026

In 2026, notable relationship dynamics emerged between Mr. Joe Blogs and Jill Blogs, characterized by escalating tensions. A significant incident occurred when Mr. Joe Blogs accused Jill of humiliating him through her interactions with another man, leading to an emotionally charged confrontation. The situation quickly devolved into a physical altercation, highlighting the volatility in their relationship and Mr. Joe's dominating presence in this conflict.

This event may represent a crucial point in their relationship, suggesting deeper issues regarding trust and communication. The physical escalation indicates that underlying frustrations could be impacting their ability to interact healthily. The dynamics captured in this altercation demonstrate a potential shift toward more aggressive interactions instead of constructive dialogue.

Unresolved Conflict

Recurrent themes in conflict and the years they appear.

Theme	Years observed	Span
Insults	2024, 2025	2
Contempt (Gottman Institute)	2024, 2025	2
Toxic language	2024, 2025	2

Most common behaviours by recipient (per year)

2024

- **joe@isaidusaid.com**
 - Blackmail (2)
 - Toxic language (2)
 - Insults (2)
- **jill@isaidusaid.com**
 - Contempt (Gottman Institute) (5)
 - Toxic language (3)
 - Bullying (2)

2025

- **Mr Joe Blogs**
 - Toxic language (1)
 - Insults (1)
 - Coercive control (1)
- **Jill Blogs**
 - Choking (1)
 - Contempt (Gottman Institute) (1)
 - Striking (1)

2026

Recent Months

The report was generated by Artificial Intelligence, for more information, please go to www.isaidusaid.com

The recent months have been marked by heightened emotional tensions and interpersonal conflicts between individuals in a relationship. Conversations reveal playful banter that quickly escalates into serious accusations and distrust. One individual expresses concern over potential infidelity, leading to a demand for honesty that culminates in physical altercations. The urgency is underscored by the rapid transition from lightheartedness to serious disputes, indicating a volatile dynamic that requires immediate attention to address underlying issues.

Recent Months — common behaviours by recipient

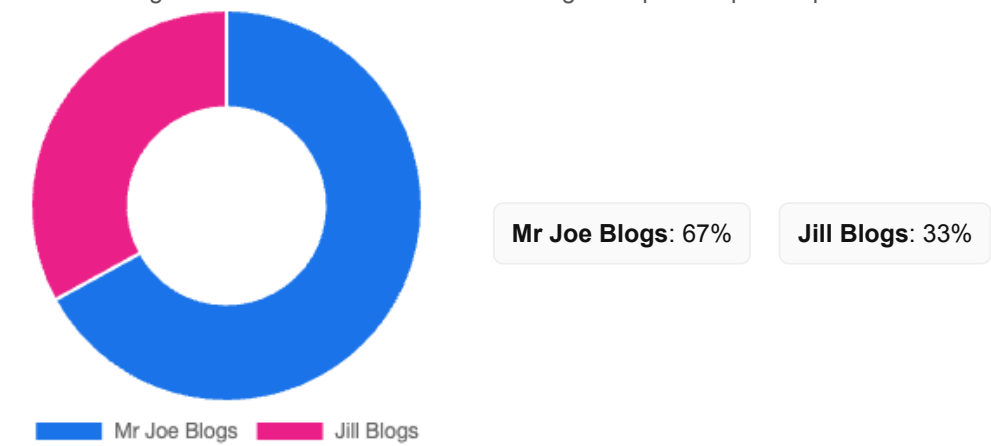
- **Mr Joe Blogs**
 - Toxic language (1)
 - Insults (1)
 - Coercive control (1)
- **Jill Blogs**
 - Choking (1)
 - Contempt (Gottman Institute) (1)
 - Striking (1)

Conflict Triggers & De-escalation

- Jill may feel triggered by Joe's perceived flirtation or attention towards other women, particularly when she feels there is attention from others, leading to accusations that escalate quickly.
- To de-escalate, Jill could practice pausing before reacting, allowing herself time to process her feelings before confronting Joe about her concerns.
- Joe's triggers may stem from feelings of humiliation when Jill interacts with other men. This could lead him to lash out defensively.
- Joe could benefit from expressing his feelings directly without resorting to insults or accusations, perhaps using "I" statements that focus on his feelings rather than blaming Jill.
- Both parties could collaboratively establish a safe signal or phrase that indicates when a conversation is escalating, allowing them to step back and reset.

Initiation Pattern (First Strike)

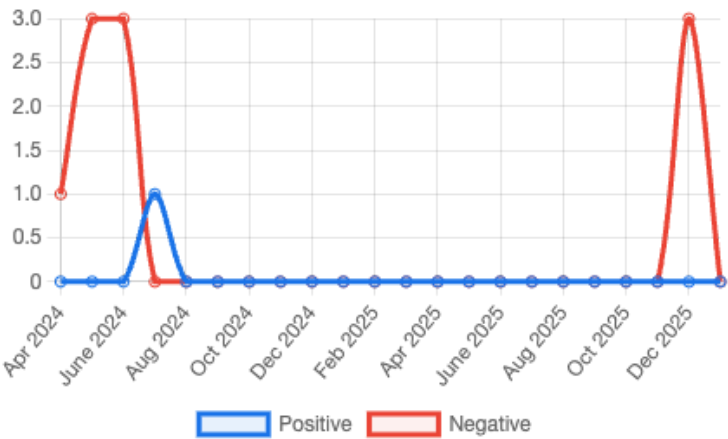
Understanding who tends to initiate difficult exchanges helps both parties plan calmer starts and quicker repairs.



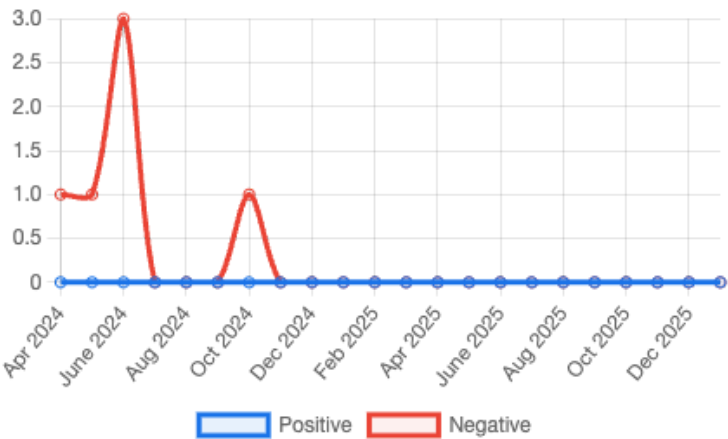
Communication Over Time

Monthly trends (positive vs negative). Higher positive counts often reflect better repair attempts and supportive tone.

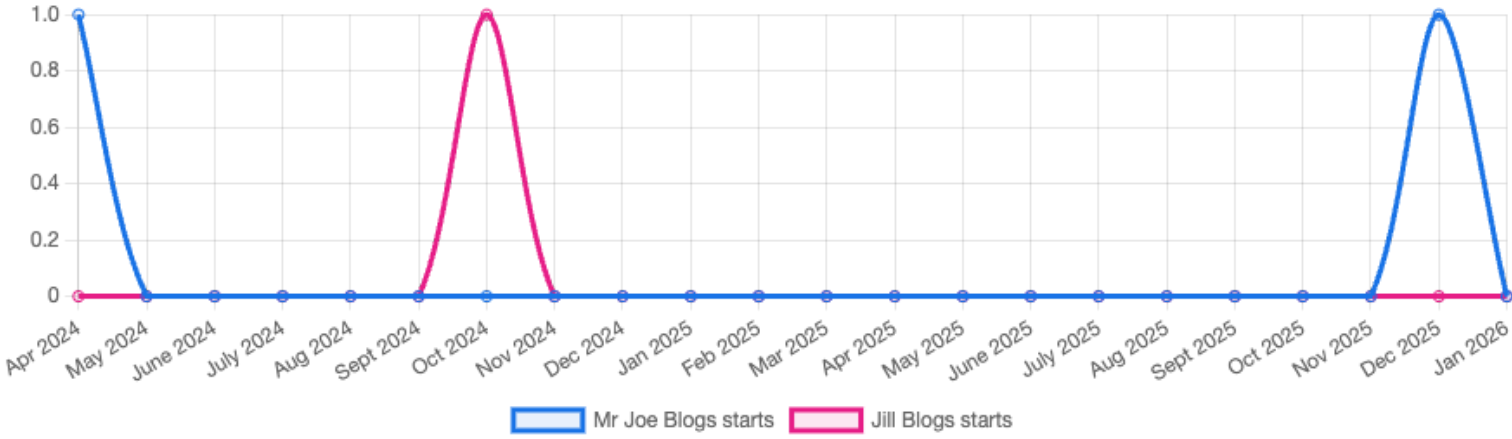
Sent Tone



Received Tone

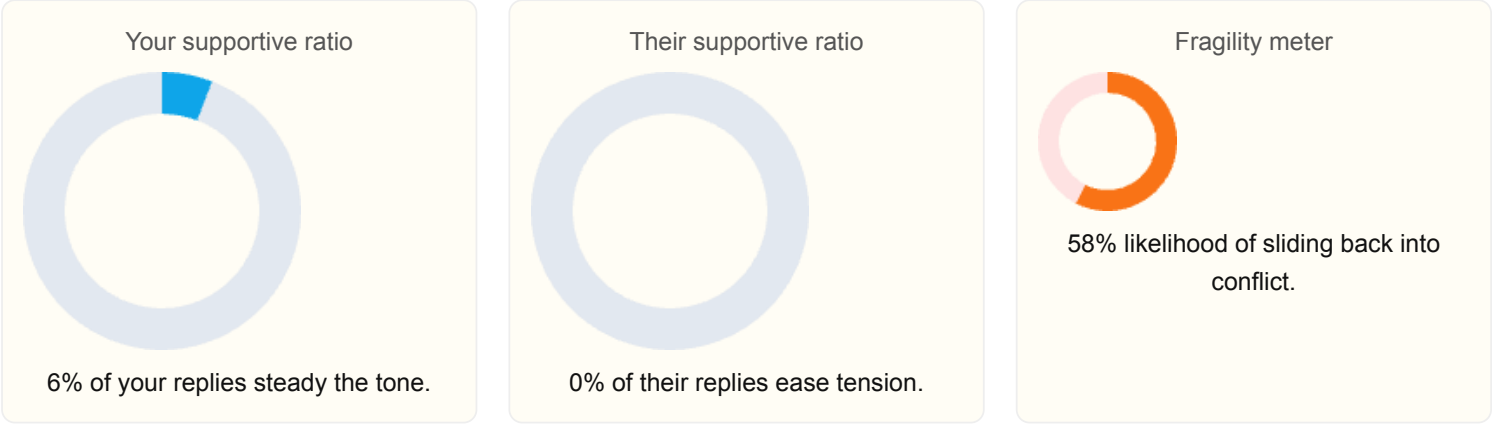


Conflict Starts (per month)



Repair & Risk Snapshot

These gauges reflect how often each party repairs tension and whether the overall tone is edging toward fragility.



Recommended: CoParentCoordinator

CoParentCoordinator

CoParentCoordinator.com helps separated parents de-escalate conflict in real time using structured prompts, shared plans, and gentle accountability. It complements this report by turning insights into small habits that make each exchange calmer and clearer. Learn more at <https://CoParentCoordinator.com>

Trigger Ladder (Last 12 Months)

Sequence	Count	Rel %	Median s Years observed (prior)
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Communication Patterns

Overview of observed patterns between parties.

Positive Communication

Type	Mr Joe Blogs	Jill Blogs
Grace / Mercy	0	0
Deescalation	0	0
Empathy	0	0
Validation	0	0
Healthy Boundary Setting	0	0
Proactive co-parenting	0	0
Vulnerability	0	0
Requests for mediation	1	0
Remorse	0	0
Acceptance	0	0
Declarations of Love & Devotion	0	0
Trust-Building Behavior	0	0
Seeking Forgiveness	0	0
Bridge Building	0	0
Repentance	0	0
Granting Forgiveness	0	0

Negative Communication

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Type	Mr Joe Blogs	Jill Blogs
Stalking	0	0
Admission of guilt	0	0
Criticism (Gottman Institute)	0	0
Insults	2	2
Shame Induction	0	0
Stonewalling (Gottman Institute)	0	0
Emotional Indebtedness	0	0
Devaluation	0	1
Sexual harassment	0	0
Legal threats	0	0
Weaponised Mental Health Attribution	0	0
Threats	0	0
Bullying	2	0
Gas-lighting	0	0
Righteous Cruelty	0	0
Unfounded abuse allegations	0	0
Financial abuse	0	0
Resentment Expression	0	0
Vengeful Intent	0	0
Self-Righteousness	0	0
Judgmental Framing	0	0
Responsibility Shifting	0	0
Identity attacks	0	0
Moral Superiority	0	0
Feigning Victimhood	0	0
Withdrawal Punishment	0	0
Toxic language	4	2
Defensiveness (Gottman Institute)	0	0
Coercive control	1	0
Blackmail	0	2
Performative Apology	0	0
Contempt (Gottman Institute)	6	0
Court Order breach	0	0
Exploitation of Vulnerability	0	0
Emotional Invalidation	0	0
Official mediation refusal	0	1
Very toxic language	0	0
Performative Forgiveness	0	0
Parental criticism	0	0
Trust-Breaking Behavior	0	0
Ultimatum	0	1
Coerce self-harm	0	0
Scorekeeping	0	0
Guilt-Tripping	0	0
Profanity	1	1
Body shaming	1	1

Negative Actions (Video)

Action	Mr Joe Blogs	Jill Blogs
Biting, Scratching or Spitting	0	0
Abusive Gesturing	0	0

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Threatening with Weapon (guns, knives, etc.)	0	0
Choking	1	0
Restraining	0	0
Striking	1	0
Obstructing	0	0
Throwing Items	0	0
Other Physical Altercations	0	0
Pushing, Shoving, Tripping or Similar	0	0

Examples (Positive Communication)

List of Email conversations with Jill Blogs

Requests for mediation

joe@isaidusaid.com to jill@isaidusaid.com
Jill, I think it would be helpful for us to attend mediation sessions to resolve our differences. Joe

Examples (Negative Communication)

List of Video recordings with Jill Blogs

Striking

Mr Joe Blogs to Jill Blogs
Action:Mr Joe Blogs: Mr. Joe Blogs is seen striking Jill Blogs. (00:15)

Contempt (Gottman Institute)

Mr Joe Blogs to Jill Blogs
Does it give you that much pleasure to humiliate me?

Choking

Mr Joe Blogs to Jill Blogs
Action:Mr Joe Blogs: Mr. Joe Blogs is seen choking Jill Blogs. (00:36 - 00:46)

List of Email conversations with Jill Blogs

Devaluation

jill@isaidusaid.com to joe@isaidusaid.com
Joe, You're a worthless excuse for a parent, and Johnny would be better off without you. Jill VTxB

Insults

joe@isaidusaid.com to jill@isaidusaid.com
Jill, You're such a pathetic loser, no wonder Johnny doesn't want to spend time with you. Joe IB

jill@isaidusaid.com to joe@isaidusaid.com
Go fuck yourself Joe

Official mediation refusal

jill@isaidusaid.com to joe@isaidusaid.com
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Joe, Oh, and I refuse to attend any mediation sessions, it's a waste of time. Jill OMRB

Body shaming

joe@isaidusaid.com to jill@isaidusaid.com

Jill, You're such a pathetic loser, no wonder Johnny doesn't want to spend time with you. Joe IB

jill@isaidusaid.com to joe@isaidusaid.com

Joe, You're so fat and lazy, no wonder Johnny doesn't respect you. Jill BSB

Contempt (Gottman Institute)

joe@isaidusaid.com to jill@isaidusaid.com

Jill, You're such a pathetic loser, no wonder Johnny doesn't want to spend time with you. Joe IB

Toxic language

jill@isaidusaid.com to joe@isaidusaid.com

Go fuck yourself Joe

joe@isaidusaid.com to jill@isaidusaid.com

Jill, Well, how about you come suck my dick for more time with Johnny? Joe SHB

Bullying

joe@isaidusaid.com to jill@isaidusaid.com

Jill, I'll make sure everyone knows what a terrible parent you are. Joe

Ultimatum

jill@isaidusaid.com to joe@isaidusaid.com

Joe, Fine, but If you don't agree to my terms, I'll make sure you regret it. Jill TB

Blackmail

jill@isaidusaid.com to joe@isaidusaid.com

Joe, I'll tell everyone you've been abusing Johnny if you don't do what I want. Jill AAB

Profanity

jill@isaidusaid.com to joe@isaidusaid.com

Go fuck yourself Joe

joe@isaidusaid.com to jill@isaidusaid.com

Jill, Well, how about you come suck my dick for more time with Johnny? Joe SHB

List of Conversation recording with Jill Blogs

Coercive control

Jill Blogs to Mr Joe Blogs

Don't speak to her again. (door slams) Let me in. Open the (censored) door. Let's talk about this. Let me in.

Toxic language

Jill Blogs to Mr Joe Blogs

Don't be stupid. I knew it wasn't chicken. (laughs) Go get me a drink. How many drinks do you need?

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Insults

Jill Blogs to Mr Joe Blogs

Don't be stupid. I knew it wasn't chicken. (laughs) Go get me a drink. How many drinks do you need?