

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Are you currently in a relationship?

Yes I am	65%	65%	64%	41%	69%	65%	67%	72%	100%	0%
No I am not	33%	33%	33%	55%	29%	32%	31%	27%	0%	100%
Prefer not to say	2%	2%	2%	4%	2%	3%	2%	1%	0%	0%

Have you ever been in a relationship?

[Asked only to those who say they not are in a relationship; n= 608]

Yes I have	71%	65%	77%	38%	67%	84%	87%	93%	-	71%
No I have not	27%	33%	21%	61%	28%	15%	12%	5%	-	27%
Prefer not to say	2%	2%	2%	1%	5%	1%	1%	1%	-	2%

Do you live together with your partner?

[Asked only to those who say they are in a relationship; n= 1,233]

Yes I do	85%	84%	85%	45%	86%	87%	91%	92%	85%	-
No I do not	15%	15%	15%	54%	13%	13%	9%	8%	15%	-
Prefer not to say	0%	0%	0%	1%	1%	0%	0%	0%	0%	-

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	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Are you currently in a relationship?

Yes I am	65%	0%	0%	100%	100%	100%
No I am not	33%	100%	100%	0%	0%	0%
Prefer not to say	2%	0%	0%	0%	0%	0%

Have you ever been in a relationship?

[Asked only to those who say they not are in a relationship; n= 608]

Yes I have	71%	100%	0%	-	-	-
No I have not	27%	0%	100%	-	-	-
Prefer not to say	2%	0%	0%	-	-	-

Do you live together with your partner?

[Asked only to those who say they are in a relationship; n= 1,233]

Yes I do	85%	-	-	87%	81%	87%
No I do not	15%	-	-	13%	19%	13%
Prefer not to say	0%	-	-	0%	0%	0%

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How long have you been in your current relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

More than 20 years	48%	49%	47%	0%	6%	36%	66%	84%	48%	-
15-20 years	13%	12%	13%	0%	18%	24%	15%	7%	13%	-
11-14 years	10%	9%	10%	3%	24%	14%	6%	3%	10%	-
7-10 years	9%	8%	10%	19%	17%	11%	4%	2%	9%	-
5-6 years	4%	4%	4%	11%	12%	2%	1%	0%	4%	-
3-4 years	7%	8%	6%	23%	14%	6%	3%	1%	7%	-
1-2 years	4%	4%	5%	23%	4%	3%	3%	1%	4%	-
6-12 months	3%	2%	3%	14%	4%	0%	1%	0%	3%	-
Less than 6 months	2%	2%	2%	7%	1%	3%	1%	1%	2%	-
Don't know / can't recall	0%	0%	0%	0%	0%	0%	0%	0%	0%	-
Prefer not to say	0%	0%	0%	0%	0%	0%	1%	0%	0%	-

And how long has your longest ever relationship been?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

More than 20 years	42%	42%	43%	0%	5%	27%	54%	78%	51%	19%
15-20 years	13%	11%	14%	0%	17%	21%	20%	7%	14%	9%
11-14 years	9%	9%	10%	2%	19%	16%	9%	4%	10%	7%
7-10 years	11%	10%	11%	13%	22%	14%	4%	4%	10%	12%
5-6 years	6%	6%	6%	9%	14%	5%	4%	3%	5%	10%
3-4 years	7%	8%	6%	23%	13%	8%	3%	0%	5%	12%
1-2 years	6%	7%	5%	28%	6%	4%	2%	1%	3%	12%
6-12 months	2%	3%	2%	10%	1%	2%	2%	1%	1%	7%
Less than 6 months	2%	3%	2%	10%	2%	1%	1%	0%	0%	7%
Don't know / can't recall	1%	1%	1%	2%	0%	1%	0%	1%	0%	2%
Prefer not to say	1%	1%	2%	2%	2%	2%	1%	1%	1%	3%

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Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

How long have you been in your current relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

More than 20 years	48%	-	-	51%	45%	46%
15-20 years	13%	-	-	11%	14%	20%
11-14 years	10%	-	-	9%	9%	14%
7-10 years	9%	-	-	9%	9%	8%
5-6 years	4%	-	-	4%	6%	2%
3-4 years	7%	-	-	8%	7%	5%
1-2 years	4%	-	-	4%	6%	2%
6-12 months	3%	-	-	3%	3%	0%
Less than 6 months	2%	-	-	2%	2%	3%
Don't know / can't recall	0%	-	-	0%	0%	1%
Prefer not to say	0%	-	-	0%	0%	1%

And how long has your longest ever relationship been?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

More than 20 years	42%	19%	-	54%	47%	49%
15-20 years	13%	9%	-	11%	15%	25%
11-14 years	9%	7%	-	10%	10%	11%
7-10 years	11%	12%	-	10%	11%	6%
5-6 years	6%	10%	-	4%	6%	4%
3-4 years	7%	12%	-	5%	6%	2%
1-2 years	6%	12%	-	4%	3%	2%
6-12 months	2%	7%	-	1%	1%	0%
Less than 6 months	2%	7%	-	0%	1%	1%
Don't know / can't recall	1%	2%	-	0%	0%	0%
Prefer not to say	1%	3%	-	1%	0%	1%

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About how many relationships would you say you have had?
If you aren't entirely sure please take your best guess

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

One	18%	17%	18%	35%	17%	14%	14%	16%	18%	18%
Two	18%	16%	19%	21%	19%	15%	18%	17%	18%	17%
Three	22%	21%	23%	21%	24%	21%	21%	22%	23%	20%
Four	15%	16%	14%	10%	15%	17%	17%	15%	16%	14%
Five	7%	7%	7%	4%	5%	9%	8%	7%	7%	8%
Six	4%	4%	4%	0%	4%	6%	4%	4%	4%	5%
Seven	2%	3%	2%	1%	2%	2%	4%	2%	3%	2%
Eight	2%	2%	1%	1%	2%	1%	1%	2%	1%	2%
Nine	1%	1%	1%	1%	1%	0%	0%	1%	1%	1%
Ten	0%	1%	0%	0%	0%	0%	1%	1%	0%	1%
More than ten	3%	4%	2%	0%	2%	5%	5%	3%	3%	4%
Not sure / can't recall	5%	5%	5%	0%	6%	4%	4%	6%	5%	5%
Prefer not to say	4%	3%	4%	4%	2%	6%	2%	4%	3%	5%

Have you ever been in a relationship you consider to have been 'toxic' or unhealthy?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Yes I have	45%	37%	53%	47%	55%	53%	52%	32%	42%	55%
No I have not	48%	55%	42%	46%	37%	37%	43%	63%	53%	36%
Don't know	5%	6%	3%	5%	6%	6%	4%	3%	4%	5%
Prefer not to say	2%	2%	2%	2%	2%	3%	1%	2%	1%	4%

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About how many relationships would you say you have had?
If you aren't entirely sure please take your best guess

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

One	18%	18%	-	19%	15%	17%
Two	18%	17%	-	18%	18%	18%
Three	22%	20%	-	23%	22%	21%
Four	15%	14%	-	15%	16%	17%
Five	7%	8%	-	6%	8%	8%
Six	4%	5%	-	4%	3%	6%
Seven	2%	2%	-	2%	5%	1%
Eight	2%	2%	-	2%	1%	1%
Nine	1%	1%	-	0%	1%	1%
Ten	0%	1%	-	0%	0%	0%
More than ten	3%	4%	-	3%	3%	3%
Not sure / can't recall	5%	5%	-	5%	5%	2%
Prefer not to say	4%	5%	-	3%	2%	4%

Have you ever been in a relationship you consider to have been 'toxic' or unhealthy?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Yes I have	45%	55%	-	37%	45%	64%
No I have not	48%	36%	-	60%	47%	27%
Don't know	5%	5%	-	3%	6%	8%
Prefer not to say	2%	4%	-	1%	2%	2%

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How did you first meet your current, or most recent, partner?
(Please select the option that best applies)

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Through family	3%	3%	3%	0%	2%	4%	4%	3%	3%	2%
Through mutual friends	18%	18%	18%	13%	16%	15%	23%	20%	19%	16%
Through school	6%	4%	7%	18%	8%	3%	2%	3%	5%	7%
Through university / higher education	6%	6%	6%	17%	7%	6%	3%	4%	6%	6%
Through a shared hobby e.g. sports team, music group, book club etc.	5%	5%	5%	4%	3%	4%	4%	7%	5%	4%
Through work	19%	19%	20%	14%	19%	19%	20%	20%	20%	17%
Through a dating app (e.g. Hinge, Tinder)	11%	11%	11%	16%	22%	14%	9%	3%	11%	11%
Through an online dating platform (e.g. OkCupid, Guardian Soulmates)	5%	7%	3%	2%	6%	8%	4%	4%	5%	4%
In passing while out and about e.g. in a bar or pub, at a concert, at a cafe	14%	13%	15%	5%	6%	13%	18%	20%	14%	14%
On a face to face dating event e.g. speed dating evening	0%	0%	0%	0%	0%	0%	1%	0%	0%	1%
Other	10%	11%	10%	8%	8%	9%	9%	13%	11%	9%
Don't remember / Prefer not to say	3%	3%	2%	3%	2%	5%	3%	2%	1%	8%

How happy or unhappy are you being single at the moment?

[Asked only to those who say they not are in a relationship; n= 608]

Very happy	30%	22%	38%	16%	24%	26%	47%	43%	-	30%
Fairly happy	27%	28%	25%	28%	32%	26%	27%	22%	-	27%
Neither happy nor unhappy	24%	25%	24%	29%	20%	21%	19%	26%	-	24%
Fairly unhappy	12%	15%	9%	15%	14%	18%	6%	5%	-	12%
Very unhappy	5%	8%	3%	8%	10%	4%	1%	3%	-	5%
Don't know	1%	0%	1%	1%	0%	1%	0%	1%	-	1%
Prefer not to say	1%	2%	1%	2%	1%	3%	0%	0%	-	1%

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How did you first meet your current, or most recent, partner?
(Please select the option that best applies)

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Through family	3%	2%	-	3%	4%	5%
Through mutual friends	18%	16%	-	21%	16%	17%
Through school	6%	7%	-	6%	4%	6%
Through university / higher education	6%	6%	-	7%	6%	4%
Through a shared hobby e.g. sports team, music group, book club etc.	5%	4%	-	5%	4%	8%
Through work	19%	17%	-	20%	18%	21%
Through a dating app (e.g. Hinge, Tinder)	11%	11%	-	9%	14%	13%
Through an online dating platform (e.g. OkCupid, Guardian Soulmates)	5%	4%	-	5%	7%	5%
In passing while out and about e.g. in a bar or pub, at a concert, at a cafe	14%	14%	-	15%	13%	12%
On a face to face dating event e.g. speed dating evening	0%	1%	-	0%	0%	0%
Other	10%	9%	-	10%	12%	9%
Don't remember / Prefer not to say	3%	8%	-	1%	1%	0%

How happy or unhappy are you being single at the moment?

[Asked only to those who say they not are in a relationship; n= 608]

Very happy	30%	35%	17%	-	-	-
Fairly happy	27%	26%	28%	-	-	-
Neither happy nor unhappy	24%	24%	26%	-	-	-
Fairly unhappy	12%	9%	19%	-	-	-
Very unhappy	5%	5%	7%	-	-	-
Don't know	1%	0%	1%	-	-	-
Prefer not to say	1%	1%	2%	-	-	-

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And do you want to be in a relationship?

[Asked only to those who say they not are in a relationship; n=608]

I want to be in a relationship now	24%	27%	20%	35%	27%	29%	11%	12%	-	24%
I don't currently want to be in a relationship, but I do in future	35%	38%	33%	47%	38%	39%	42%	16%	-	35%
I never want to be in a relationship	23%	17%	29%	8%	18%	16%	27%	45%	-	23%
Don't know	18%	18%	18%	11%	17%	16%	20%	26%	-	18%

Which of the following, if any, are reasons why you are not currently in a relationship? Please select all that apply.

[Asked only to those who say they not are in a relationship; n=608]

I have not met the right person	42%	43%	40%	51%	39%	48%	40%	30%	-	42%
I am not interested in being in a relationship at the moment	30%	23%	37%	19%	25%	30%	42%	40%	-	30%
I prefer being single in general	35%	36%	34%	23%	29%	32%	48%	45%	-	35%
I am focusing on myself	28%	27%	29%	31%	47%	23%	23%	18%	-	28%
I am focusing on work or education	12%	14%	10%	30%	10%	9%	4%	1%	-	12%
I have recently come out of a relationship	4%	3%	5%	3%	7%	5%	5%	3%	-	4%
I am still getting over someone	8%	8%	7%	7%	9%	3%	11%	8%	-	8%
I find dating difficult or stressful	29%	32%	27%	35%	37%	29%	28%	19%	-	29%
I do not have enough time for a relationship	12%	11%	13%	15%	10%	17%	12%	7%	-	12%
I have been hurt in previous relationships	23%	19%	27%	16%	25%	34%	25%	24%	-	23%
I do not trust people easily	29%	28%	31%	31%	24%	39%	30%	25%	-	29%
I have health, family, or personal circumstances that make dating difficult	20%	18%	21%	13%	20%	28%	23%	19%	-	20%
Something else	13%	14%	12%	12%	15%	14%	11%	15%	-	13%
Don't know	2%	3%	1%	5%	3%	0%	1%	0%	-	2%
Prefer not to say	2%	3%	1%	2%	1%	4%	2%	1%	-	2%

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And do you want to be in a relationship?

[Asked only to those who say they not are in a relationship; n=608]

I want to be in a relationship now	24%	22%	28%	-	-	-
I don't currently want to be in a relationship, but I do in future	35%	34%	41%	-	-	-
I never want to be in a relationship	23%	26%	14%	-	-	-
Don't know	18%	18%	17%	-	-	-

Which of the following, if any, are reasons why you are not currently in a relationship? Please select all that apply.

[Asked only to those who say they not are in a relationship; n=608]

I have not met the right person	42%	37%	53%	-	-	-
I am not interested in being in a relationship at the moment	30%	34%	22%	-	-	-
I prefer being single in general	35%	36%	32%	-	-	-
I am focusing on myself	28%	28%	30%	-	-	-
I am focusing on work or education	12%	7%	24%	-	-	-
I have recently come out of a relationship	4%	6%	1%	-	-	-
I am still getting over someone	8%	9%	4%	-	-	-
I find dating difficult or stressful	29%	26%	38%	-	-	-
I do not have enough time for a relationship	12%	12%	12%	-	-	-
I have been hurt in previous relationships	23%	31%	5%	-	-	-
I do not trust people easily	29%	30%	29%	-	-	-
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Something else	13%	14%	13%	-	-	-
Don't know	2%	1%	5%	-	-	-
Prefer not to say	2%	2%	2%	-	-	-

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Weighted Sample

Unweighted Sample

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Which of the following, if any, bother you most about being single? Please select up to three options.

[Asked only to those who say they not are in a relationship; n=608]

Not having regular companionship	24%	28%	20%	20%	23%	27%	22%	28%	-	24%
Not feeling loved romantically	20%	22%	18%	33%	21%	21%	15%	7%	-	20%
Not receiving physical affection	22%	26%	18%	22%	22%	29%	20%	17%	-	22%
Not having sex	16%	23%	10%	18%	22%	25%	13%	6%	-	16%
Not having emotional support from a partner	21%	16%	24%	18%	18%	23%	20%	23%	-	21%
Not having someone to talk to about everyday things	22%	19%	26%	18%	18%	25%	20%	30%	-	22%
Not having someone to make plans with	17%	16%	19%	16%	23%	21%	13%	15%	-	17%
Having less practical support, such as help with errands, chores, or problems	16%	10%	22%	7%	17%	14%	27%	22%	-	16%
Things being more expensive without a partner, such as housing or holidays	16%	13%	19%	9%	21%	20%	25%	14%	-	16%
Feeling left out socially	10%	11%	9%	13%	11%	7%	9%	7%	-	10%
Pressure from others to be in a relationship	4%	3%	5%	7%	7%	3%	3%	1%	-	4%
Something else	2%	2%	1%	3%	1%	4%	0%	0%	-	2%
Don't know	4%	6%	2%	11%	3%	3%	1%	1%	-	4%
N/A - nothing bothers me about being single	21%	20%	22%	19%	18%	13%	21%	30%	-	21%

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Which of the following, if any, bother you most about being single? Please select up to three options.

[Asked only to those who say they not are in a relationship; n=608]

Not having regular companionship	24%	25%	21%	-	-	-
Not feeling loved romantically	20%	17%	27%	-	-	-
Not receiving physical affection	22%	22%	22%	-	-	-
Not having sex	16%	16%	17%	-	-	-
Not having emotional support from a partner	21%	20%	22%	-	-	-
Not having someone to talk to about everyday things	22%	25%	15%	-	-	-
Not having someone to make plans with	17%	16%	19%	-	-	-
Having less practical support, such as help with errands, chores, or problems	16%	18%	12%	-	-	-
Things being more expensive without a partner, such as housing or holidays	16%	18%	11%	-	-	-
Feeling left out socially	10%	8%	14%	-	-	-
Pressure from others to be in a relationship	4%	1%	10%	-	-	-
Something else	2%	1%	3%	-	-	-
Don't know	4%	2%	9%	-	-	-
N/A - nothing bothers me about being single	21%	23%	16%	-	-	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

Weighted Sample

Unweighted Sample

Total	Gender		Age					Relationship status	
	Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
1882	913	969	313	374	311	264	620	1215	626
1882	879	1003	278	340	325	259	680	1233	608

Which of the following, if any, are the things you like most about not currently being in a relationship? Please select up to three options.

[Asked only to those who say they not are in a relationship; n= 608]

Having more independence	31%	31%	31%	23%	29%	38%	30%	37%	-	31%
Having more time for myself	29%	30%	29%	27%	34%	31%	40%	23%	-	29%
Having more time for friends or family	11%	8%	15%	13%	10%	9%	6%	14%	-	11%
Not having to compromise	24%	21%	26%	14%	22%	23%	33%	31%	-	24%
Avoiding relationship stress or arguments	32%	31%	34%	36%	32%	30%	40%	28%	-	32%
Being able to focus on work, education, or hobbies	15%	15%	15%	31%	17%	9%	4%	6%	-	15%
Being able to date or meet different people	5%	8%	3%	11%	5%	3%	1%	3%	-	5%
Having more control over my money	15%	16%	15%	11%	18%	19%	8%	19%	-	15%
Having more control over my living space or routine	38%	31%	45%	27%	34%	45%	40%	47%	-	38%
Not having to worry about someone else's expectations	32%	27%	37%	29%	25%	34%	39%	36%	-	32%
Something else	2%	1%	2%	1%	2%	3%	0%	3%	-	2%
Don't know	6%	8%	4%	10%	6%	5%	3%	4%	-	6%
N/A - there is nothing I like about being single	6%	8%	3%	4%	8%	6%	4%	6%	-	6%

How happy or unhappy would you say you are in your current relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

Very happy	61%	64%	59%	67%	60%	53%	58%	65%	61%	-
Fairly happy	29%	29%	29%	29%	30%	31%	33%	25%	29%	-
Neither happy nor unhappy	5%	4%	6%	2%	3%	9%	7%	5%	5%	-
Fairly unhappy	2%	2%	3%	1%	2%	4%	3%	2%	2%	-
Very unhappy	1%	0%	2%	1%	3%	1%	0%	1%	1%	-
Don't know	0%	0%	0%	0%	1%	0%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	1%	1%	0%	1%	1%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

Weighted Sample Unweighted Sample	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
	1882	446	169	744	349	109
	1882	451	147	761	348	112

Which of the following, if any, are the things you like most about not currently being in a relationship? Please select up to three options.

[Asked only to those who say they not are in a relationship; n= 608]

Having more independence	31%	33%	28%	-	-	-
Having more time for myself	29%	29%	32%	-	-	-
Having more time for friends or family	11%	11%	13%	-	-	-
Not having to compromise	24%	26%	18%	-	-	-
Avoiding relationship stress or arguments	32%	33%	31%	-	-	-
Being able to focus on work, education, or hobbies	15%	13%	21%	-	-	-
Being able to date or meet different people	5%	4%	9%	-	-	-
Having more control over my money	15%	15%	16%	-	-	-
Having more control over my living space or routine	38%	42%	28%	-	-	-
Not having to worry about someone else's expectations	32%	32%	33%	-	-	-
Something else	2%	2%	1%	-	-	-
Don't know	6%	4%	9%	-	-	-
N/A - there is nothing I like about being single	6%	7%	2%	-	-	-

How happy or unhappy would you say you are in your current relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

Very happy	61%	-	-	100%	0%	0%
Fairly happy	29%	-	-	0%	100%	0%
Neither happy nor unhappy	5%	-	-	0%	0%	59%
Fairly unhappy	2%	-	-	0%	0%	27%
Very unhappy	1%	-	-	0%	0%	14%
Don't know	0%	-	-	0%	0%	0%
Prefer not to say	1%	-	-	0%	0%	0%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

And how happy or unhappy with each of the following aspects of your relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

How often you and your partner have sex

Very happy	22%	20%	23%	38%	24%	16%	19%	20%	22%	-
Fairly happy	25%	26%	24%	31%	31%	28%	24%	19%	25%	-
Neither happy nor unhappy	19%	20%	17%	11%	15%	21%	18%	22%	19%	-
Fairly unhappy	10%	12%	9%	7%	13%	14%	10%	9%	10%	-
Very unhappy	10%	12%	9%	4%	14%	9%	15%	9%	10%	-
Don't know	1%	1%	1%	2%	0%	1%	0%	0%	1%	-
Prefer not to say	13%	9%	17%	7%	4%	11%	14%	21%	13%	-

How physically affectionate your partner is towards you

Very happy	38%	37%	39%	63%	42%	31%	34%	33%	38%	-
Fairly happy	29%	29%	29%	24%	28%	33%	26%	31%	29%	-
Neither happy nor unhappy	15%	15%	15%	6%	13%	15%	18%	18%	15%	-
Fairly unhappy	10%	11%	9%	6%	10%	10%	14%	10%	10%	-
Very unhappy	5%	5%	4%	0%	6%	8%	5%	4%	5%	-
Don't know	0%	0%	0%	0%	0%	0%	0%	1%	0%	-
Prefer not to say	3%	3%	3%	1%	2%	3%	4%	3%	3%	-

How often you and your partner argue

Very happy	36%	37%	35%	49%	36%	32%	37%	34%	36%	-
Fairly happy	31%	30%	31%	24%	36%	31%	29%	31%	31%	-
Neither happy nor unhappy	18%	17%	19%	14%	11%	17%	18%	23%	18%	-
Fairly unhappy	9%	8%	9%	11%	9%	10%	10%	7%	9%	-
Very unhappy	3%	4%	3%	2%	6%	7%	1%	2%	3%	-
Don't know	1%	1%	1%	0%	0%	1%	3%	1%	1%	-
Prefer not to say	2%	2%	2%	0%	2%	3%	2%	3%	2%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

And how happy or unhappy with each of the following aspects of your relationship?

[Asked only to those who say they are in a relationship; n= 1,233]

How often you and your partner have sex

Very happy	22%	-	-	31%	10%	4%
Fairly happy	25%	-	-	29%	21%	14%
Neither happy nor unhappy	19%	-	-	17%	20%	24%
Fairly unhappy	10%	-	-	7%	19%	10%
Very unhappy	10%	-	-	4%	16%	34%
Don't know	1%	-	-	1%	1%	1%
Prefer not to say	13%	-	-	12%	13%	13%

How physically affectionate your partner is towards you

Very happy	38%	-	-	55%	14%	4%
Fairly happy	29%	-	-	28%	37%	12%
Neither happy nor unhappy	15%	-	-	11%	21%	23%
Fairly unhappy	10%	-	-	4%	18%	27%
Very unhappy	5%	-	-	0%	6%	29%
Don't know	0%	-	-	0%	1%	0%
Prefer not to say	3%	-	-	2%	3%	5%

How often you and your partner argue

Very happy	36%	-	-	48%	19%	8%
Fairly happy	31%	-	-	31%	35%	15%
Neither happy nor unhappy	18%	-	-	14%	24%	28%
Fairly unhappy	9%	-	-	2%	17%	22%
Very unhappy	3%	-	-	2%	2%	22%
Don't know	1%	-	-	1%	1%	0%
Prefer not to say	2%	-	-	1%	2%	5%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

How much quality time you get to spend with your partner

Very happy	36%	37%	36%	45%	24%	22%	36%	47%	36%	-
Fairly happy	35%	36%	35%	32%	40%	38%	33%	33%	35%	-
Neither happy nor unhappy	13%	14%	12%	5%	13%	16%	16%	12%	13%	-
Fairly unhappy	10%	9%	12%	13%	15%	16%	8%	5%	10%	-
Very unhappy	4%	3%	5%	5%	5%	6%	5%	2%	4%	-
Don't know	0%	0%	0%	0%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	1%	2%	1%	1%	1%	-

How often you have fun or laugh together

Very happy	51%	49%	52%	71%	53%	42%	45%	50%	51%	-
Fairly happy	32%	33%	30%	20%	29%	34%	34%	35%	32%	-
Neither happy nor unhappy	10%	10%	9%	5%	8%	12%	11%	11%	10%	-
Fairly unhappy	5%	5%	5%	4%	5%	6%	7%	3%	5%	-
Very unhappy	2%	1%	2%	0%	3%	3%	2%	1%	2%	-
Don't know	0%	0%	0%	0%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	2%	1%	1%	1%	-

How fairly responsibilities are shared

Very happy	40%	46%	34%	48%	30%	31%	37%	49%	40%	-
Fairly happy	36%	33%	39%	31%	44%	37%	38%	32%	36%	-
Neither happy nor unhappy	13%	12%	13%	14%	12%	15%	11%	13%	13%	-
Fairly unhappy	7%	5%	8%	4%	10%	10%	9%	3%	7%	-
Very unhappy	2%	1%	3%	1%	3%	5%	3%	1%	2%	-
Don't know	1%	0%	1%	2%	0%	0%	1%	1%	1%	-
Prefer not to say	1%	2%	1%	1%	2%	3%	1%	1%	1%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

How much quality time you get to spend with your partner

Very happy	36%	-	-	51%	14%	7%
Fairly happy	35%	-	-	33%	46%	17%
Neither happy nor unhappy	13%	-	-	8%	17%	34%
Fairly unhappy	10%	-	-	7%	16%	19%
Very unhappy	4%	-	-	1%	5%	22%
Don't know	0%	-	-	0%	1%	0%
Prefer not to say	1%	-	-	0%	1%	1%

How often you have fun or laugh together

Very happy	51%	-	-	70%	25%	6%
Fairly happy	32%	-	-	25%	49%	21%
Neither happy nor unhappy	10%	-	-	3%	17%	33%
Fairly unhappy	5%	-	-	1%	7%	23%
Very unhappy	2%	-	-	0%	1%	15%
Don't know	0%	-	-	0%	0%	0%
Prefer not to say	1%	-	-	0%	1%	2%

How fairly responsibilities are shared

Very happy	40%	-	-	54%	21%	9%
Fairly happy	36%	-	-	35%	44%	26%
Neither happy nor unhappy	13%	-	-	7%	21%	22%
Fairly unhappy	7%	-	-	3%	11%	20%
Very unhappy	2%	-	-	1%	2%	18%
Don't know	1%	-	-	0%	1%	3%
Prefer not to say	1%	-	-	1%	1%	1%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

How much you can trust and depend on your partner

Very happy	67%	70%	65%	71%	66%	62%	62%	72%	67%	-
Fairly happy	24%	23%	24%	21%	25%	25%	30%	20%	24%	-
Neither happy nor unhappy	5%	5%	6%	6%	5%	6%	5%	5%	5%	-
Fairly unhappy	1%	1%	2%	2%	1%	2%	2%	1%	1%	-
Very unhappy	1%	1%	2%	0%	1%	4%	1%	1%	1%	-
Don't know	0%	0%	0%	0%	0%	0%	1%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	1%	0%	1%	1%	-

The extent to which you can be your true self around your partner

Very happy	61%	59%	63%	73%	63%	53%	58%	61%	61%	-
Fairly happy	27%	29%	25%	22%	26%	30%	32%	26%	27%	-
Neither happy nor unhappy	7%	6%	8%	3%	5%	8%	6%	8%	7%	-
Fairly unhappy	3%	4%	2%	2%	3%	3%	3%	3%	3%	-
Very unhappy	1%	0%	2%	0%	1%	3%	1%	1%	1%	-
Don't know	0%	1%	0%	0%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	2%	1%	1%	1%	-

The extent to which you feel emotionally supported by your partner

Very happy	50%	55%	45%	69%	49%	38%	45%	51%	50%	-
Fairly happy	29%	27%	31%	21%	27%	34%	31%	30%	29%	-
Neither happy nor unhappy	11%	11%	12%	6%	13%	13%	12%	11%	11%	-
Fairly unhappy	5%	3%	7%	4%	5%	4%	6%	5%	5%	-
Very unhappy	3%	3%	4%	1%	4%	8%	5%	2%	3%	-
Don't know	0%	0%	0%	1%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	2%	1%	1%	1%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

How much you can trust and depend on your partner

Very happy	67%	-	-	86%	44%	16%
Fairly happy	24%	-	-	12%	44%	35%
Neither happy nor unhappy	5%	-	-	1%	9%	26%
Fairly unhappy	1%	-	-	0%	2%	8%
Very unhappy	1%	-	-	0%	0%	12%
Don't know	0%	-	-	0%	0%	1%
Prefer not to say	1%	-	-	0%	1%	2%

The extent to which you can be your true self around your partner

Very happy	61%	-	-	79%	39%	15%
Fairly happy	27%	-	-	19%	45%	28%
Neither happy nor unhappy	7%	-	-	1%	12%	26%
Fairly unhappy	3%	-	-	0%	4%	16%
Very unhappy	1%	-	-	0%	0%	12%
Don't know	0%	-	-	0%	0%	2%
Prefer not to say	1%	-	-	0%	1%	1%

The extent to which you feel emotionally supported by your partner

Very happy	50%	-	-	70%	22%	5%
Fairly happy	29%	-	-	25%	44%	12%
Neither happy nor unhappy	11%	-	-	4%	22%	27%
Fairly unhappy	5%	-	-	0%	9%	22%
Very unhappy	3%	-	-	0%	2%	30%
Don't know	0%	-	-	0%	0%	2%
Prefer not to say	1%	-	-	0%	1%	3%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

That disagreements in your relationship are resolved fairly

Very happy	39%	41%	37%	53%	37%	30%	38%	41%	39%	-
Fairly happy	38%	37%	39%	30%	39%	40%	37%	39%	38%	-
Neither happy nor unhappy	14%	14%	13%	9%	14%	16%	14%	14%	14%	-
Fairly unhappy	5%	5%	6%	6%	5%	5%	8%	4%	5%	-
Very unhappy	2%	1%	3%	2%	4%	5%	2%	0%	2%	-
Don't know	0%	0%	1%	0%	0%	1%	1%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	3%	1%	1%	1%	-

How often you feel appreciated by your partner

Very happy	40%	44%	37%	60%	41%	30%	34%	41%	40%	-
Fairly happy	33%	33%	34%	25%	32%	34%	35%	36%	33%	-
Neither happy nor unhappy	14%	12%	16%	10%	13%	15%	17%	14%	14%	-
Fairly unhappy	7%	8%	7%	5%	10%	10%	8%	5%	7%	-
Very unhappy	4%	3%	4%	0%	3%	8%	5%	3%	4%	-
Don't know	0%	0%	1%	0%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	2%	2%	1%	1%	1%	-

The level of independence or personal space you have in the relationship

Very happy	55%	52%	57%	54%	52%	47%	58%	58%	55%	-
Fairly happy	33%	34%	31%	36%	35%	32%	32%	30%	33%	-
Neither happy nor unhappy	7%	7%	7%	3%	7%	7%	5%	9%	7%	-
Fairly unhappy	3%	4%	3%	4%	4%	9%	2%	1%	3%	-
Very unhappy	2%	1%	2%	1%	1%	3%	2%	1%	2%	-
Don't know	0%	0%	0%	1%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	1%	1%	0%	1%	1%	1%	1%	1%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

That disagreements in your relationship are resolved fairly

Very happy	39%	-	-	55%	17%	2%
Fairly happy	38%	-	-	36%	47%	21%
Neither happy nor unhappy	14%	-	-	6%	25%	31%
Fairly unhappy	5%	-	-	1%	9%	23%
Very unhappy	2%	-	-	0%	1%	20%
Don't know	0%	-	-	0%	1%	0%
Prefer not to say	1%	-	-	1%	1%	3%

How often you feel appreciated by your partner

Very happy	40%	-	-	59%	13%	5%
Fairly happy	33%	-	-	31%	47%	9%
Neither happy nor unhappy	14%	-	-	7%	24%	21%
Fairly unhappy	7%	-	-	2%	12%	32%
Very unhappy	4%	-	-	0%	2%	31%
Don't know	0%	-	-	0%	0%	0%
Prefer not to say	1%	-	-	0%	1%	2%

The level of independence or personal space you have in the relationship

Very happy	55%	-	-	68%	38%	20%
Fairly happy	33%	-	-	27%	45%	34%
Neither happy nor unhappy	7%	-	-	4%	10%	17%
Fairly unhappy	3%	-	-	1%	6%	14%
Very unhappy	2%	-	-	0%	1%	12%
Don't know	0%	-	-	0%	0%	2%
Prefer not to say	1%	-	-	0%	1%	1%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

How well your partner communicates with you

Very happy	33%	38%	29%	42%	31%	26%	33%	35%	33%	-
Fairly happy	38%	38%	39%	38%	41%	39%	36%	38%	38%	-
Neither happy nor unhappy	13%	12%	13%	9%	11%	11%	15%	15%	13%	-
Fairly unhappy	9%	8%	11%	7%	9%	12%	11%	8%	9%	-
Very unhappy	5%	3%	6%	4%	6%	9%	4%	3%	5%	-
Don't know	0%	0%	0%	1%	0%	1%	0%	0%	0%	-
Prefer not to say	1%	2%	1%	0%	2%	2%	1%	2%	1%	-

Do you consider yourself and your partner to be similar or different to one another?

[Asked only to those who say they are in a relationship; n= 1,233]

Very similar	14%	13%	15%	25%	12%	12%	12%	14%	14%	-
Fairly similar	45%	44%	46%	56%	45%	45%	47%	40%	45%	-
Fairly different	32%	36%	29%	17%	36%	31%	36%	34%	32%	-
Very different	8%	7%	9%	2%	6%	11%	6%	11%	8%	-
Don't know	1%	1%	1%	1%	0%	2%	1%	1%	1%	-

Would you say your partner is also your best friend?

[Asked only to those who say they are in a relationship; n= 1,233]

Yes they are	79%	82%	76%	89%	82%	71%	78%	79%	79%	-
No they are not	15%	12%	18%	10%	14%	20%	15%	15%	15%	-
Don't know	6%	6%	6%	1%	5%	9%	7%	7%	6%	-

Do you believe that everyone has 'the one' or a 'soulmate'?

Yes I do	40%	39%	40%	41%	35%	36%	42%	42%	44%	31%
No I do not	40%	42%	38%	37%	44%	43%	38%	38%	37%	46%
Don't know	21%	20%	21%	22%	21%	21%	20%	20%	19%	22%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

How well your partner communicates with you

Very happy	33%	-	-	50%	9%	2%
Fairly happy	38%	-	-	40%	45%	11%
Neither happy nor unhappy	13%	-	-	6%	22%	21%
Fairly unhappy	9%	-	-	3%	18%	29%
Very unhappy	5%	-	-	0%	4%	35%
Don't know	0%	-	-	0%	0%	0%
Prefer not to say	1%	-	-	1%	1%	3%

Do you consider yourself and your partner to be similar or different to one another?

[Asked only to those who say they are in a relationship; n= 1,233]

Very similar	14%	-	-	21%	3%	3%
Fairly similar	45%	-	-	48%	44%	22%
Fairly different	32%	-	-	26%	44%	36%
Very different	8%	-	-	4%	8%	37%
Don't know	1%	-	-	1%	1%	2%

Would you say your partner is also your best friend?

[Asked only to those who say they are in a relationship; n= 1,233]

Yes they are	79%	-	-	91%	69%	32%
No they are not	15%	-	-	6%	22%	54%
Don't know	6%	-	-	3%	9%	14%

Do you believe that everyone has 'the one' or a 'soulmate'?

Yes I do	40%	31%	34%	51%	34%	30%
No I do not	40%	47%	47%	31%	49%	42%
Don't know	21%	23%	20%	18%	17%	29%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

And do you believe your current partner is 'the one' or your 'soulmate'?

[Asked only to those who say they are in a relationship, and who believe in soulmates; n= 532]

Yes I do	86%	87%	85%	87%	89%	81%	82%	87%	86%	-
No I do not	8%	8%	9%	5%	7%	11%	11%	7%	8%	-
Not sure yet	4%	5%	4%	8%	3%	5%	5%	3%	4%	-
Prefer not to say	2%	1%	2%	0%	0%	4%	2%	2%	2%	-

Do you see your current partner as someone you want to spend the rest of your life with?

[Asked only to those who say they are in a relationship, and who do not believe in soulmates; n= 463]

I do	83%	86%	80%	64%	87%	75%	84%	89%	83%	-
I do not	4%	3%	5%	10%	2%	7%	4%	2%	4%	-
Not sure yet	10%	10%	11%	23%	11%	14%	7%	6%	10%	-
Prefer not to say	3%	2%	4%	3%	1%	4%	5%	3%	3%	-

Do you think you or your partner puts more effort into your relationship, or do you think it is about equal?

[Asked only to those who say they are in a relationship; n= 1,233]

I put much more effort in	7%	5%	8%	5%	5%	9%	5%	7%	7%	-
I put a bit more effort in	14%	13%	14%	24%	13%	13%	12%	12%	14%	-
We are both about equal	68%	70%	67%	56%	67%	68%	72%	71%	68%	-
They put a bit more effort in	8%	9%	7%	10%	8%	6%	8%	8%	8%	-
They put much more effort in	1%	1%	1%	1%	1%	2%	1%	1%	1%	-
Don't know	3%	2%	4%	4%	5%	3%	1%	2%	3%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

And do you believe your current partner is 'the one' or your 'soulmate'?

[Asked only to those who say they are in a relationship, and who believe in soulmates; n= 532]

Yes I do	86%	-	-	96%	72%	18%
No I do not	8%	-	-	2%	13%	65%
Not sure yet	4%	-	-	1%	12%	8%
Prefer not to say	2%	-	-	0%	4%	9%

Do you see your current partner as someone you want to spend the rest of your life with?

[Asked only to those who say they are in a relationship, and who do not believe in soulmates; n= 463]

I do	83%	-	-	95%	84%	25%
I do not	4%	-	-	0%	4%	21%
Not sure yet	10%	-	-	5%	9%	40%
Prefer not to say	3%	-	-	0%	3%	14%

Do you think you or your partner puts more effort into your relationship, or do you think it is about equal?

[Asked only to those who say they are in a relationship; n= 1,233]

I put much more effort in	7%	-	-	3%	7%	29%
I put a bit more effort in	14%	-	-	8%	21%	26%
We are both about equal	68%	-	-	78%	60%	30%
They put a bit more effort in	8%	-	-	9%	7%	7%
They put much more effort in	1%	-	-	1%	1%	2%
Don't know	3%	-	-	1%	5%	6%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

If you needed relationship advice, which of the following would you be willing to ask? Please select all that apply. If you would not ask anyone for relationship advice, please choose the 'N/A' option

[Asked only to those who say they are in a relationship; n= 1,233]

My parent(s)	13%	12%	14%	43%	23%	11%	7%	2%	13%	-
My brother or sister(s)	11%	9%	13%	17%	14%	15%	12%	6%	11%	-
Other members of my family	4%	4%	5%	2%	5%	4%	4%	6%	4%	-
My partner's parent(s)	2%	3%	1%	5%	4%	2%	2%	0%	2%	-
Other members of my partner's family	1%	2%	1%	0%	4%	1%	1%	1%	1%	-
My friend(s)	45%	39%	51%	68%	57%	54%	44%	29%	45%	-
A religious figure (e.g priest)	2%	2%	1%	3%	2%	1%	1%	2%	2%	-
A therapist	11%	10%	12%	13%	18%	13%	8%	7%	11%	-
People on online forums / social media	4%	4%	4%	9%	9%	4%	2%	0%	4%	-
An AI/chatbot	5%	5%	4%	6%	9%	4%	5%	2%	5%	-
Someone else	2%	2%	2%	1%	3%	2%	1%	2%	2%	-
Don't know	7%	9%	5%	1%	5%	7%	7%	10%	7%	-
N/A - I would not ask anyone for relationship advice	34%	38%	30%	18%	19%	26%	35%	50%	34%	-

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

If you needed relationship advice, which of the following would you be willing to ask? Please select all that apply. If you would not ask anyone for relationship advice, please choose the 'N/A' option

[Asked only to those who say they are in a relationship; n= 1,233]

My parent(s)	13%	-	-	14%	11%	12%
My brother or sister(s)	11%	-	-	11%	11%	14%
Other members of my family	4%	-	-	5%	2%	4%
My partner's parent(s)	2%	-	-	2%	1%	1%
Other members of my partner's family	1%	-	-	2%	1%	2%
My friend(s)	45%	-	-	46%	46%	38%
A religious figure (e.g priest)	2%	-	-	2%	2%	1%
A therapist	11%	-	-	9%	14%	18%
People on online forums / social media	4%	-	-	3%	4%	5%
An AI/chatbot	5%	-	-	3%	7%	7%
Someone else	2%	-	-	2%	2%	4%
Don't know	7%	-	-	7%	7%	4%
N/A - I would not ask anyone for relationship advice	34%	-	-	34%	31%	41%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Which of the following, if any, are the MOST important to you in a relationship? Please select a maximum of three options.

Trust	46%	41%	50%	40%	48%	44%	48%	48%	48%	42%
Good communication	26%	25%	26%	35%	30%	23%	23%	21%	25%	28%
Emotional support	14%	13%	15%	13%	15%	16%	15%	12%	15%	11%
Feeling loved and appreciated	38%	38%	38%	36%	34%	37%	36%	42%	43%	29%
Mutual respect	26%	25%	27%	20%	20%	27%	26%	32%	26%	24%
Shared values	21%	22%	21%	23%	19%	21%	20%	23%	21%	22%
Similar sense of humour	21%	19%	22%	16%	19%	22%	24%	23%	21%	22%
Shared interests	10%	12%	9%	12%	8%	9%	11%	11%	8%	14%
Physical attraction	14%	19%	10%	16%	16%	18%	14%	11%	14%	16%
Sexual compatibility	10%	15%	6%	8%	13%	12%	10%	10%	10%	11%
Reliability / dependability	17%	14%	20%	13%	13%	13%	15%	24%	18%	16%
Financial stability	7%	7%	8%	8%	7%	6%	7%	8%	8%	7%
Being able to be yourself	28%	24%	31%	33%	34%	29%	25%	23%	29%	27%
None of these	1%	0%	1%	0%	0%	1%	2%	0%	0%	1%
Don't know	4%	5%	3%	7%	5%	4%	3%	1%	2%	6%

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	Total	Relationship history		Relationship satisfaction		
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Which of the following, if any, are the MOST important to you in a relationship? Please select a maximum of three options.

Trust	46%	42%	43%	51%	47%	30%
Good communication	26%	27%	30%	25%	24%	25%
Emotional support	14%	12%	10%	15%	14%	17%
Feeling loved and appreciated	38%	30%	27%	44%	40%	41%
Mutual respect	26%	25%	23%	29%	22%	26%
Shared values	21%	21%	23%	21%	19%	24%
Similar sense of humour	21%	23%	19%	20%	24%	13%
Shared interests	10%	14%	17%	8%	7%	11%
Physical attraction	14%	16%	17%	12%	18%	16%
Sexual compatibility	10%	13%	5%	8%	15%	14%
Reliability / dependability	17%	16%	14%	19%	15%	20%
Financial stability	7%	7%	8%	6%	9%	15%
Being able to be yourself	28%	25%	33%	28%	29%	29%
None of these	1%	1%	0%	0%	0%	1%
Don't know	4%	6%	7%	2%	1%	2%

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Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Ideally, how long do you think a person should have been seeing someone (i.e. dating/in a new relationship) before doing each of the following? (Please select the option that best applies in each statement)

Having sex

A week	19%	25%	12%	23%	23%	23%	17%	13%	20%	17%
2 weeks	12%	15%	10%	10%	16%	17%	12%	9%	14%	10%
A month	25%	24%	25%	21%	29%	25%	23%	25%	26%	23%
3 months	11%	7%	14%	11%	8%	7%	13%	13%	11%	10%
6 months	4%	3%	6%	6%	2%	1%	5%	7%	4%	5%
9 months	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%
A year	2%	1%	2%	3%	0%	1%	0%	2%	1%	2%
2 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
3 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
4 years	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%
5 years or more	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Being married is more important than a specific amount of time	5%	4%	5%	6%	3%	4%	3%	6%	5%	5%
Don't know	22%	20%	24%	19%	19%	22%	26%	24%	19%	27%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

Weighted Sample Unweighted Sample	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
	1882	446	169	744	349	109
	1882	451	147	761	348	112

Ideally, how long do you think a person should have been seeing someone (i.e. dating/in a new relationship) before doing each of the following? (Please select the option that best applies in each statement)

Having sex

A week	19%	17%	18%	18%	22%	26%
2 weeks	12%	11%	7%	13%	18%	12%
A month	25%	23%	23%	28%	24%	24%
3 months	11%	12%	7%	11%	10%	11%
6 months	4%	5%	5%	4%	3%	7%
9 months	0%	0%	1%	0%	0%	0%
A year	2%	2%	3%	1%	2%	2%
2 years	0%	0%	0%	0%	0%	0%
3 years	0%	0%	0%	0%	0%	0%
4 years	0%	0%	2%	0%	0%	0%
5 years or more	0%	0%	1%	0%	0%	0%
Being married is more important than a specific amount of time	5%	4%	8%	6%	2%	6%
Don't know	22%	26%	25%	19%	17%	13%

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	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Saying I love you

A week	3%	4%	2%	5%	2%	3%	3%	3%	3%	4%
2 weeks	3%	4%	3%	1%	2%	2%	3%	5%	4%	2%
A month	15%	17%	13%	22%	11%	15%	14%	15%	15%	16%
3 months	24%	24%	24%	28%	26%	24%	25%	19%	27%	18%
6 months	19%	17%	22%	16%	29%	16%	17%	18%	20%	19%
9 months	4%	3%	4%	5%	3%	4%	3%	3%	3%	4%
A year	5%	4%	5%	2%	4%	7%	6%	5%	4%	6%
2 years	0%	0%	0%	0%	0%	0%	1%	0%	0%	1%
3 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
4 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
5 years or more	0%	1%	0%	1%	1%	0%	0%	0%	0%	0%
Being married is more important than a specific amount of time	1%	1%	1%	1%	1%	1%	1%	2%	2%	1%
Don't know	25%	24%	26%	19%	20%	28%	29%	29%	22%	29%

Meeting each other's parents/close family

A week	1%	1%	1%	1%	0%	1%	1%	1%	1%	1%
2 weeks	1%	2%	1%	2%	0%	2%	2%	1%	2%	1%
A month	16%	19%	14%	22%	13%	14%	15%	17%	17%	15%
3 months	28%	28%	29%	27%	35%	30%	24%	27%	30%	26%
6 months	24%	21%	27%	22%	24%	24%	25%	25%	25%	23%
9 months	5%	4%	5%	5%	6%	3%	5%	4%	4%	5%
A year	6%	5%	6%	6%	6%	6%	6%	5%	5%	7%
2 years	0%	0%	0%	0%	0%	0%	1%	1%	0%	1%
3 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
4 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
5 years or more	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Being married is more important than a specific amount of time	1%	1%	1%	1%	1%	0%	1%	2%	1%	1%
Don't know	17%	18%	15%	15%	14%	19%	19%	18%	14%	20%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Saying I love you

A week	3%	3%	6%	3%	4%	1%
2 weeks	3%	2%	2%	3%	4%	5%
A month	15%	15%	21%	15%	16%	14%
3 months	24%	17%	21%	28%	26%	26%
6 months	19%	21%	14%	19%	21%	26%
9 months	4%	4%	5%	3%	4%	4%
A year	5%	6%	4%	4%	3%	5%
2 years	0%	1%	0%	0%	0%	0%
3 years	0%	0%	1%	0%	0%	0%
4 years	0%	0%	0%	0%	0%	0%
5 years or more	0%	0%	0%	0%	1%	0%
Being married is more important than a specific amount of time	1%	1%	1%	2%	1%	2%
Don't know	25%	31%	25%	23%	21%	17%

Meeting each other's parents/close family

A week	1%	0%	1%	1%	1%	1%
2 weeks	1%	1%	1%	2%	2%	1%
A month	16%	13%	20%	19%	16%	15%
3 months	28%	26%	25%	30%	31%	32%
6 months	24%	24%	21%	24%	26%	28%
9 months	5%	5%	6%	5%	4%	3%
A year	6%	9%	4%	4%	5%	7%
2 years	0%	1%	0%	0%	0%	0%
3 years	0%	0%	1%	0%	0%	0%
4 years	0%	0%	0%	0%	0%	0%
5 years or more	0%	0%	0%	0%	0%	0%
Being married is more important than a specific amount of time	1%	1%	0%	1%	2%	0%
Don't know	17%	19%	21%	14%	14%	14%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608
Going on holiday together										
A week	2%	3%	2%	3%	4%	2%	1%	1%	2%	2%
2 weeks	1%	2%	1%	1%	1%	3%	2%	1%	2%	1%
A month	12%	15%	9%	9%	12%	10%	14%	12%	12%	11%
3 months	23%	24%	22%	20%	24%	23%	17%	25%	25%	18%
6 months	28%	25%	32%	29%	29%	28%	28%	28%	29%	28%
9 months	5%	5%	6%	9%	5%	5%	5%	4%	4%	7%
A year	10%	8%	12%	11%	9%	10%	13%	9%	9%	11%
2 years	1%	1%	1%	3%	1%	1%	1%	1%	1%	2%
3 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
4 years	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
5 years or more	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Being married is more important than a specific amount of time	2%	2%	2%	1%	0%	1%	2%	3%	2%	2%
Don't know	15%	16%	14%	13%	14%	17%	16%	15%	12%	18%
Moving in together										
A week	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
A month	1%	1%	1%	1%	0%	1%	1%	2%	1%	1%
3 months	4%	6%	2%	2%	4%	4%	3%	5%	4%	3%
6 months	15%	17%	13%	11%	15%	15%	14%	16%	15%	14%
9 months	6%	5%	7%	5%	8%	5%	6%	7%	7%	5%
A year	34%	32%	36%	33%	36%	35%	32%	33%	35%	32%
2 years	14%	13%	15%	19%	15%	15%	17%	9%	14%	15%
3 years	3%	3%	4%	8%	2%	4%	4%	2%	3%	4%
4 years	1%	1%	1%	2%	1%	1%	3%	1%	1%	2%
5 years or more	1%	1%	1%	1%	2%	1%	2%	0%	1%	1%
Being married is more important than a specific amount of time	4%	3%	4%	4%	2%	2%	2%	6%	4%	3%
Don't know	17%	18%	16%	16%	15%	15%	18%	19%	14%	20%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112
Going on holiday together						
A week	2%	2%	4%	2%	2%	4%
2 weeks	1%	1%	1%	2%	2%	5%
A month	12%	13%	6%	13%	12%	11%
3 months	23%	17%	21%	25%	26%	26%
6 months	28%	29%	24%	28%	34%	26%
9 months	5%	7%	7%	3%	7%	6%
A year	10%	11%	12%	10%	7%	12%
2 years	1%	1%	3%	1%	0%	0%
3 years	0%	0%	0%	0%	0%	1%
4 years	0%	0%	0%	0%	0%	0%
5 years or more	0%	0%	2%	0%	0%	0%
Being married is more important than a specific amount of time	2%	2%	1%	2%	1%	1%
Don't know	15%	17%	19%	13%	10%	10%
Moving in together						
A week	0%	0%	0%	0%	0%	1%
2 weeks	0%	0%	0%	0%	0%	0%
A month	1%	1%	1%	2%	1%	1%
3 months	4%	2%	3%	4%	3%	9%
6 months	15%	13%	16%	17%	15%	8%
9 months	6%	5%	4%	7%	8%	2%
A year	34%	32%	33%	34%	37%	38%
2 years	14%	15%	11%	11%	17%	18%
3 years	3%	5%	3%	3%	4%	5%
4 years	1%	2%	2%	1%	1%	1%
5 years or more	1%	1%	3%	1%	1%	1%
Being married is more important than a specific amount of time	4%	3%	3%	5%	3%	3%
Don't know	17%	20%	20%	15%	12%	12%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608
Buying a home together										
A week	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
A month	0%	1%	0%	0%	1%	0%	1%	0%	0%	0%
3 months	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%
6 months	2%	2%	2%	1%	2%	1%	2%	3%	2%	2%
9 months	1%	1%	1%	0%	1%	0%	1%	2%	1%	1%
A year	19%	18%	19%	13%	13%	17%	19%	26%	21%	15%
2 years	26%	24%	28%	21%	27%	26%	28%	28%	29%	21%
3 years	13%	12%	14%	20%	18%	14%	10%	7%	12%	14%
4 years	5%	5%	5%	11%	5%	6%	3%	2%	4%	6%
5 years or more	9%	10%	9%	11%	12%	11%	11%	5%	9%	10%
Being married is more important than a specific amount of time	6%	6%	6%	8%	5%	4%	3%	8%	5%	7%
Don't know	19%	21%	17%	14%	17%	20%	22%	19%	15%	24%
Getting engaged										
A week	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
A month	1%	1%	0%	0%	0%	0%	1%	1%	1%	1%
3 months	2%	2%	2%	2%	2%	1%	1%	3%	2%	2%
6 months	6%	7%	6%	3%	4%	4%	6%	11%	6%	7%
9 months	5%	5%	4%	2%	3%	5%	6%	6%	5%	3%
A year	26%	23%	29%	19%	22%	26%	23%	34%	28%	24%
2 years	22%	21%	23%	25%	30%	22%	25%	15%	21%	24%
3 years	9%	9%	8%	16%	12%	11%	7%	3%	10%	7%
4 years	2%	2%	3%	4%	2%	3%	4%	1%	3%	2%
5 years or more	5%	6%	4%	11%	6%	5%	6%	2%	5%	6%
Being married is more important than a specific amount of time	2%	3%	2%	2%	2%	2%	1%	4%	3%	1%
Don't know	20%	21%	19%	17%	18%	21%	21%	22%	17%	24%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112
Buying a home together						
A week	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%
A month	0%	1%	0%	0%	0%	0%
3 months	0%	0%	1%	0%	1%	0%
6 months	2%	1%	4%	3%	1%	1%
9 months	1%	1%	2%	1%	0%	0%
A year	19%	14%	15%	24%	16%	21%
2 years	26%	22%	20%	28%	33%	30%
3 years	13%	15%	11%	12%	15%	8%
4 years	5%	5%	9%	4%	4%	7%
5 years or more	9%	11%	9%	7%	11%	11%
Being married is more important than a specific amount of time	6%	7%	10%	5%	6%	7%
Don't know	19%	24%	21%	16%	13%	16%
Getting engaged						
A week	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%
A month	1%	0%	1%	1%	0%	1%
3 months	2%	1%	4%	2%	1%	3%
6 months	6%	9%	2%	7%	5%	1%
9 months	5%	3%	3%	6%	4%	8%
A year	26%	24%	23%	27%	30%	28%
2 years	22%	23%	24%	20%	25%	20%
3 years	9%	6%	8%	10%	9%	6%
4 years	2%	2%	1%	2%	4%	3%
5 years or more	5%	6%	9%	4%	5%	10%
Being married is more important than a specific amount of time	2%	1%	3%	3%	4%	2%
Don't know	20%	25%	22%	17%	14%	20%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Getting married

A week	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
A month	0%	0%	0%	1%	0%	0%	1%	0%	0%	1%
3 months	0%	0%	0%	0%	0%	0%	0%	1%	0%	1%
6 months	2%	2%	1%	1%	2%	1%	1%	3%	2%	2%
9 months	1%	1%	1%	2%	1%	0%	0%	2%	1%	1%
A year	14%	14%	15%	7%	10%	11%	14%	22%	15%	13%
2 years	24%	23%	26%	22%	23%	22%	20%	29%	26%	22%
3 years	16%	14%	18%	19%	22%	18%	19%	9%	17%	14%
4 years	6%	6%	7%	8%	9%	7%	7%	3%	6%	6%
5 years or more	12%	14%	10%	19%	13%	15%	13%	5%	11%	13%
Being married is more important than a specific amount of time	5%	6%	4%	4%	2%	4%	4%	7%	5%	4%
Don't know	19%	19%	19%	17%	16%	22%	22%	20%	16%	23%

Having a baby

A week	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
A month	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%
3 months	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%
6 months	0%	0%	1%	0%	1%	1%	0%	0%	1%	0%
9 months	1%	1%	0%	0%	1%	0%	1%	1%	0%	1%
A year	12%	12%	11%	10%	11%	11%	12%	13%	13%	9%
2 years	19%	17%	21%	8%	20%	21%	20%	24%	21%	17%
3 years	16%	15%	17%	17%	18%	15%	15%	16%	17%	14%
4 years	7%	6%	7%	11%	9%	5%	5%	4%	6%	7%
5 years or more	13%	13%	14%	23%	16%	16%	13%	7%	14%	13%
Being married is more important than a specific amount of time	10%	11%	9%	11%	5%	6%	8%	15%	10%	10%
Don't know	22%	23%	20%	19%	20%	24%	26%	21%	18%	28%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Getting married

A week	0%	0%	1%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%
A month	0%	1%	0%	0%	0%	1%
3 months	0%	1%	0%	0%	0%	1%
6 months	2%	2%	4%	2%	1%	1%
9 months	1%	1%	2%	1%	1%	0%
A year	14%	13%	9%	16%	15%	14%
2 years	24%	22%	23%	25%	27%	27%
3 years	16%	14%	15%	16%	20%	15%
4 years	6%	5%	6%	6%	7%	7%
5 years or more	12%	12%	16%	11%	12%	12%
Being married is more important than a specific amount of time	5%	4%	4%	6%	5%	2%
Don't know	19%	24%	21%	16%	13%	20%

Having a baby

A week	0%	0%	0%	0%	0%	0%
2 weeks	0%	0%	0%	0%	0%	0%
A month	0%	0%	0%	0%	0%	0%
3 months	0%	0%	0%	0%	0%	1%
6 months	0%	1%	0%	1%	1%	0%
9 months	1%	1%	0%	0%	1%	0%
A year	12%	9%	9%	15%	9%	17%
2 years	19%	18%	14%	19%	26%	15%
3 years	16%	15%	13%	17%	20%	15%
4 years	7%	7%	9%	6%	6%	10%
5 years or more	13%	13%	15%	13%	14%	18%
Being married is more important than a specific amount of time	10%	9%	13%	10%	9%	10%
Don't know	22%	28%	26%	19%	15%	14%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Do you think a person's partner should or should not also be their best friend?

Should	65%	65%	64%	70%	60%	56%	61%	70%	67%	61%
Should not	9%	8%	9%	6%	11%	13%	7%	7%	8%	10%
Don't know	27%	26%	27%	24%	30%	31%	31%	23%	26%	28%

Do you think a person should or should not expect their partner to be able to fulfil all of their emotional needs?

Should	41%	42%	40%	39%	40%	42%	39%	43%	45%	32%
Should not	41%	40%	43%	40%	45%	44%	43%	38%	40%	45%
Don't know	18%	18%	17%	21%	15%	14%	18%	19%	15%	23%

How willing or unwilling would you be to have an "open relationship", i.e. a relationship where two people are in a committed relationship but agree that each partner can have sexual relations with other people?

Very willing	3%	5%	2%	4%	5%	4%	2%	2%	3%	3%
Fairly willing	6%	8%	3%	7%	8%	9%	4%	3%	5%	6%
Fairly unwilling	9%	12%	7%	11%	13%	9%	8%	6%	9%	10%
Very unwilling	74%	64%	84%	67%	66%	69%	77%	84%	77%	70%
Don't know	6%	8%	3%	9%	5%	6%	8%	4%	5%	8%
Prefer not to say	2%	3%	1%	3%	4%	2%	2%	1%	1%	3%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Do you think a person's partner should or should not also be their best friend?

Should	65%	61%	63%	73%	58%	59%
Should not	9%	11%	9%	5%	10%	17%
Don't know	27%	28%	28%	22%	32%	24%

Do you think a person should or should not expect their partner to be able to fulfil all of their emotional needs?

Should	41%	35%	25%	49%	39%	43%
Should not	41%	44%	49%	38%	43%	43%
Don't know	18%	21%	26%	13%	18%	15%

How willing or unwilling would you be to have an "open relationship", i.e. a relationship where two people are in a committed relationship but agree that each partner can have sexual relations with other people?

Very willing	3%	3%	4%	4%	2%	5%
Fairly willing	6%	7%	5%	3%	9%	15%
Fairly unwilling	9%	10%	11%	6%	12%	15%
Very unwilling	74%	72%	65%	82%	72%	60%
Don't know	6%	8%	9%	3%	6%	6%
Prefer not to say	2%	1%	5%	1%	0%	0%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Have you ever cheated on a partner in the following ways?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Emotional cheating (i.e. forming a romantic or emotionally intimate connection with someone else that you kept from your partner)

Yes I have	18%	18%	18%	10%	15%	26%	19%	18%	18%	17%
No I have not	76%	76%	75%	86%	79%	68%	76%	74%	75%	77%
Don't know / can't recall	3%	3%	3%	3%	2%	3%	2%	3%	2%	4%
Prefer not to say	4%	3%	4%	1%	4%	3%	3%	4%	4%	2%

Sexual cheating (i.e. having sexual contact with someone else without your partner's knowledge or agreement)

Yes I have	17%	18%	16%	8%	14%	21%	18%	19%	17%	16%
No I have not	78%	77%	79%	89%	81%	74%	78%	75%	77%	79%
Don't know / can't recall	1%	2%	1%	3%	1%	2%	1%	1%	1%	3%
Prefer not to say	4%	4%	4%	0%	4%	3%	3%	5%	5%	2%

Which would you find worse if it happened to you?

Your partner having an emotional affair, but where they weren't having sex with the other person	25%	20%	29%	28%	30%	22%	23%	22%	24%	26%
Your partner having a sexual affair, but where they didn't have feelings for the other person	40%	46%	35%	45%	38%	39%	43%	38%	41%	39%
Don't know	35%	34%	36%	27%	32%	39%	34%	40%	35%	35%

Are there any circumstances where it is reasonable to take someone back after they cheated?

Yes there are	37%	41%	33%	22%	33%	35%	38%	47%	42%	27%
No there are not	41%	37%	46%	57%	44%	41%	44%	31%	38%	48%
Don't know	22%	22%	21%	20%	23%	24%	18%	23%	20%	25%

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Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Have you ever cheated on a partner in the following ways?

[Asked only to those who say they are, or ever have been, in a relationship; n= 1,684]

Emotional cheating (i.e. forming a romantic or emotionally intimate connection with someone else that you kept from your partner)

Yes I have	18%	17%	-	13%	24%	35%
No I have not	76%	77%	-	81%	69%	57%
Don't know / can't recall	3%	4%	-	2%	2%	2%
Prefer not to say	4%	2%	-	3%	5%	5%

Sexual cheating (i.e. having sexual contact with someone else without your partner's knowledge or agreement)

Yes I have	17%	16%	-	14%	19%	31%
No I have not	78%	79%	-	81%	76%	62%
Don't know / can't recall	1%	3%	-	1%	0%	0%
Prefer not to say	4%	2%	-	4%	5%	7%

Which would you find worse if it happened to you?

Your partner having an emotional affair, but where they weren't having sex with the other person	25%	26%	27%	25%	25%	21%
Your partner having a sexual affair, but where they didn't have feelings for the other person	40%	39%	38%	40%	44%	44%
Don't know	35%	35%	35%	35%	32%	35%

Are there any circumstances where it is reasonable to take someone back after they cheated?

Yes there are	37%	30%	20%	41%	45%	45%
No there are not	41%	48%	51%	39%	36%	37%
Don't know	22%	22%	29%	20%	19%	19%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Are there ever circumstances where it is acceptable to cheat on a partner?

Yes there are	11%	12%	11%	10%	10%	11%	11%	13%	12%	10%
No there are not	76%	73%	79%	78%	78%	76%	77%	73%	75%	78%
Don't know	12%	15%	10%	12%	11%	12%	12%	14%	13%	11%

The following question relates to cheating and may be sensitive. Please answer only if you feel comfortable. For each of the following, do you consider them to be harmless, cheating, or not harmless but also not cheating?

Having sex with someone else										
This is harmless	1%	1%	0%	0%	1%	1%	1%	1%	1%	1%
This is not harmless, but it's not cheating	1%	2%	0%	1%	1%	1%	1%	0%	1%	1%
This is cheating	94%	91%	96%	93%	93%	92%	93%	95%	94%	93%
Don't know	2%	4%	1%	3%	3%	2%	4%	1%	2%	3%
Prefer not to say	2%	3%	2%	3%	2%	3%	1%	2%	2%	2%
Kissing someone else										
This is harmless	4%	6%	2%	2%	3%	2%	1%	7%	4%	3%
This is not harmless, but it's not cheating	16%	21%	12%	6%	8%	9%	13%	31%	18%	14%
This is cheating	73%	65%	80%	86%	82%	82%	78%	53%	72%	75%
Don't know	5%	6%	4%	4%	4%	4%	6%	6%	4%	6%
Prefer not to say	2%	2%	2%	1%	2%	2%	1%	2%	2%	2%
Sending naked photos to someone else										
This is harmless	2%	3%	1%	1%	2%	2%	1%	2%	2%	2%
This is not harmless, but it's not cheating	11%	13%	8%	6%	13%	10%	13%	11%	12%	9%
This is cheating	82%	77%	87%	88%	80%	83%	81%	81%	82%	82%
Don't know	4%	5%	2%	4%	3%	2%	4%	5%	3%	5%
Prefer not to say	2%	2%	2%	2%	2%	2%	1%	2%	2%	2%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Are there ever circumstances where it is acceptable to cheat on a partner?

Yes there are	11%	11%	9%	11%	14%	20%
No there are not	76%	79%	76%	79%	72%	60%
Don't know	12%	10%	15%	11%	14%	19%

The following question relates to cheating and may be sensitive. Please answer only if you feel comfortable. For each of the following, do you consider them to be harmless, cheating, or not harmless but also not cheating?

Having sex with someone else						
This is harmless	1%	1%	0%	1%	0%	1%
This is not harmless, but it's not cheating	1%	1%	0%	1%	2%	3%
This is cheating	94%	94%	92%	95%	94%	93%
Don't know	2%	3%	4%	1%	3%	3%
Prefer not to say	2%	2%	3%	2%	1%	0%
Kissing someone else						
This is harmless	4%	3%	5%	5%	4%	5%
This is not harmless, but it's not cheating	16%	16%	9%	18%	18%	18%
This is cheating	73%	73%	78%	72%	72%	71%
Don't know	5%	7%	4%	4%	5%	5%
Prefer not to say	2%	2%	3%	2%	1%	0%
Sending naked photos to someone else						
This is harmless	2%	2%	0%	1%	2%	4%
This is not harmless, but it's not cheating	11%	9%	11%	11%	12%	16%
This is cheating	82%	82%	84%	83%	82%	78%
Don't know	4%	5%	3%	3%	3%	2%
Prefer not to say	2%	1%	3%	2%	1%	0%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Forming a deep emotional attachment with someone else

This is harmless	5%	8%	2%	11%	5%	4%	5%	3%	4%	7%
This is not harmless, but it's not cheating	32%	36%	28%	31%	35%	33%	31%	30%	33%	31%
This is cheating	52%	43%	60%	47%	49%	51%	53%	55%	53%	50%
Don't know	9%	9%	8%	8%	8%	8%	10%	9%	8%	9%
Prefer not to say	3%	3%	2%	2%	3%	4%	1%	3%	2%	3%

Flirting with someone else

This is harmless	17%	21%	13%	7%	14%	23%	18%	20%	20%	12%
This is not harmless, but it's not cheating	50%	48%	51%	41%	52%	47%	55%	52%	52%	49%
This is cheating	26%	23%	29%	45%	27%	21%	22%	20%	23%	31%
Don't know	5%	5%	4%	4%	3%	5%	4%	5%	4%	6%
Prefer not to say	3%	3%	2%	3%	3%	3%	1%	2%	2%	3%

Using a dating app while in a relationship

This is harmless	1%	2%	1%	2%	1%	1%	2%	1%	1%	2%
This is not harmless, but it's not cheating	12%	15%	8%	9%	16%	13%	11%	10%	11%	12%
This is cheating	80%	74%	86%	85%	77%	79%	81%	81%	82%	78%
Don't know	4%	6%	2%	3%	3%	4%	5%	5%	4%	5%
Prefer not to say	2%	2%	2%	2%	2%	3%	1%	2%	2%	2%

Secretly messaging or meeting up with an ex-partner

This is harmless	2%	2%	1%	1%	1%	2%	2%	1%	1%	2%
This is not harmless, but it's not cheating	22%	24%	20%	22%	29%	23%	23%	17%	22%	22%
This is cheating	69%	64%	74%	68%	63%	67%	68%	76%	71%	66%
Don't know	5%	8%	3%	7%	4%	6%	6%	4%	4%	8%
Prefer not to say	2%	2%	2%	2%	2%	3%	1%	2%	2%	2%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Forming a deep emotional attachment with someone else

This is harmless	5%	5%	12%	4%	2%	7%
This is not harmless, but it's not cheating	32%	29%	35%	32%	34%	35%
This is cheating	52%	54%	43%	53%	53%	50%
Don't know	9%	10%	6%	8%	10%	7%
Prefer not to say	3%	2%	3%	3%	1%	1%

Flirting with someone else

This is harmless	17%	14%	7%	18%	22%	25%
This is not harmless, but it's not cheating	50%	50%	44%	51%	52%	54%
This is cheating	26%	28%	40%	25%	21%	18%
Don't know	5%	6%	5%	4%	4%	1%
Prefer not to say	3%	2%	3%	2%	1%	1%

Using a dating app while in a relationship

This is harmless	1%	2%	2%	1%	2%	4%
This is not harmless, but it's not cheating	12%	11%	14%	11%	13%	9%
This is cheating	80%	80%	77%	83%	81%	83%
Don't know	4%	6%	3%	3%	4%	4%
Prefer not to say	2%	2%	4%	2%	1%	0%

Secretly messaging or meeting up with an ex-partner

This is harmless	2%	1%	4%	1%	1%	1%
This is not harmless, but it's not cheating	22%	20%	27%	20%	27%	27%
This is cheating	69%	69%	57%	74%	66%	68%
Don't know	5%	7%	10%	3%	5%	4%
Prefer not to say	2%	2%	2%	2%	1%	1%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Directly engaging with sexual content creators, such as OnlyFans or similar sites

This is harmless	6%	10%	2%	6%	10%	5%	7%	4%	6%	7%
This is not harmless, but it's not cheating	33%	37%	29%	27%	40%	43%	33%	27%	34%	32%
This is cheating	47%	37%	57%	57%	41%	39%	48%	49%	48%	46%
Don't know	10%	12%	9%	7%	6%	9%	9%	16%	10%	12%
Prefer not to say	3%	4%	3%	3%	4%	4%	1%	3%	2%	4%

Using AI chatbots or virtual companions for romantic or sexual conversations

This is harmless	10%	14%	7%	9%	13%	15%	11%	7%	10%	12%
This is not harmless, but it's not cheating	41%	43%	38%	45%	50%	38%	42%	33%	39%	43%
This is cheating	30%	22%	38%	34%	22%	26%	30%	36%	32%	27%
Don't know	16%	17%	15%	8%	12%	18%	16%	22%	17%	15%
Prefer not to say	3%	3%	2%	3%	3%	3%	1%	3%	2%	3%

Fantasising about sex or intimacy with someone else

This is harmless	29%	36%	23%	19%	31%	37%	33%	28%	32%	25%
This is not harmless, but it's not cheating	44%	39%	48%	44%	47%	40%	42%	44%	44%	45%
This is cheating	16%	13%	20%	27%	14%	13%	12%	15%	15%	18%
Don't know	8%	9%	8%	7%	5%	7%	12%	10%	7%	10%
Prefer not to say	3%	3%	2%	2%	3%	3%	1%	3%	2%	3%

Developing romantic feelings for someone else, even if nothing physical happens

This is harmless	6%	9%	3%	7%	4%	6%	6%	6%	5%	7%
This is not harmless, but it's not cheating	44%	48%	41%	35%	46%	46%	48%	46%	45%	44%
This is cheating	40%	32%	48%	48%	41%	38%	38%	38%	41%	39%
Don't know	7%	8%	5%	7%	6%	6%	8%	6%	6%	7%
Prefer not to say	3%	3%	3%	3%	3%	4%	1%	3%	2%	3%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Directly engaging with sexual content creators, such as OnlyFans or similar sites

This is harmless	6%	6%	8%	5%	7%	5%
This is not harmless, but it's not cheating	33%	32%	32%	33%	36%	39%
This is cheating	47%	46%	44%	50%	45%	42%
Don't know	10%	12%	10%	9%	10%	14%
Prefer not to say	3%	3%	6%	3%	2%	1%

Using AI chatbots or virtual companions for romantic or sexual conversations

This is harmless	10%	11%	13%	8%	11%	18%
This is not harmless, but it's not cheating	41%	41%	48%	40%	41%	30%
This is cheating	30%	28%	25%	34%	28%	26%
Don't know	16%	17%	9%	15%	19%	25%
Prefer not to say	3%	2%	4%	3%	1%	1%

Fantasising about sex or intimacy with someone else

This is harmless	29%	27%	20%	30%	37%	35%
This is not harmless, but it's not cheating	44%	43%	49%	42%	46%	47%
This is cheating	16%	17%	20%	17%	11%	10%
Don't know	8%	11%	6%	8%	6%	7%
Prefer not to say	3%	2%	4%	2%	1%	1%

Developing romantic feelings for someone else, even if nothing physical happens

This is harmless	6%	6%	11%	5%	5%	6%
This is not harmless, but it's not cheating	44%	43%	46%	43%	46%	57%
This is cheating	40%	41%	34%	44%	40%	29%
Don't know	7%	7%	6%	6%	8%	5%
Prefer not to say	3%	3%	4%	3%	1%	2%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Having a crush on someone else

This is harmless	29%	33%	25%	19%	31%	37%	33%	27%	29%	30%
This is not harmless, but it's not cheating	48%	45%	51%	46%	50%	45%	49%	49%	50%	45%
This is cheating	15%	13%	16%	27%	12%	9%	10%	15%	14%	15%
Don't know	6%	7%	5%	6%	4%	6%	6%	7%	5%	7%
Prefer not to say	2%	3%	2%	2%	3%	3%	1%	2%	2%	2%

When it comes to the break up of a relationship, have you ever...

[Asked only to those who say they have been in a relationship that ended; n= 1,366]

Been the one to break up with a partner who didn't want the relationship to end

Yes	63%	57%	68%	55%	67%	67%	63%	61%	64%	61%
No	30%	35%	25%	37%	27%	25%	29%	31%	29%	31%
Don't know / Can't recall	8%	8%	7%	8%	6%	8%	8%	8%	7%	8%

Had a partner break up with you when you didn't want the relationship to end

Yes	66%	70%	62%	57%	66%	72%	66%	65%	66%	64%
No	29%	25%	34%	38%	29%	23%	29%	30%	30%	29%
Don't know / Can't recall	5%	5%	5%	5%	5%	6%	5%	5%	4%	7%

Had a 'mutual' break up where both partners agreed it was right for the relationship to end

Yes	46%	52%	42%	43%	47%	52%	47%	44%	47%	46%
No	44%	40%	48%	53%	42%	40%	45%	44%	44%	45%
Don't know / Can't recall	9%	9%	10%	4%	11%	7%	9%	11%	9%	9%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Having a crush on someone else						
This is harmless	29%	31%	29%	26%	37%	27%
This is not harmless, but it's not cheating	48%	45%	46%	50%	47%	62%
This is cheating	15%	15%	16%	16%	11%	6%
Don't know	6%	8%	4%	6%	5%	3%
Prefer not to say	2%	1%	6%	2%	1%	2%

When it comes to the break up of a relationship, have you ever...

[Asked only to those who say they have been in a relationship that ended; n= 1,366]

Been the one to break up with a partner who didn't want the relationship to end

Yes	63%	61%	-	62%	64%	68%
No	30%	31%	-	31%	29%	22%
Don't know / Can't recall	8%	8%	-	7%	8%	9%

Had a partner break up with you when you didn't want the relationship to end

Yes	66%	64%	-	67%	65%	66%
No	29%	29%	-	30%	29%	25%
Don't know / Can't recall	5%	7%	-	3%	5%	8%

Had a 'mutual' break up where both partners agreed it was right for the relationship to end

Yes	46%	46%	-	48%	44%	49%
No	44%	45%	-	45%	45%	34%
Don't know / Can't recall	9%	9%	-	7%	11%	17%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

Weighted Sample

Unweighted Sample

Total	Gender		Age					Relationship status	
	Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
1882	913	969	313	374	311	264	620	1215	626
1882	879	1003	278	340	325	259	680	1233	608

How easy or difficult do you find / do you think you would find...

Recognising that you need to break up with someone

Very easy	6%	5%	8%	6%	6%	10%	7%	5%	6%	7%
Fairly easy	21%	21%	22%	22%	26%	22%	23%	16%	20%	25%
Neither easy nor difficult	17%	20%	15%	15%	21%	16%	18%	17%	17%	17%
Fairly difficult	32%	31%	33%	29%	29%	33%	32%	35%	33%	31%
Very difficult	16%	16%	16%	15%	9%	14%	14%	21%	18%	11%
Don't know	8%	8%	7%	12%	9%	6%	6%	6%	6%	9%

The act of breaking up with someone

Very easy	2%	2%	1%	2%	2%	1%	2%	1%	1%	2%
Fairly easy	7%	6%	7%	9%	7%	7%	9%	4%	6%	9%
Neither easy nor difficult	11%	11%	10%	7%	12%	9%	12%	12%	10%	11%
Fairly difficult	36%	34%	39%	32%	37%	37%	34%	39%	38%	34%
Very difficult	39%	40%	37%	39%	34%	40%	38%	41%	41%	36%
Don't know	6%	7%	6%	11%	7%	6%	5%	4%	4%	8%

Getting over a break-up

Very easy	2%	2%	2%	3%	1%	3%	2%	1%	2%	2%
Fairly easy	6%	7%	5%	7%	7%	5%	5%	6%	7%	5%
Neither easy nor difficult	16%	17%	15%	13%	19%	14%	19%	17%	17%	14%
Fairly difficult	35%	36%	34%	31%	35%	35%	33%	38%	35%	36%
Very difficult	33%	30%	35%	33%	29%	34%	35%	33%	33%	32%
Don't know	8%	9%	8%	13%	9%	9%	5%	5%	6%	10%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
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Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

How easy or difficult do you find / do you think you would find...

Recognising that you need to break up with someone

Very easy	6%	7%	6%	6%	4%	13%
Fairly easy	21%	27%	19%	22%	19%	7%
Neither easy nor difficult	17%	17%	18%	16%	19%	20%
Fairly difficult	32%	31%	30%	32%	36%	32%
Very difficult	16%	12%	10%	17%	18%	25%
Don't know	8%	6%	18%	7%	5%	3%

The act of breaking up with someone

Very easy	2%	1%	4%	2%	0%	1%
Fairly easy	7%	9%	9%	5%	9%	2%
Neither easy nor difficult	11%	12%	10%	10%	10%	9%
Fairly difficult	36%	35%	31%	39%	38%	35%
Very difficult	39%	38%	30%	39%	40%	52%
Don't know	6%	4%	16%	5%	3%	2%

Getting over a break-up

Very easy	2%	1%	6%	1%	1%	3%
Fairly easy	6%	4%	6%	6%	10%	6%
Neither easy nor difficult	16%	13%	18%	17%	18%	19%
Fairly difficult	35%	39%	26%	36%	36%	31%
Very difficult	33%	37%	21%	33%	32%	34%
Don't know	8%	5%	23%	7%	3%	7%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608
Are you friends with any of your ex-partners?										
<i>[Asked only to those who say they have been in a relationship that ended; n= 1,366]</i>										
Yes I am	28%	30%	27%	20%	21%	30%	34%	31%	24%	37%
No I am not	68%	66%	71%	74%	76%	66%	62%	65%	74%	57%
Don't know	2%	3%	1%	4%	3%	2%	2%	2%	2%	4%
Prefer not to say	1%	1%	1%	1%	0%	2%	2%	1%	1%	2%

And how comfortable or uncomfortable would you be with a partner still being friends with one or more of their ex-partners?

Very comfortable	8%	9%	6%	7%	7%	9%	8%	7%	8%	8%
Fairly comfortable	28%	32%	25%	20%	28%	29%	27%	33%	28%	30%
Fairly uncomfortable	33%	32%	35%	34%	37%	32%	35%	31%	35%	31%
Very uncomfortable	17%	14%	20%	19%	17%	14%	17%	18%	19%	14%
Don't know	13%	13%	14%	20%	10%	16%	12%	11%	10%	18%

Imagine that Person A had been in a relationship for less than one year and then Person A broke up with their partner. How long after this would it be acceptable for Person A to start dating again?

Straight away	22%	26%	18%	12%	19%	22%	23%	28%	25%	17%
Within one month	25%	27%	23%	26%	22%	23%	28%	25%	26%	22%
Within two months	12%	11%	13%	16%	16%	12%	11%	8%	12%	13%
Within three months	11%	8%	14%	16%	10%	13%	10%	10%	11%	13%
Within six months	7%	5%	8%	8%	8%	7%	6%	6%	6%	8%
Within nine months	0%	0%	1%	1%	0%	1%	1%	0%	0%	1%
Within a year	1%	1%	1%	2%	1%	0%	1%	1%	1%	2%
Longer than this	1%	0%	1%	1%	0%	1%	0%	0%	0%	1%
Don't know	21%	21%	21%	19%	24%	21%	20%	21%	19%	24%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Are you friends with any of your ex-partners?

[Asked only to those who say they have been in a relationship that ended; n= 1,366]

Yes I am	28%	37%	-	24%	25%	24%
No I am not	68%	57%	-	75%	72%	74%
Don't know	2%	4%	-	1%	2%	2%
Prefer not to say	1%	2%	-	0%	2%	0%

And how comfortable or uncomfortable would you be with a partner still being friends with one or more of their ex-partners?

Very comfortable	8%	8%	6%	9%	5%	10%
Fairly comfortable	28%	32%	24%	28%	30%	27%
Fairly uncomfortable	33%	29%	34%	34%	40%	30%
Very uncomfortable	17%	15%	12%	20%	16%	21%
Don't know	13%	15%	24%	10%	10%	12%

Imagine that Person A had been in a relationship for less than one year and then Person A broke up with their partner. How long after this would it be acceptable for Person A to start dating again?

Straight away	22%	17%	17%	26%	24%	25%
Within one month	25%	22%	22%	27%	25%	31%
Within two months	12%	13%	14%	11%	14%	10%
Within three months	11%	12%	17%	11%	11%	11%
Within six months	7%	9%	6%	5%	7%	5%
Within nine months	0%	1%	1%	0%	0%	1%
Within a year	1%	2%	1%	1%	0%	1%
Longer than this	1%	1%	1%	0%	1%	0%
Don't know	21%	24%	21%	19%	18%	17%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Imagine that Person B had been in a relationship for more than five years and then Person B broke up with their partner. How long after this would it be acceptable for Person B to start dating again?

Straight away	14%	17%	10%	7%	10%	14%	15%	18%	15%	11%
Within one month	12%	14%	10%	6%	8%	13%	15%	16%	13%	11%
Within two months	9%	9%	8%	6%	9%	8%	10%	9%	9%	7%
Within three months	13%	14%	13%	15%	14%	13%	14%	11%	14%	13%
Within six months	16%	14%	18%	17%	20%	16%	14%	13%	17%	14%
Within nine months	2%	1%	3%	6%	1%	4%	1%	1%	2%	3%
Within a year	9%	7%	11%	16%	11%	8%	8%	6%	8%	11%
Longer than this	3%	2%	4%	7%	3%	3%	1%	2%	2%	4%
Don't know	22%	22%	22%	20%	23%	21%	21%	23%	20%	25%

Imagine that Person C had been in a relationship for less than one year and then their partner broke up with Person C. How long after this would it be acceptable for Person C to start dating again?

Straight away	27%	30%	24%	18%	23%	25%	33%	32%	31%	19%
Within one month	21%	23%	19%	24%	23%	22%	22%	19%	22%	21%
Within two months	11%	10%	11%	13%	12%	10%	7%	10%	10%	11%
Within three months	12%	11%	13%	14%	13%	12%	11%	11%	11%	14%
Within six months	6%	4%	7%	7%	4%	6%	7%	5%	5%	7%
Within nine months	1%	1%	1%	2%	0%	2%	0%	1%	1%	1%
Within a year	1%	1%	1%	1%	2%	1%	1%	1%	1%	2%
Longer than this	1%	0%	1%	1%	0%	1%	0%	0%	0%	1%
Don't know	21%	20%	21%	19%	23%	22%	18%	21%	19%	23%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Imagine that Person B had been in a relationship for more than five years and then Person B broke up with their partner. How long after this would it be acceptable for Person B to start dating again?

Straight away	14%	11%	13%	14%	16%	19%
Within one month	12%	11%	11%	12%	15%	14%
Within two months	9%	7%	6%	10%	7%	11%
Within three months	13%	13%	16%	13%	13%	17%
Within six months	16%	13%	17%	17%	18%	16%
Within nine months	2%	3%	1%	2%	3%	1%
Within a year	9%	12%	10%	8%	8%	8%
Longer than this	3%	4%	5%	3%	2%	1%
Don't know	22%	25%	22%	20%	18%	14%

Imagine that Person C had been in a relationship for less than one year and then their partner broke up with Person C. How long after this would it be acceptable for Person C to start dating again?

Straight away	27%	20%	16%	31%	32%	32%
Within one month	21%	20%	26%	23%	22%	23%
Within two months	11%	12%	8%	10%	11%	13%
Within three months	12%	12%	20%	10%	11%	14%
Within six months	6%	8%	5%	5%	6%	4%
Within nine months	1%	1%	1%	1%	0%	0%
Within a year	1%	3%	1%	1%	1%	1%
Longer than this	1%	1%	2%	0%	0%	0%
Don't know	21%	23%	21%	19%	17%	14%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Gender		Age					Relationship status	
		Male	Female	18-29	30-39	40-49	50-59	60+	Currently in a relationship	Not currently in a relationship
Weighted Sample	1882	913	969	313	374	311	264	620	1215	626
Unweighted Sample	1882	879	1003	278	340	325	259	680	1233	608

Imagine that Person D had been in a relationship for more than five years and then their partner broke up with Person D. How long after this would it be acceptable for Person D to start dating again?

Straight away	19%	22%	16%	9%	16%	17%	24%	24%	22%	14%
Within one month	11%	13%	10%	9%	9%	11%	14%	13%	12%	10%
Within two months	8%	10%	7%	6%	8%	7%	8%	9%	8%	8%
Within three months	12%	12%	11%	12%	11%	14%	12%	11%	12%	12%
Within six months	14%	13%	15%	14%	17%	12%	14%	13%	14%	14%
Within nine months	3%	2%	4%	7%	3%	4%	1%	1%	3%	4%
Within a year	8%	6%	10%	13%	8%	8%	6%	6%	7%	9%
Longer than this	4%	2%	5%	8%	4%	4%	2%	2%	3%	4%
Don't know	21%	21%	22%	21%	24%	22%	19%	21%	19%	24%

YouGov - Big Survey Relationships

Sample Size: 1882 GB Adults

Fieldwork: 9-10 July 2026

	Total	Relationship history		Relationship satisfaction		
		Not currently in a relationship, but has been previously	Never been in a relationship	Very happy	Fairly happy	Neither happy nor unhappy, Fairly unhappy, Very unhappy
Weighted Sample	1882	446	169	744	349	109
Unweighted Sample	1882	451	147	761	348	112

Imagine that Person D had been in a relationship for more than five years and then their partner broke up with Person D. How long after this would it be acceptable for Person D to start dating again?

Straight away	19%	15%	12%	20%	24%	26%
Within one month	11%	10%	11%	13%	12%	11%
Within two months	8%	8%	9%	8%	7%	10%
Within three months	12%	11%	15%	12%	10%	14%
Within six months	14%	15%	13%	13%	17%	13%
Within nine months	3%	3%	7%	2%	3%	5%
Within a year	8%	10%	8%	7%	6%	5%
Longer than this	4%	4%	4%	4%	4%	2%
Don't know	21%	25%	21%	20%	18%	13%