

# **gottman communication worksheets**

**\*\*Unlocking Relationship Harmony with Gottman Communication Worksheets\*\***

**Gottman communication worksheets** have become a trusted resource for couples aiming to enhance their communication skills and deepen their emotional connection. Rooted in the groundbreaking research of Drs. John and Julie Gottman, these worksheets serve as practical tools that guide partners through meaningful conversations, helping them navigate conflicts and build intimacy. Whether you're facing challenges in your relationship or simply want to strengthen your bond, integrating these worksheets into your routine can create lasting positive changes.

## **Understanding the Essence of Gottman Communication Worksheets**

At the heart of the Gottman method lies the principle that effective communication is the cornerstone of a healthy relationship. These worksheets are designed to encourage couples to express themselves openly while listening empathetically. Unlike generic communication exercises, Gottman communication worksheets are deeply informed by years of scientific study, focusing on key aspects like emotional attunement, conflict resolution, and mutual respect.

## **What Makes These Worksheets Unique?**

Many communication tools exist, but Gottman communication worksheets stand out due to their evidence-based approach. They incorporate concepts such as "Soft Startups," "Repair Attempts," and "The Four Horsemen," which are critical elements identified by the Gottmans as predictors of relationship success or failure. By working through these exercises, couples learn to recognize harmful interaction patterns and replace them with healthier, more constructive behaviors.

## **Key Components Typically Found in the Worksheets**

- **\*\*Emotion Identification:\*\*** Encourages partners to name and share their feelings honestly.
- **\*\*Active Listening Prompts:\*\*** Guides couples to listen without interrupting or judging.
- **\*\*Conflict Mapping:\*\*** Helps identify triggers and underlying needs behind disagreements.
- **\*\*Appreciation Exercises:\*\*** Focuses on expressing gratitude and recognizing positive traits.
- **\*\*Goal Setting:\*\*** Assists couples in setting shared goals for their relationship growth.

# **How to Use Gottman Communication Worksheets Effectively**

Simply having access to these worksheets isn't enough; using them thoughtfully is what makes the difference. Integrating them into your relationship requires a willingness to be vulnerable and patient.

## **Creating the Right Environment**

Choose a quiet, comfortable space where both partners feel safe and free from distractions. Setting aside dedicated time, perhaps once a week, to work through the worksheets can foster consistency and signal commitment to the process.

## **Approach with Openness and Curiosity**

Rather than approaching the worksheets as a chore or test, view them as an opportunity to learn more about each other. Be curious about your partner's feelings and perspectives, even if they differ from your own. This mindset can transform challenging conversations into meaningful growth moments.

## **Use the Worksheets as Conversation Starters**

Many couples find that these worksheets spark deeper discussions that might otherwise be avoided. Use the prompts to explore topics like unmet needs, hopes, fears, and dreams. The structured nature of the worksheets helps keep conversations respectful and focused, preventing escalation into arguments.

## **Exploring the Benefits of Gottman Communication Worksheets**

Couples who regularly use these worksheets report a variety of positive outcomes, many of which contribute to long-term relational satisfaction.

## **Improved Emotional Connection**

By encouraging honest expression and attentive listening, the worksheets help partners feel seen and understood. This emotional attunement creates a safe space for vulnerability, which is essential for intimacy.

## **Reduction in Conflict Intensity**

The tools provided help couples identify destructive communication patterns early on and replace them with “repair attempts” that de-escalate tension. This leads to less frequent and less intense arguments.

## **Enhanced Problem-Solving Skills**

Working through challenges collaboratively using the worksheets fosters teamwork. Couples learn to approach problems as a united front rather than adversaries, which strengthens their ability to resolve issues constructively.

## **Increased Relationship Satisfaction**

Regularly practicing the exercises cultivates gratitude and appreciation, which are key predictors of relationship happiness. Feeling valued and cared for boosts overall satisfaction and commitment.

## **Popular Types of Gottman Communication Worksheets**

Because relationships are complex, there are various worksheets tailored to address different aspects of communication and connection.

### **The Four Horsemen Worksheet**

This exercise helps couples identify and understand the harmful communication styles described by the Gottmans: criticism, contempt, defensiveness, and stonewalling. By recognizing these behaviors, couples can work on replacing them with healthier alternatives like gentle startups and taking responsibility.

### **Love Map Worksheet**

One of the foundational tools in the Gottman method, the Love Map worksheet encourages partners to deepen their knowledge of each other’s inner world—hopes, worries, preferences, and experiences. This ongoing process keeps the relationship vibrant and connected.

# Stress-Reducing Conversation Worksheet

Designed to help couples discuss external stressors without blaming or withdrawing, this worksheet emphasizes support and empathy. It's especially useful during high-pressure times when outside stress threatens to spill over into the relationship.

# Conflict Resolution Worksheet

This structured worksheet guides couples through identifying the issue, expressing feelings, brainstorming solutions, and agreeing on action steps. Its clear format reduces confusion and helps partners move from gridlock to collaboration.

# Tips for Maximizing the Impact of Gottman Communication Worksheets

While the worksheets are powerful tools, their effectiveness is amplified when combined with certain practices.

- **Stay Consistent:** Make it a habit to engage with the worksheets regularly instead of only during crises.
- **Practice Patience:** Change takes time. Allow space for mistakes and learning without judgment.
- **Involve a Therapist:** If communication challenges feel overwhelming, consider working with a Gottman-trained therapist who can guide you through the exercises and provide personalized support.
- **Celebrate Progress:** Acknowledge improvements and small victories as you work through the worksheets together.
- **Adapt to Your Needs:** Feel free to modify or focus on specific sections that resonate more with your relationship dynamics.

# Integrating Gottman Communication Worksheets into Daily Life

Beyond dedicated sessions, couples can weave insights from the worksheets into everyday interactions. Practicing active listening during casual conversations, expressing appreciation spontaneously, or using “soft startup” techniques when bringing up concerns

can all reinforce the skills developed through the worksheets. This ongoing application helps make healthy communication a natural part of your relationship rhythm.

By embracing Gottman communication worksheets, couples gain a roadmap that not only improves how they talk to each other but also strengthens the foundation of trust and love that holds their partnership together. Whether you're newly committed or have been together for decades, these tools offer a meaningful way to grow closer and navigate life's ups and downs as a team.

## **Frequently Asked Questions**

### **What are Gottman communication worksheets?**

Gottman communication worksheets are tools based on the Gottman Method, designed to help couples improve their communication skills by practicing exercises that promote understanding, empathy, and effective dialogue.

### **How do Gottman communication worksheets improve relationships?**

These worksheets guide couples through structured conversations, helping them identify and express feelings, listen actively, and resolve conflicts constructively, which strengthens emotional connection and reduces misunderstandings.

### **Are Gottman communication worksheets suitable for all couples?**

Yes, Gottman communication worksheets are generally suitable for all couples, whether dating, married, or in long-term partnerships, as they focus on enhancing communication skills that benefit any relationship.

### **Where can I find free Gottman communication worksheets?**

Free Gottman communication worksheets can be found on the official Gottman Institute website, various relationship blogs, and therapy resource sites that offer downloadable PDFs for couples.

### **Can I use Gottman communication worksheets for individual therapy?**

While primarily designed for couples, some exercises in Gottman communication worksheets can be adapted for individual use to improve self-awareness and communication skills, but they are most effective when used together with a partner.

## How often should couples use Gottman communication worksheets?

Couples are encouraged to use Gottman communication worksheets regularly, such as weekly or bi-weekly, to practice and reinforce healthy communication habits over time.

## Do Gottman communication worksheets require a therapist's guidance?

While many couples can benefit from using Gottman communication worksheets independently, working with a certified Gottman therapist can provide personalized guidance and support for more complex relationship issues.

## Additional Resources

Gottman Communication Worksheets: Enhancing Relationship Dialogue Through Structured Tools

**gottman communication worksheets** have gained traction as practical resources designed to improve communication dynamics between partners. Rooted in the extensive research of Drs. John and Julie Gottman, these worksheets are crafted to foster clarity, empathy, and constructive dialogue in relationships. As communication remains a cornerstone of relational health, understanding the utility and application of Gottman communication worksheets provides valuable insights for therapists, counselors, and couples alike.

## Understanding Gottman Communication Worksheets

Developed from decades of empirical research on marital stability and conflict resolution, Gottman communication worksheets embody the principles of the Gottman Method Couples Therapy. This therapeutic approach emphasizes the importance of bidirectional communication, emotional attunement, and conflict management strategies. The worksheets serve as structured exercises that guide couples through reflective and interactive tasks to enhance their communication quality.

Unlike generic communication tools, Gottman communication worksheets are tailored to address common pitfalls such as criticism, defensiveness, stonewalling, and contempt—often cited as the “Four Horsemen” that predict relationship breakdowns. By incorporating these worksheets into therapy or self-help routines, couples can systematically identify and modify unproductive interaction patterns.

# Core Features of Gottman Communication Worksheets

At their core, these worksheets typically include prompts and exercises centered around:

- **Active Listening:** Encouraging partners to attentively hear and validate each other's feelings and perspectives.
- **Emotion Identification:** Assisting individuals in recognizing and articulating their emotions accurately.
- **Conflict Resolution Strategies:** Providing frameworks to approach disagreements constructively without escalation.
- **Expressing Appreciation:** Facilitating the regular acknowledgment of positive qualities and behaviors.
- **Shared Meaning Building:** Helping couples explore and align on shared goals, values, and rituals.

These components reflect the Gottman Method's comprehensive approach to nurturing intimacy and trust. The worksheets can be used in clinical settings, workshops, or independently, allowing flexibility in application.

## Comparative Analysis: Gottman Worksheets vs. Other Communication Tools

The market offers a myriad of relationship communication aids, from generic conversation guides to cognitive-behavioral therapy (CBT) worksheets. What differentiates Gottman communication worksheets is their evidence-based foundation and specificity to relational dynamics.

For example, while CBT worksheets often focus on individual thought patterns and behaviors, Gottman worksheets emphasize dyadic interaction—how two people influence and respond to each other. This relational lens is crucial since many communication challenges stem from reciprocal misunderstandings rather than isolated cognitive distortions.

Furthermore, Gottman worksheets typically integrate exercises that promote positive interaction cycles, such as “softened startup” techniques and “repair attempts,” which are less common in generalized communication tools. Research indicates that couples who use these targeted strategies report higher satisfaction and reduced conflict intensity.

# Benefits of Using Gottman Communication Worksheets

- **Structured Reflection:** The worksheets provide a guided framework for partners to reflect on communication habits and emotional triggers.
- **Increased Emotional Awareness:** By pinpointing feelings and needs, couples can navigate conversations with greater empathy.
- **Skill Development:** Regular use helps couples practice healthy communication skills, potentially preventing escalation of conflicts.
- **Accessibility:** Many worksheets are available digitally or in print, making them accessible for both therapists and individuals.
- **Customization:** Worksheets can be adapted to address specific issues such as trust rebuilding, parenting challenges, or financial disagreements.

These benefits underscore why Gottman communication worksheets are frequently recommended as adjuncts to therapy or as self-help tools.

## Implementation Strategies for Therapists and Couples

In clinical practice, therapists often introduce Gottman communication worksheets as part of a broader therapeutic plan. The worksheets serve as homework assignments that reinforce session objectives and encourage ongoing dialogue outside the therapy room.

For couples working independently, it is advisable to approach the worksheets with a spirit of openness and non-judgment. Setting aside dedicated time to complete exercises without distractions can enhance effectiveness. Additionally, pairing worksheet activities with verbal discussions helps solidify learning and deepen mutual understanding.

## Potential Challenges and Considerations

Despite their advantages, there are considerations to keep in mind when utilizing Gottman communication worksheets:

- **Emotional Readiness:** Partners must be willing to engage honestly and vulnerably for the worksheets to yield meaningful results.
- **Complex Issues:** In cases involving trauma, abuse, or severe relational dysfunction, worksheets alone may be insufficient and require professional guidance.



- **Misapplication Risk:** Without proper context or understanding, worksheets can inadvertently reinforce negative patterns if used incorrectly.

Therefore, while these tools are valuable, they are most effective when integrated thoughtfully within a comprehensive relational approach.

## Accessibility and Availability of Gottman Communication Worksheets

Many Gottman communication worksheets are accessible through official Gottman Institute resources, licensed therapists, or reputable relationship coaching platforms. Some free versions circulate online; however, quality and adherence to the Gottman Method can vary significantly.

When selecting worksheets, it is prudent to verify the source's credibility to ensure the content aligns with established research principles. Additionally, some therapists customize worksheets to meet the unique needs of their clients, which may offer a more personalized experience.

The digital era has also seen the rise of apps and interactive platforms incorporating Gottman-based exercises, expanding accessibility and user engagement.

## Integrating Technology with Gottman Worksheets

Technological tools complement traditional worksheets by offering features such as:

- Interactive prompts with instant feedback
- Progress tracking for communication goals
- Video tutorials explaining worksheet concepts
- Community forums for peer support

This integration enhances motivation and consistency, particularly for younger or tech-savvy couples.

In the broader landscape of relationship enhancement tools, Gottman communication worksheets stand out as research-backed, practical instruments that translate complex relationship science into actionable steps. Their structured nature caters to diverse relational needs, balancing emotional depth with pragmatic skill-building. For couples committed to improving communication, these worksheets offer a pathway grounded in

empirical wisdom and clinical expertise.

## **Gottman Communication Worksheets**

**gottman communication worksheets:** *Managing Anger In Relationship* Clinton , 2025-02-04  
Managing Anger in Relationships is your essential guide to understanding and transforming anger into a powerful catalyst for positive change. In this insightful book, you will discover: The Roots of Anger: Explore the underlying causes of anger in relationships, from personal triggers to external stressors, and learn how to identify them within yourself and your partner. Effective Communication Techniques: Master practical strategies for expressing your feelings without escalating conflicts. Learn how to communicate your needs assertively while fostering understanding and empathy. Tools for Emotional Regulation: Gain access to proven techniques for managing your emotions in real-time. From mindfulness exercises to cognitive behavioral strategies, you'll find the tools you need to stay calm and centered. Building Stronger Connections: Discover how to turn conflicts into opportunities for growth. Learn to navigate disagreements constructively, enhancing intimacy and trust in your relationship. Real-Life Examples and Exercises: Benefit from relatable anecdotes and practical exercises designed to help you apply the concepts to your own life, ensuring lasting change. Whether you're struggling with anger in your relationship or simply seeking to enhance your emotional intelligence, Managing Anger in Relationships offers the insights and tools you need to create healthier, more fulfilling connections. Transform your anger into a force for good and build the relationship you deserve!

**gottman communication worksheets:** *Relationships in Recovery* Kelly E. Green, 2021-07-30  
Addiction can wreak havoc on relationships, destroying trust and damaging bonds with family, friends, and colleagues. Substance use both causes these interpersonal problems and becomes a method of trying to cope with them. Psychologist and addictions expert Kelly Green has learned through working with hundreds of clients that maintaining healthy relationships is key to the recovery process. In this compassionate, judgment-free guide, Dr. Green shares powerful tools for setting and maintaining boundaries, communicating feelings and needs, ending harmful relationships respectfully, and reestablishing emotional intimacy. With inspiring narratives, downloadable self-assessment worksheets, and exercises, this book lights the way to a life untethered from addiction--and filled with positive connections--

**gottman communication worksheets:** *The Personality Disorders Treatment Planner: Includes DSM-5 Updates* Neil R. Bockian, Julia C. Smith, Arthur E. Jongsma, Jr., 2016-02-23  
Approaching personality disorders with evidence-based treatment plans The Personality Disorders Treatment Planner, 2nd Edition is fully updated to meet the changing needs of the mental healthcare field. A time-saver for psychologists, counselors, social workers, psychiatrists, and other mental health professionals, this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Organized around twenty-six presenting problems, the easy-to-use format and over 1,000 prewritten symptom descriptions, treatment goals, objectives, and interventions makes the task of developing an evidence-based treatment plan more efficient than ever. The treatment of mental health disorders is rapidly evolving, and new evidence-based protocols are being adopted by federal and state organizations. You are now required to closely monitor patient progress, and you may feel pressure to stick to standardized care and reporting procedures; however, you can only do so if you have access to the latest in evidence-based treatment plans. Updated with new and revised evidence-based Objectives and Interventions Integrated DSM-5 diagnostic labels and ICD-10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality

disorders Proposed Dimensional System of DSM-5. Expanded and updated self-help book list in the Bibliotherapy Appendix Revised, expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

**gottman communication worksheets: Couples Therapy Activity Book** Melissa Fulgieri LCSW, 2022-09-20 Strengthen your relationship with therapy activities for couples Relationships take time and effort to thrive, whether you've been together for four months or 40 years. Foster a deeper bond and work through relationship challenges—together—with this activity book for couples. You'll find a variety of therapeutic activities to help you and your partner build a strong foundation of trust, intimacy, and understanding. Evidence-based techniques—Connect and communicate through proven therapy strategies that support you and your partner as you navigate your relationship. Meaningful themes—Define what love means to you and your partner, embrace vulnerability, resolve conflict, show appreciation for the small things, set goals for the future, and more. Simple, engaging activities—Explore bonding activities like creating a love manual, playing bucket list bingo, and mixing up a cocktail (or mocktail) that represents your partner. Discover how to make your relationship flourish with this top choice in couples therapy workbooks.

**gottman communication worksheets: Programmed Learning and Individually Paced Instruction** Carl H. Hendershot, 1973

**gottman communication worksheets: The Trusted Advisor Fieldbook** Charles H. Green, Andrea P. Howe, 2011-11-22 A practical guide to being a trusted advisor for leaders in any industry In this hands-on successor to the popular book *The Trusted Advisor*, you'll find answers to pervasive questions about trust and leadership—such as how to develop business with trust, nurture trust-based relationships, build and run a trustworthy organization, and develop your trust skill set. This pragmatic workbook delivers everyday tools, exercises, resources, and actionable to-do lists for the wide range of situations a trusted advisor inevitably encounters. The authors speak in concrete terms about how to dramatically improve your results in sales, relationship management, and organizational performance. Your success as a leader will always be based on the degree to which you are trusted by your stakeholders. Each chapter offers specific ways to train your thinking and your habits in order to earn the trust that is necessary to be influential, successful, and known as someone who makes a difference. Self-administered worksheets and coaching questions provide immediate insights into your current business challenges Real-life examples demonstrate proven ways to walk the talk Action plans bridge the gap between insights and outcomes Put the knowledge and practices in this fieldbook to work, and you'll be someone who earns trust quickly, consistently, and sustainably—in business and in life.

**gottman communication worksheets: A Democratic Mind** Israel W. Charny, 2017-07-25 A Democratic Mind: Psychology and Psychiatry with Fewer Meds and More Soul focuses on how an individual lives one's life, and on the extent of harm that an individual can inflict on oneself or others. In this book, Charny provides a new lens for treating real people rather than offering treatments that alleviate symptoms.

**gottman communication worksheets: Generational Glow** Heather Scherf MS LPC, 2024-05-30 Life is sometimes scary, challenging, and overwhelming. Yet we absolutely can take our fears and transmute them into love to not only radiate within ourselves, but also others. In a guided workbook designed in two parts for individuals, teens, and adults to complete separately or together, licensed professional counselor Heather Scherf begins by providing introspective questions that invite participants to explore inner fears surrounding topics such as change, love, purpose, forgiveness, health, and faith. Through her guidance and questions, individuals will take a deep dive into their inner being through fifteen internal wars, before attempting to converse as a family. Within the second section, Scherf offers activities and discussions for family members to complete together while learning ways to effectively communicate around generational differences and ultimately build stronger relationships. *Generational Glow* is a guided workbook that encourages individuals and families to remember their sameness as humans and connect in more compassionate

ways with each other.

**gottman communication worksheets: Healing the Trauma of Infidelity** William M. Bumbery, 2025-09-01 Infidelity is a painful and often traumatic experience that can lead to feelings of mistrust, hypervigilance, insecure attachment, and emotional upheaval for both partners. Written by a psychologist and based on the popular Gottman Method for couples therapy, this book offers powerful, trauma-informed skills to help readers heal from infidelity, strengthen love and intimacy, and rebuild trust after betrayal.

**gottman communication worksheets: The Attachment Solution** Charisse Cooke, 2024-02-08 'A cracking read, interesting, eye opening, helpful, and all wrapped up in Charisse's beautifully warm and empathetic tone.' - ANNA WILLIAMSON, Relationship Expert and Bestselling Author of Where is the Love? 'This is the book everyone needs to read to gain a better understanding of relationships and how we show up in the way that we do, so that we can both love better and be loved better.' - HELEN MARIE, Trauma Therapist and author of Choose You We are built to love. Every part of our physiology and psychology is designed to attach with others and share our lives in deep and meaningful ways. As social animals we need people, this is simply our biology. But in modern life, so much has got in the way of building healthy attachments. When it comes to our intimate relationships, we are increasingly acting from a place of fear. We're scared we will choose the wrong person, or the person we are with doesn't love us enough. We're scared to get close. We're scared to be on our own. We're scared the one we love is pulling away. We are not securely attached. We have all been profoundly impacted by our experiences from childhood and previous relationships, and our need to protect ourselves can become greater than our need to love. When we love, or try to be loved, our history permeates our present in the most all-consuming and powerful ways. This book will offer tools and strategies for creating positive, secure attachments and help us create the fulfilling and nourishing relationships we need.

**gottman communication worksheets: Behaviour Barriers and Beyond** Rachel Thynne, 2021-11-29 This practical resource helps school staff to reframe behaviour as a means of communicating a need, ensuring they can sensitively and effectively support children with a range of Social, Emotional and Mental Health (SEMH) needs and Special Educational Needs and Disabilities (SEND). With case studies and examples woven throughout, the book focuses on relational and strength-based approaches to improve mental health and wellbeing, self-esteem, sense of safety and, in turn, behaviour and educational outcomes. All advice is carefully designed to have the maximum positive impact on the child and minimum impact on teacher time and resources. Key features include: ■ Accessible explorations of a range of difficulties and their effects on school life ■ A variety of supportive strategies, tips and advice, designed to be easy to implement effectively within a busy classroom ■ A focus on building and maintaining positive relationships, making the classroom a safe learning environment Small adjustments can make a huge difference to wellbeing, whether they are for those with a diagnosis, with SEND, with SEMH needs, with anxiety, or just those having a hard time. This book will be an essential tool for teachers, SENCOs and school leaders in both mainstream and specialist settings.

**gottman communication worksheets: Scientific and Technical Books and Serials in Print** , 1984

**gottman communication worksheets: Paperbound Books in Print** , 1992

**gottman communication worksheets: Eight Dates Workbook** Melissa White, 2025-05-03 8 Conversations. Lifelong Love. Real Connection. Love isn't built in a day-it's built in the conversations we choose to have. Inspired by the science-backed insights of Eight Dates, this guided workbook helps couples spark deep, meaningful dialogue and strengthen their emotional bond-one powerful date at a time. Inside, you'll experience: □ Conversation Starters for each of the 8 essential relationship topics: trust, sex, conflict, money, family, dreams, and more Reflective Prompts to explore your needs, values, and expectations Intimacy-Building Activities that reignite closeness and vulnerability Communication Tools based on research from the Gottman Institute Date Planning Worksheets to guide each intentional, connection-focused outing Growth Check-Ins to track your

progress and keep love thriving Whether you're newly dating or decades into marriage, this workbook is your companion for building a relationship that lasts-one conversation at a time.

**gottman communication worksheets: The Seven Principles for Making Marriage Work** John Gottman, Ph.D., 2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential. The Seven Principles for Making Marriage Work is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

**gottman communication worksheets: Scripts and Communication for Relationships** James M. Honeycutt, Suzette P. Bryan, 2011 Designed for classes in communication and relationships, interpersonal communication, intrapersonal competence are provided. A downloadable teacher's guide is available on request. --Book Jacket.

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