

Positive Sentiments In a Relationship According to Gottman

Let Your Partner Influence You

- I'm interested in my partner's opinion on issues in our relationship
- I do not try to convince my partner to see things my way all the time
- I do not reject my partner's opinion every time we argue
- I believe my partner has important things to say and I value them
- I believe we have equal say in our relationship

Increase Your Fondness and Admiration

To achieve that, is to let your partner know of at least one thing each day that you appreciate about them or about something they did. What are they adding to your life. Part of this is to let your partner know but also to be aware and to remind yourself of the blessing you have in your relationship that sometimes is taken for granted.

Turn towards Bids for Emotional Connection

- when you turn towards, you engage with your partner letting him or her know you value their presence and what they are offering
- You can turn towards by making eye contact, smiling, or responding with validation
- Another way is to make your conversation deeper and more meaningful by asking your partner open-ended questions, like, "what are you excited about right now?" Listen to the response with interest.
- Talk about your dreams and goals and make sure they are aligned
- Even though our interests are different, I enjoy my partner's interest

Healthy ratio is to try to keep positive to negative sentiments 5:1 to keep communication going.

Negative Sentiments In a Relationship According to Gottman

- I feel hurt
- I felt misunderstood
- I thought “I don’t have to take this”
- I felt innocent of blame for this problem
- I thought to myself, “just get up and leave”
- I felt my partner is choosing to turn away from me
- I felt disappointed
- I felt unjustly accused
- I thought, “my partner has no right to say those things”
- I was frustrated
- I felt personally attacked
- I wanted to strike back
- I felt like getting even
- I wanted to protect myself
- I felt like my partner wanted to control me
- I thought my partner was very manipulative
- I felt unjustly criticized
- I wanted the negativity to just stop
- I felt angry
- I felt unappreciated