

gottman seven principles for making marriage work

Gottman Seven Principles for Making Marriage Work: A Guide to Lasting Love

gottman seven principles for making marriage work have become a cornerstone for couples seeking to build a resilient and fulfilling relationship. Developed by Dr. John Gottman, a renowned psychologist and relationship researcher, these principles are grounded in decades of scientific study and practical application. They offer actionable insights that help couples not only survive the ups and downs of marriage but thrive together over the years.

If you've ever wondered how some couples seem to navigate conflict effortlessly while others struggle, the Gottman principles provide a roadmap for understanding the dynamics that foster intimacy, trust, and mutual respect. This article delves into each of the seven principles, highlighting how they contribute to a healthy partnership and sharing tips on how to integrate them into your own relationship.

The Foundation: Understanding the Gottman Seven Principles for Making Marriage Work

Before exploring each principle, it's important to recognize that Gottman's approach is deeply research-based. Unlike advice based purely on anecdote, his work comes from observing thousands of couples over time, identifying patterns that predict both marital success and failure. The principles encapsulate the behaviors and attitudes that strengthen emotional connection, improve communication, and resolve conflicts constructively.

These principles are not quick fixes but rather lifelong habits that couples cultivate to maintain harmony and deepen their bond. By embracing them, couples can build a partnership that withstands challenges and grows richer with each passing year.

Principle 1: Build Love Maps

One of the core ideas behind the Gottman seven principles for making marriage work is the concept of "love maps." This principle encourages partners to develop a detailed understanding of each other's inner worlds — their dreams, fears, preferences, and daily experiences.

Why Love Maps Matter

Having an updated love map means you know your partner's current hopes and stresses. This foundation of emotional knowledge helps couples feel connected, even during stressful

times. When you truly understand what makes your partner tick, you can better support and empathize with them.

How to Build Your Love Map

- Regularly ask open-ended questions about your partner's feelings and experiences.
- Share your own thoughts to encourage reciprocal sharing.
- Pay attention to changes in interests or emotional states and update your knowledge accordingly.

Over time, these conversations create a rich mental map that enhances intimacy and makes it easier to navigate life's challenges together.

Principle 2: Nurture Fondness and Admiration

Fondness and admiration act as the emotional glue in a marriage. This principle emphasizes the importance of appreciating your partner and expressing genuine respect and affection.

The Role of Positive Sentiment Override

When couples nurture fondness, they develop a "positive sentiment override," meaning positive feelings and thoughts about each other outweigh the negatives. This mindset helps couples approach conflicts with kindness rather than criticism.

Tips for Cultivating Admiration

- Make a habit of verbalizing what you love or appreciate about your partner daily.
- Recall positive memories together to reinforce feelings of affection.
- Focus on your partner's strengths rather than their flaws.

This consistent attention to positive qualities builds a reservoir of goodwill that sustains the relationship through difficult moments.

Principle 3: Turn Toward Each Other Instead of Away

Turning toward your partner refers to responding to their bids for attention, affection, or support. These small moments — like a smile, a question, or a touch — might seem minor but are crucial to maintaining connection.

The Power of Small Moments

Gottman's research shows that couples who regularly turn toward each other build trust and emotional intimacy. Ignoring these bids, on the other hand, can lead to feelings of rejection and disconnection.

How to Practice Turning Toward

- Notice and respond to your partner's attempts to engage, even in busy or stressful times.
- Show interest in their day-to-day experiences.
- Use eye contact, touch, or verbal affirmations to acknowledge their presence.

These daily interactions form the heartbeat of a thriving marriage by reinforcing mutual care and presence.

Principle 4: Let Your Partner Influence You

This principle highlights the importance of sharing power and decision-making in the relationship. Letting your partner influence you demonstrates respect and openness, which strengthens trust and cooperation.

Why Influence Matters

Couples who resist influence often experience more conflict because they refuse to compromise. Embracing influence means valuing your partner's opinions and feelings, leading to healthier collaboration.

Ways to Embrace Influence

- Actively listen and consider your partner's perspective during discussions.
- Be willing to adjust your views or decisions for the good of the relationship.
- Encourage mutual respect by validating each other's contributions.

This approach fosters equality and deepens emotional connection.

Principle 5: Solve Your Solvable Problems

Not all conflicts in a marriage can be resolved, but many can be managed effectively. This principle focuses on addressing issues that are solvable through communication and compromise.

Techniques for Conflict Resolution

- Use gentle start-ups to introduce difficult topics without triggering defensiveness.
- Practice active listening and empathy during disagreements.
- Brainstorm solutions together and be willing to make concessions.

By tackling solvable problems constructively, couples reduce resentment and build teamwork.

Recognizing Perpetual Problems

Some issues may be ongoing and stem from fundamental differences. While these can't be "fixed," couples can manage them by understanding each other's needs and finding ways to live with differences peacefully.

Principle 6: Overcome Gridlock

Gridlock occurs when couples feel stuck on a particular issue, often because it touches on deeper personal dreams or values. The key to overcoming gridlock lies in understanding the underlying emotions and meanings behind the conflict.

Steps to Move Past Gridlock

- Share your deeper feelings and dreams associated with the conflict.
- Listen to your partner's underlying needs without judgment.
- Seek compromises that honor each person's core values.

This principle encourages empathy and dialogue, turning stalemates into opportunities for growth.

Principle 7: Create Shared Meaning

Creating shared meaning involves building a sense of purpose and connection through rituals, values, and goals that belong uniquely to the couple.

The Importance of Shared Meaning

Couples who develop a shared culture — through traditions, symbols, and mutual goals — experience greater satisfaction and resilience.

How to Build Shared Meaning

- Establish rituals that celebrate your relationship, such as weekly date nights or annual trips.
- Discuss and align your values and aspirations for the future.
- Support each other's personal growth within the context of your shared life.

This principle transforms marriage from a contract into a meaningful partnership.

Integrating the Principles into Everyday Life

Understanding the Gottman seven principles for making marriage work is one thing, but applying them consistently is where the real magic happens. Couples often find it helpful to:

- Set aside regular time to check in emotionally.
- Practice gratitude and positive interactions daily.
- Seek help from relationship coaches or therapists trained in Gottman methods if challenges persist.

By weaving these principles into daily habits, couples build a marriage that is not only enduring but deeply satisfying.

The beauty of the Gottman approach lies in its practicality and warmth. It encourages couples to be curious about each other, to communicate openly, and to nurture the friendship at the heart of their marriage. Whether newlyweds or partners who have been together for decades, embracing these seven principles can illuminate the path toward a joyful and lasting union.

Frequently Asked Questions

What are the Gottman Seven Principles for Making Marriage Work?

The Gottman Seven Principles for Making Marriage Work are a set of research-based guidelines developed by Dr. John Gottman to help couples build and maintain a healthy, lasting marriage. They include: 1) Enhance Your Love Maps, 2) Nurture Your Fondness and Admiration, 3) Turn Toward Each Other Instead of Away, 4) Let Your Partner Influence You, 5) Solve Your Solvable Problems, 6) Overcome Gridlock, and 7) Create Shared Meaning.

How does 'Enhance Your Love Maps' improve a marriage?

Enhancing your Love Maps means knowing your partner's world deeply — their likes,

dislikes, worries, hopes, and dreams. This principle encourages couples to stay connected by regularly updating and expanding this knowledge, which fosters intimacy and emotional connection.

Why is 'Nurture Your Fondness and Admiration' important in marriage?

Nurturing fondness and admiration helps couples maintain a positive view of each other. It involves expressing appreciation and respect regularly, which builds a strong foundation of affection and counters negativity that can erode the relationship.

What does 'Turn Toward Each Other Instead of Away' mean in practice?

This principle encourages couples to respond to each other's bids for attention, support, or affection rather than ignoring or turning away. Turning toward each other strengthens emotional bonds and increases relationship satisfaction.

How can couples 'Let Your Partner Influence You' effectively?

Letting your partner influence you means being open to their opinions and feelings, especially in decision-making. It reflects mutual respect and equality in the relationship, which enhances trust and collaboration.

What strategies are recommended for 'Solve Your Solvable Problems'?

For solvable problems, Gottman recommends gentle startup conversations, accepting influence from your partner, compromising, and using repair attempts during conflicts. These strategies help couples resolve issues without damaging the relationship.

How does 'Create Shared Meaning' contribute to a strong marriage?

Creating shared meaning involves building a life together that reflects shared values, rituals, goals, and a sense of purpose. This deepens connection and provides both partners with a sense of belonging and fulfillment in the marriage.

Additional Resources

Gottman Seven Principles for Making Marriage Work: An In-Depth Analysis

gottman seven principles for making marriage work represent a foundational framework in contemporary relationship psychology, developed by Drs. John and Julie Gottman. Their extensive research over four decades has positioned these principles as a

scientifically backed guide to nurturing lasting, fulfilling marriages. Unlike traditional advice rooted in anecdotal evidence, the Gottman principles are derived from systematic observation, analysis of thousands of couples, and measurable behavioral patterns that predict marital success or failure.

This article explores the intricacies of the Gottman Seven Principles, highlighting their practical application and relevance in modern relationships. By delving into each principle with a critical lens, it aims to provide readers—whether couples, therapists, or relationship educators—with a nuanced understanding of what it takes to maintain marital harmony in an ever-evolving social landscape.

Understanding the Foundation of Gottman's Research

The Gottman Seven Principles for making marriage work emerged from empirical studies conducted at the Gottman Institute, where researchers employed video recordings, physiological monitoring, and longitudinal tracking to identify consistent predictors of marital stability. Unlike prescriptive or purely theoretical models, the principles are grounded in observable behaviors and emotional dynamics that differentiate thriving partnerships from those prone to conflict and dissolution.

One critical aspect of Gottman's methodology is the identification of what he termed the "Four Horsemen of the Apocalypse" in relationships—criticism, contempt, defensiveness, and stonewalling—behaviors that strongly correlate with divorce or severe marital dissatisfaction. The seven principles act as countermeasures to these destructive patterns, fostering an environment where positive interactions and emotional connection prevail.

Exploring the Gottman Seven Principles in Detail

1. Enhance Your Love Maps

The first principle emphasizes the importance of building detailed knowledge about your partner's world. Love maps refer to the mental representations couples hold about each other's histories, preferences, fears, and aspirations. Couples who actively update and expand their love maps tend to navigate stress more effectively and exhibit greater empathy.

In practice, enhancing love maps involves regular conversations about each other's daily experiences, dreams, and challenges. This principle highlights the dynamic nature of relationships and the need for ongoing curiosity to maintain intimacy.

2. Nurture Fondness and Admiration

Fondness and admiration form the emotional bedrock of a strong marriage. This principle encourages partners to consciously recognize and express appreciation for each other's positive qualities. Research indicates that couples who maintain a high "fondness and admiration system" report greater satisfaction and resilience during conflicts.

This element can be cultivated through verbal affirmations, remembering good times, and focusing attention on what initially attracted partners to each other. It acts as an antidote to contempt and negativity, which are among the strongest predictors of relationship breakdown.

3. Turn Toward Each Other Instead of Away

A hallmark of successful relationships is the ability to respond to "bids for connection"—small gestures or comments intended to engage the partner emotionally. Turning toward each other means acknowledging and engaging with these bids, whether they involve sharing a thought, seeking comfort, or inviting collaboration.

Data from Gottman's studies reveal that couples who consistently turn toward each other build a reservoir of goodwill and trust, which buffers against future conflicts. Ignoring or turning away from such bids, conversely, can foster emotional distance and dissatisfaction.

4. Let Your Partner Influence You

This principle counters traditional stereotypes of rigid gender roles or unilateral decision-making by encouraging mutual influence. Gottman's research shows that marriages where partners respect and consider each other's opinions—especially men being open to influence—are more stable and satisfying.

Practically, this involves negotiation, compromise, and shared decision-making on everyday matters and major life choices. It fosters equality and mutual respect, essential components for a balanced partnership.

5. Solve Your Solvable Problems

Conflict is inevitable in any relationship, but how couples manage it distinguishes successful marriages. This principle focuses on identifying issues that are resolvable through communication, compromise, and problem-solving techniques.

Gottman advocates using soft startups—gentle conversation openers—and repair attempts to de-escalate tension. Tools such as active listening, validating feelings, and negotiating solutions are emphasized. However, this principle also acknowledges that some problems are perpetual and require ongoing dialogue rather than definitive resolution.

6. Overcome Gridlock

Certain conflicts stem from fundamental differences in values or life goals, leading to gridlock—stalemates where neither partner's position yields. The sixth principle addresses strategies for managing these chronic issues without allowing them to erode the relationship.

Couples are encouraged to explore the underlying dreams and emotions attached to these conflicts, fostering empathy and understanding. The goal is not necessarily to solve the problem but to transform it into a dialogue that respects each partner's perspective while maintaining connection.

7. Create Shared Meaning

Beyond managing conflict and daily life, the seventh principle advocates for cultivating a shared sense of purpose and meaning. This encompasses establishing rituals, goals, and values that give the relationship a unique identity.

Examples include shared traditions, mutual support for individual aspirations, and co-creating narratives that celebrate the couple's journey. This principle aligns with research emphasizing the importance of relational identity in long-term satisfaction and commitment.

Practical Applications and Limitations

The Gottman Seven Principles are widely implemented in couple's therapy, premarital counseling, and self-help literature. Their structured yet flexible nature allows adaptation across diverse cultural and social contexts. For therapists, these principles provide measurable targets for intervention and progress evaluation.

However, some critiques point out that while the principles are effective for many, they may not address deeper psychological issues such as trauma, personality disorders, or external stressors like financial instability. Additionally, the principles require active participation and emotional investment from both partners, which may not always be feasible.

Despite these caveats, the evidence base supporting the principles is robust, with multiple studies confirming their predictive validity and therapeutic utility.

Integrating Gottman's Principles into Daily Life

Couples interested in applying the Gottman Seven Principles can start by assessing their current relationship dynamics. Simple exercises such as creating detailed love maps through questionnaires or engaging in daily "checking in" conversations can be immediate

steps.

Therapeutic programs based on these principles often incorporate skill-building workshops, communication training, and conflict resolution techniques. The emphasis on turning toward bids for connection encourages mindfulness and responsiveness, which can transform routine interactions into opportunities for deeper bonding.

Moreover, nurturing fondness and admiration can be as straightforward as expressing gratitude regularly or recalling positive memories. Over time, these small habits build emotional resilience, making the relationship more adaptable to stress.

In an era where marital dissolution rates remain high globally, the Gottman Seven Principles offer a research-backed roadmap that transcends simplistic advice. Their focus on emotional intelligence, mutual respect, and shared meaning addresses both the practical and existential dimensions of marriage.

Through deliberate practice and commitment, couples can transform their partnerships into enduring sources of support and joy, embodying the timeless aspiration of making marriage work.

Gottman Seven Principles For Making Marriage Work

gottman seven principles for making marriage work: The Seven Principles for Making Marriage Work John Mordechai Gottman, Nan Silver, 1999 Drawing on research into the dynamics of healthy relationships, a study of the basic principles that make up a long-lasting marriage shares advice on how to cope with such issues as work, children, money, sex, and stress

gottman seven principles for making marriage work: The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

gottman seven principles for making marriage work: Summary of The Seven Principles For Making Marriage Work by John Gottman QuickRead, Lea Schullery, The revolutionary guide for learning the seven principles for creating a happy marriage that will last a lifetime. Divorce statistics are higher than ever. 67 percent of first marriages will end in divorce within 40 years and half of those will occur within the first 7 years. The divorce rate is even higher for second marriages, so it makes sense for couples to put forth the effort into making their marriage work. But how can you ensure your marriage will go the distance? Throughout Dr. Gottman’s Love Lab, Gottman

revolutionized the study of marriage by using scientific procedures and observing the habits of married couples in detail over several years. His research methods revealed the key to happy marriages as well as the detriments that lead to divorce. The seven principles outline the path to success as well as tips for effective communication and agreeable compromise. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com

gottman seven principles for making marriage work: Seven Principles for Making Marriage Work Summary Station Staff, 2014-10-27 Learn How To Improve Your Marriage And Avoid Divorce In A Fraction Of The Time It Takes To Read The Actual Book!!!Today only, get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle deviceMarriage is an ancient institution that spreads across the ages. Different rituals, depending on the faith of the two people getting married, are performed. The term 'marriage' encompasses much more than the simple repetition of prayers, performance of rites, or ceremonies. It also describes a commitment of two people which is meant to endure through the duration of those individuals' lives. Sometimes, married couples reach a point in which the durability of the relationship is questioned. These individuals often seek out help-sometimes through counseling. Other times, those couples seek out reading material that might advise them in ways to improve the marriage. One such example of a wonderful book was written by Dr. John Gottman. Dr. Gottman has forty years worth of experience as a psychologist and relationship expert having penned several books to aid and advise couples in relationships. The 7 Principles for Making Marriage Work is the culmination of Dr. Gottman's lifelong work. It is an overview of the concepts, behaviors and skills that guide couples on a rewarding path toward a harmonious and long-lasting relationship. This book is straightforward in its approach and quite profound. The principles outlined in this book teach partners new strategies for making their marriage work. Dr. Gottman has scientifically analyzed the habits of married couples and established a method for correcting the behavior that puts thousands of marriages on the rocks. He helps couples focus on each other, on paying attention to the small day-to-day moments that once strung together, which make up the foundation of any relationship. Packed with questionnaires and exercises with an effectiveness that has been proven in Dr. Gottman's workshops, this is the definitive guide for anyone who wants their relationship to reach its highest potential. Here Is A Preview Of What You'll Learn When You Download Your Copy Today* How To Transform Your Life By Learning How To Effectively Solve Problems In Your Marriage * The Reason Why Most People Do Not Understand How To Save Their Marriage* Learn The Types Of behaviors That Will End Your Marriage Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of The Seven Principles for Making Marriage Work for a special discounted price of only \$2.99

gottman seven principles for making marriage work: Summary of The Seven Principles for Making Marriage Work QuickChapters, 2025-07-21 What makes love last—and what quietly tears it apart? In The Seven Principles for Making Marriage Work, renowned relationship expert Dr. John Gottman distills decades of groundbreaking research into a practical, science-based guide for building lasting intimacy and connection. This chapter-by-chapter summary captures Gottman's core discoveries about the behaviors that predict marital success or failure with startling accuracy. Alongside co-author Nan Silver, Gottman outlines seven essential principles—from nurturing fondness and admiration to managing conflict constructively—that help couples strengthen their bond and navigate challenges with greater empathy and understanding. Whether you're newly married, in a long-term relationship, or simply looking to deepen your emotional connection, this summary provides clear takeaways and actionable tools drawn from the Gottman Institute's most influential research. Disclaimer: This is an unofficial summary and analysis of The Seven Principles

for Making Marriage Work by John Gottman, Ph.D., and Nan Silver. It is designed solely to enhance understanding and aid in the comprehension of the original work.

gottman seven principles for making marriage work: *Summary - the Seven Principles for Making Marriage Work* Readtrepreneur Publishing, 2018-03-19 The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link:<http://amzn.to/2keP8hT>) The man who revolutionized the study of marriage is here to help you make your relationship work. Seven principles are all you need to keep your marriage running smoothly. It's not easy being married, there are a lot of struggles that weaken the relationship so it's wise to listen to advices from people with a large experience on the field, so you can live a nice and happy marriage. That's what this book is all about, just 7 principles that contain a ton of advices to make your marriage work. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) Some people leave a marriage literally, by divorcing. Others do so by leading parallel lives together. - John M. Gottman With a straightforward approach that will leave no doubts in the process, John Gottman writes a book which is the culmination of his work that will teach you his strategies to make your marriage work. Sadly, in this life, we don't know it all, so it behooves you to learn from the best to obtain the greatest results and Dr. John Gottman is an individual that excels in the study of marriage. Dr. Gottman also included questionnaires and exercises so you could put into practice all you have learned. If you just read his book but don't commit to it, you won't get what you want! P.S. The Seven Principles for Making Marriage Work is an extremely helpful book that will put your marriage in a path of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy Delivered to Your Doorstep Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2keP8hT>

gottman seven principles for making marriage work: *Summary of The Seven Principles for Making Marriage Work* Readtrepreneur Publishing, 2019-05-24 The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) The man who revolutionized the study of marriage is here to help you make your relationship work. Seven principles are all you need to keep your marriage running smoothly. It's not easy being married, there are a lot of struggles that weaken the relationship so it's wise to listen to advices from people with a large experience on the field, so you can live a nice and happy marriage. That's what this book is all about, just 7 principles that contain a ton of advices to make your marriage work. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) Some people leave a marriage literally, by divorcing. Others do so by leading parallel lives together. - John M. Gottman With a straightforward approach that will leave no doubts in the process, John Gottman writes a book which is the culmination of his work that will teach you his strategies to make your marriage work. Sadly, in this life, we don't know it all, so it behooves you to learn from the best to obtain the greatest results and Dr. John Gottman is an individual that excels in the study of marriage. Dr. Gottman also included questionnaires and exercises so you could put into practice all you have learned. If you just read his book but don't commit to it, you won't get what you want! P.S. The Seven Principles for Making Marriage Work is an extremely helpful book that will put your marriage in a path of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

gottman seven principles for making marriage work: Why Marriages Succeed Or Fail

John Gottman, John Mordechai Gottman, Nan Silver, 1995-06 What you can learn from the breakthrough research to make your marriage last.

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gottman seven principles for making marriage work: The Seven-Day Love Prescription John Schwartz Gottman, Julie Schwartz Gottman, 2022-10-27 How can you revive and renew your relationship in just seven days? For the past fifty years, Drs. John and Julie Gottman have been studying love. This book distils their work into an accessible, bite-size, seven-day action plan for deeper intimacy. Taking you through their most foundational findings, the Gottmans will help you build a love that lasts in just seven days. Through small, immediately actionable daily steps, they will help you to shift your relationship for the better, providing trusted antidotes to common issues from loneliness and emotional and physical disconnection, to drifting apart and losing that loving feeling. These will teach you how to- Connect and check in with each other Ask each other big, open-ended questions Show appreciation and gratitude by saying thank you Give your partner a genuine compliment Communicate what you need Create moments of physical connection Declare a date night No matter who you are, or what kind of relationship you want to strengthen, The Seven-Day Love Prescription is guaranteed to provide you with the practical tools to transform any relationship in your life for the better. The Gottmans prove that small frequent changes over just seven days can strengthen the foundations of all relationships, allow them to flourish, and create big, long-lasting change over time.

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gottman seven principles for making marriage work: Eight Dates John Gottman, Julie Schwartz Gottman, Doug Abrams, Rachel Carlton Abrams, 2019-02-05 Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, Eight Dates offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, Eight Dates offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

gottman seven principles for making marriage work: Summary of The Seven Principles for Making Marriage Work Cityprint, 2019-05-13 Summary of The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman and Nan SilverNOTE: This is a summary guide and is meant as a companion to, not a replacement

for, the original book. **THE BOOK:** *The Seven Principles for Making Marriage Work* (1999) draws on data from relationship studies and interviews to do exactly what it promises in its title. These blinks take you through the key changes you can make to overcome the common problems that damage relationships and build a supportive, romantic marriage. **ABOUT THE AUTHOR:** John M. Gottman is a psychology professor at the University of Washington and co-founder and co-director of the Seattle Marital and Family Institute. His research into romantic couples has spanned 40 years and he has earned several prestigious academic awards for his work. Nan Silver is a blogger, journalist and a New York Times bestselling author. She has also been editor-in-chief of *Health* and a contributing editor at *Parents* magazine. **INTRODUCTION:** As much as we all want to live in perfect relationships, few of us are in a completely stress-free set-up with zero tension, conflict or problems. In fact, if you're married or in a relationship, chances are it can be improved. Enter relationships expert John M. Gottman. He's been working with and researching couples for years, and has compiled a list of the fundamental problems that every marriage faces - and their solutions. This summary explains each one of his seven fundamental principles and discusses ways in which you can avoid becoming another unhappy statistic. After reading this, you'll know -how one couple eliminated marriage stress by waking up ten minutes earlier every day; -how to talk to your mother-in-law; and -why boring conversations are the secret to successful marriages.

gottman seven principles for making marriage work: Summary, Analysis, and Review of John M. Gottman and Nan Silver's the Seven Principles for Making Marriage Work Start Publishing Notes, 2017-09-08 PLEASE NOTE: This is a key takeaways and analysis of the book and NOT the original book. Start Publishing Notes' Summary, Analysis, and Review of John M. Gottman and Nan Silver's *The Seven Principles for Making Marriage Work: A Practical Guide* from the Country's Foremost Relationship Expert includes a summary of the book, review, analysis & key takeaways, and detailed About the Author section. **PREVIEW:** John Gottman and Nan Silver's *The Seven Principles for Making Marriage Work* is a guide and workbook for assessing marriages and saving those that are in trouble. Based on Gottman's extensive research on marital happiness, the book provides an overview of what makes marriages successful, and concrete steps to improve relationships. Gottman's research involves extensive observations of couples interacting, as well as lengthy interviews with men and women. Because of his lab work, Gottman is able to predict whether a couple will divorce by listening to them discuss a conflict for as little as 15 minutes while monitoring bodily functions, like heart rate. Successful couples are emotionally intelligent. That means that they work to defuse conflict and are able to recognize and appreciate each other's perspectives.

gottman seven principles for making marriage work: Fight Right Julie Schwartz Gottman, PhD, John Gottman, PhD, 2024-01-30 NEW YORK TIMES BESTSELLER • **LEARN THE 5 SECRETS OF SUCCESSFUL COUPLES** Conflict is the top reason couples seek help—but it's also an opportunity for greater intimacy, deeper connection, and lasting love according to this essential guide from the world's leading relationship scientists and authors of *The Seven Principles for Making Marriage Work* and *Eight Dates*. "An indispensable resource that couples will use over and over again."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* How we fight predicts the future of our relationships. Most of us blunder into conflict without knowing what we are really fighting about and then quickly become overwhelmed by physiological responses we can't control and emotions we don't anticipate. The truth is the happiest and most successful couples fight—all the time. Conflict is human, and necessary. Through decades of research, Drs. John and Julie Gottman, founders of the world-famous Love Lab, have identified the five common mistakes we make when we are at odds. In *Fight Right*, we learn the five secrets that help us to get back on track and harness conflict to build stronger, healthier relationships. With kindness, clarity, and a deep understanding of the struggles couples are going through, the Gottmans show us that we each have a unique conflict culture, borne of how we were raised and how we experienced past relationships, and they take us through all the possible combinations, from Avoiders, to Validators, to Volatiles, and how they can best work together. *Fight Right* is an essential

resource that will help couples escape the win-or-lose mentality in favor of a collaborative approach: calming down, staying connected, and really understanding, so that our fights can bring us closer.

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