

AI-01036 Gottman 5:1 Ratio

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Explain Dr. Gottman 5:1 ratio. List 20 examples.

Dr. Gottman's 5:1 ratio suggests that for a healthy relationship, there should be five positive interactions for every one negative interaction during conflict. This doesn't mean avoiding conflict altogether; instead, it emphasizes the importance of maintaining a positive atmosphere even during disagreements.

Here are 20 examples of positive interactions that can contribute to a 5:1 ratio:

- Expressing affection: A hug, kiss, or saying "I love you" can go a long way.
- Showing appreciation: Thanking your partner for something they did, big or small.
- Offering compliments: Highlighting your partner's positive qualities or efforts.
- Practicing active listening: Paying attention to your partner and acknowledging their feelings.
- Using "I" statements: Owning your feelings and avoiding accusatory language.
- Finding common ground: Looking for areas of agreement even during disagreements.
- Using humor: Keeping the mood light and avoiding taking things too seriously.
- Showing empathy: Trying to understand your partner's perspective.
- Working together towards a solution: Focusing on finding a resolution that works for both of you.
- Giving gentle reassurance: Offering words of comfort and support.
- Celebrating each other's successes: Being happy for your partner's achievements.

- Engaging in shared activities: Spending quality time together doing things you both enjoy.
- Expressing interest in your partner's day: Asking questions and showing that you care about their life.
- Offering help and support: Being there for your partner when they need you.
- Practicing forgiveness: Letting go of resentments and moving forward.
- Physical touch: Holding hands, cuddling, or putting a hand on your partner's shoulder.
- Flirting and playful teasing: Keeping the spark alive in your relationship.
- Expressing gratitude for your partner: Letting your partner know how much you appreciate them in your life.
- Reminiscing about positive memories: Strengthening your emotional bond.

Create a 20 point question to determine 5:1 ratio based on Gottman's research.

Here's a 20-point quiz to assess your relationship's communication patterns based on Gottman's 5:1 ratio principle:

Instructions: Reflect on recent conversations (especially disagreements) with your partner and answer honestly. Assign yourself 1 point for each positive interaction and 5 points for each negative interaction. A healthy balance suggests a score of 100 or above.

Positive Interactions (1 point each):

- Did you listen attentively to your partner's perspective?
- Did you acknowledge your partner's feelings?
- Did you offer compliments or appreciation?
- Did you use "I" statements to express your needs?
- Did you find humor in the situation?
- Did you show physical affection (holding hands, cuddling)?
- Did you attempt to find common ground?
- Did you offer solutions or compromises?

- Did you show empathy and understanding?
 - Did you celebrate your partner's successes?
- Negative Interactions (5 points each):
- Did you criticize your partner's character or behavior?
 - Did you engage in name-calling or sarcasm?
 - Did you become defensive or dismissive?
 - Did you stonewall or shut down communication?
 - Did you raise your voice or yell?
 - Did you threaten or use ultimatums?
 - Did you bring up past hurts or grievances?
 - Did you dwell on negative emotions (blame, anger)?
 - Did you focus on winning the argument rather than finding a solution?
 - Did the conversation leave you feeling more distant or disconnected?
- Scoring:.