

AI-00042 Gottman 7 Principles for making marriage works

👤 Owner	© Rigel Arcayan
⋮ Tags	life
🕒 Created time	@April 17, 2023 12:57 AM

What are John Gottman seven principles for making marriage works?

John Gottman is a renowned psychologist who has extensively researched couples and their relationships. Based on his research, he has identified seven principles that are critical to making a marriage work. These principles are:

1. Enhance your love maps: This principle involves getting to know your partner on a deeper level by understanding their likes, dislikes, dreams, and aspirations.
2. Nurture fondness and admiration: This principle involves maintaining a positive view of your partner, even during tough times.
3. Turn toward each other instead of away: This principle involves being there for your partner when they need you, and making a genuine effort to connect with them.
4. Let your partner influence you: This principle involves being open to your partner's perspective and opinions, and taking them into account when making decisions.
5. Solve your solvable problems: This principle involves tackling the issues in your relationship that can be resolved through compromise and communication.
6. Overcome gridlock: This principle involves working through the issues in your relationship that seem unsolvable by understanding each other's underlying emotions and needs.
7. Create shared meaning: This principle involves developing a shared sense of purpose and values in your relationship, and working together towards common goals.

List 100 lessons or key concepts from the 7 principles for making marriage work

Sure, here are 100 lessons or key concepts from John Gottman's seven principles for making marriage work:

1. Marriage requires ongoing effort and commitment.
2. Building a strong friendship is the foundation of a successful marriage.
3. Knowing your partner's hopes, dreams, and fears is essential for building intimacy.
4. Paying attention to the little things can make a big difference in your relationship.
5. Being kind and respectful to your partner should be a priority.
6. Focusing on the positive aspects of your partner is crucial for nurturing fondness and admiration.
7. Expressing appreciation and gratitude can strengthen your relationship.
8. Listening attentively to your partner is important for making them feel heard and understood.
9. Supporting your partner emotionally can foster a sense of security and closeness.
10. Sharing your thoughts and feelings with your partner can deepen your emotional connection.
11. Being responsive to your partner's bids for attention can strengthen your bond.
12. Taking responsibility for your own actions and emotions can prevent conflicts from escalating.
13. Accepting influence from your partner can lead to greater collaboration and compromise.
14. Avoiding criticism and defensiveness can prevent conflicts from spiraling out of control.
15. Maintaining a sense of humor and playfulness can make your relationship more enjoyable.
16. Expressing empathy and compassion can help your partner feel understood and supported.

17. Apologizing sincerely and taking steps to repair hurt feelings can heal emotional wounds.
18. Practicing forgiveness can prevent negative feelings from building up and damaging your relationship.
19. Cultivating shared interests and hobbies can strengthen your connection.
20. Celebrating each other's successes can foster feelings of support and pride.
21. Being patient and understanding during difficult times can build resilience in your relationship.
22. Recognizing and respecting your partner's individuality can promote mutual respect and acceptance.
23. Addressing conflicts and disagreements directly and respectfully can prevent resentment from building up.
24. Compromising on disagreements can lead to win-win solutions.
25. Treating your partner with kindness and respect can prevent feelings of contempt and hostility.
26. Sharing household tasks fairly can prevent feelings of resentment and inequality.
27. Respecting each other's boundaries and needs can promote mutual trust and respect.
28. Being affectionate and intimate with your partner can strengthen your emotional bond.
29. Giving your partner space when they need it can prevent feelings of suffocation or resentment.
30. Maintaining a sense of balance between time spent together and time spent apart can prevent codependency.
31. Being patient and supportive during periods of stress or crisis can strengthen your bond.
32. Being aware of your partner's triggers and sensitivities can prevent unintentional hurt feelings.
33. Prioritizing quality time together can deepen your emotional connection.

34. Communicating openly and honestly about your feelings can promote understanding and trust.
35. Showing interest in your partner's hobbies and interests can foster a sense of connection and support.
36. Planning and sharing goals and aspirations can promote a shared sense of purpose.
37. Celebrating milestones and anniversaries can create meaningful memories and reinforce your bond.
38. Creating rituals and traditions together can foster a sense of connection and continuity.
39. Avoiding blaming or accusing language during conflicts can prevent defensiveness and resentment.
40. Acknowledging and expressing gratitude for your partner's efforts and contributions can prevent feelings of neglect or unappreciation.
41. Respecting each other's differences and finding common ground can promote mutual understanding and acceptance.
42. Practicing active listening can prevent misunderstandings and promote mutual understanding.
43. Validating your partner's emotions and experiences can promote empathy and understanding.
44. Sharing responsibilities and decision-making can promote a sense of teamwork and collaboration.
45. Being flexible and adaptable during times

Continue

1. Recognizing and addressing underlying emotional needs can prevent conflicts from recurring.
2. Prioritizing self-care can prevent burnout and promote a sense of well-being in yourself and your relationship.

3. Respecting each other's values and beliefs can promote mutual understanding and respect.
4. Creating a shared vision for your future together can foster a sense of purpose and direction.
5. Expressing affection and appreciation regularly can prevent feelings of neglect or unappreciation.
6. Being willing to compromise and make concessions can prevent conflicts from escalating.
7. Acknowledging and respecting each other's boundaries can promote trust and respect.
8. Communicating openly and honestly about your expectations can prevent misunderstandings and conflicts.
9. Supporting each other through difficult times can foster a sense of emotional closeness and resilience.
10. Making time for intimacy and physical touch can deepen your emotional and physical connection.
11. Showing interest in your partner's daily life can foster a sense of connection and closeness.
12. Recognizing and addressing power imbalances in your relationship can promote equality and mutual respect.
13. Resolving conflicts in a respectful and collaborative way can prevent long-lasting resentment and hurt feelings.
14. Celebrating each other's achievements and milestones can promote feelings of support and pride.
15. Honoring each other's needs and desires can prevent feelings of neglect and disconnection.
16. Being willing to compromise and make sacrifices for the benefit of your relationship can promote a sense of teamwork and collaboration.
17. Supporting each other's growth and personal development can promote mutual respect and understanding.
18. Being open to feedback and criticism can promote personal growth and self-awareness.
19. Avoiding stonewalling or shutting down during conflicts can prevent feelings of neglect and disconnection.
20. Maintaining a sense of curiosity and interest in your partner can promote feelings of connection and closeness.

21. Respecting each other's privacy and personal space can promote trust and respect.
22. Being willing to ask for help and support when needed can prevent feelings of overwhelm and burnout.
23. Addressing underlying issues and conflicts can prevent them from resurfacing and causing further damage.
24. Respecting each other's differences and finding common ground can promote mutual understanding and respect.
25. Making time for regular date nights or quality time can foster a sense of connection and intimacy.
26. Supporting each other's individual goals and aspirations can promote a sense of mutual respect and admiration.
27. Communicating openly and honestly about your needs and desires can promote mutual understanding and satisfaction.
28. Practicing active listening and reflection can promote mutual understanding and empathy.
29. Resolving conflicts with a sense of humor and playfulness can prevent conflicts from escalating and promote emotional closeness.
30. Being willing to apologize and take responsibility for your mistakes can prevent hurt feelings and resentment.
31. Being willing to make compromises and sacrifices can promote a sense of teamwork and collaboration.
32. Being willing to make changes and adapt to new situations can prevent feelings of stagnation and boredom.
33. Maintaining a sense of respect and admiration for each other's strengths and abilities can promote feelings of support and mutual respect.
34. Respecting each other's time and energy can promote mutual trust and respect.
35. Making time for regular communication and check-ins can prevent misunderstandings and conflicts.
36. Being willing to work through conflicts and disagreements can prevent long-lasting hurt feelings and resentment.
37. Being willing to seek outside help and support when needed can prevent conflicts from escalating and causing further damage.
38. Respecting each other's cultural backgrounds and differences can promote mutual understanding and respect.
39. Being willing to forgive and move on from past hurts can promote emotional healing and closeness.

40. Being willing to prioritize your relationship and make time for it can prevent feelings of neglect

Continue

1. Recognizing and addressing personal baggage and past traumas can prevent them from negatively impacting your relationship.
2. Showing vulnerability and sharing your innermost thoughts and feelings can promote emotional intimacy and trust.
3. Being willing to compromise and find creative solutions to problems can prevent conflicts from escalating and promote mutual satisfaction.
4. Taking responsibility for your actions and holding yourself accountable can promote mutual trust and respect.
5. Respecting each other's differences and finding ways to complement each other's strengths and weaknesses can promote teamwork and collaboration.
6. Being willing to adapt and change with your partner as you grow and evolve can prevent feelings of stagnation and disconnection.
7. Being willing to make sacrifices for the benefit of your partner and your relationship can promote mutual respect and support.
8. Recognizing and addressing toxic patterns and behaviors can prevent them from damaging your relationship.
9. Prioritizing honesty and transparency can promote mutual trust and respect.
10. Recognizing and addressing addiction and substance abuse can prevent them from negatively impacting your relationship.
11. Showing appreciation and gratitude for your partner and your relationship can promote feelings of satisfaction and happiness.
12. Being willing to compromise and find common ground can prevent conflicts from escalating and promote mutual satisfaction.
13. Respecting each other's personal growth and development can promote mutual admiration and respect.
14. Being willing to put in the effort and work required to maintain a healthy and fulfilling relationship can promote long-lasting happiness and satisfaction.
15. Recognizing and addressing your own flaws and shortcomings can promote personal growth and self-awareness, which can positively impact your relationship.