

# THE FOUR HORSEMEN

## AND HOW TO STOP THEM WITH THEIR ANTIDOTES

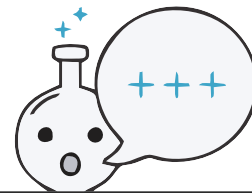
### CRITICISM

Verbally attacking personality or character.



### GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.



### CONTEMPT

Attacking sense of self with an intent to insult or abuse.



### BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.



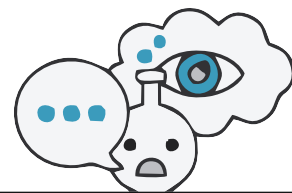
### DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



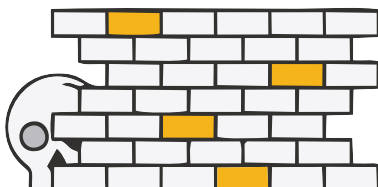
### TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.



### STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance and separation.



### PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.



The Gottman Institute