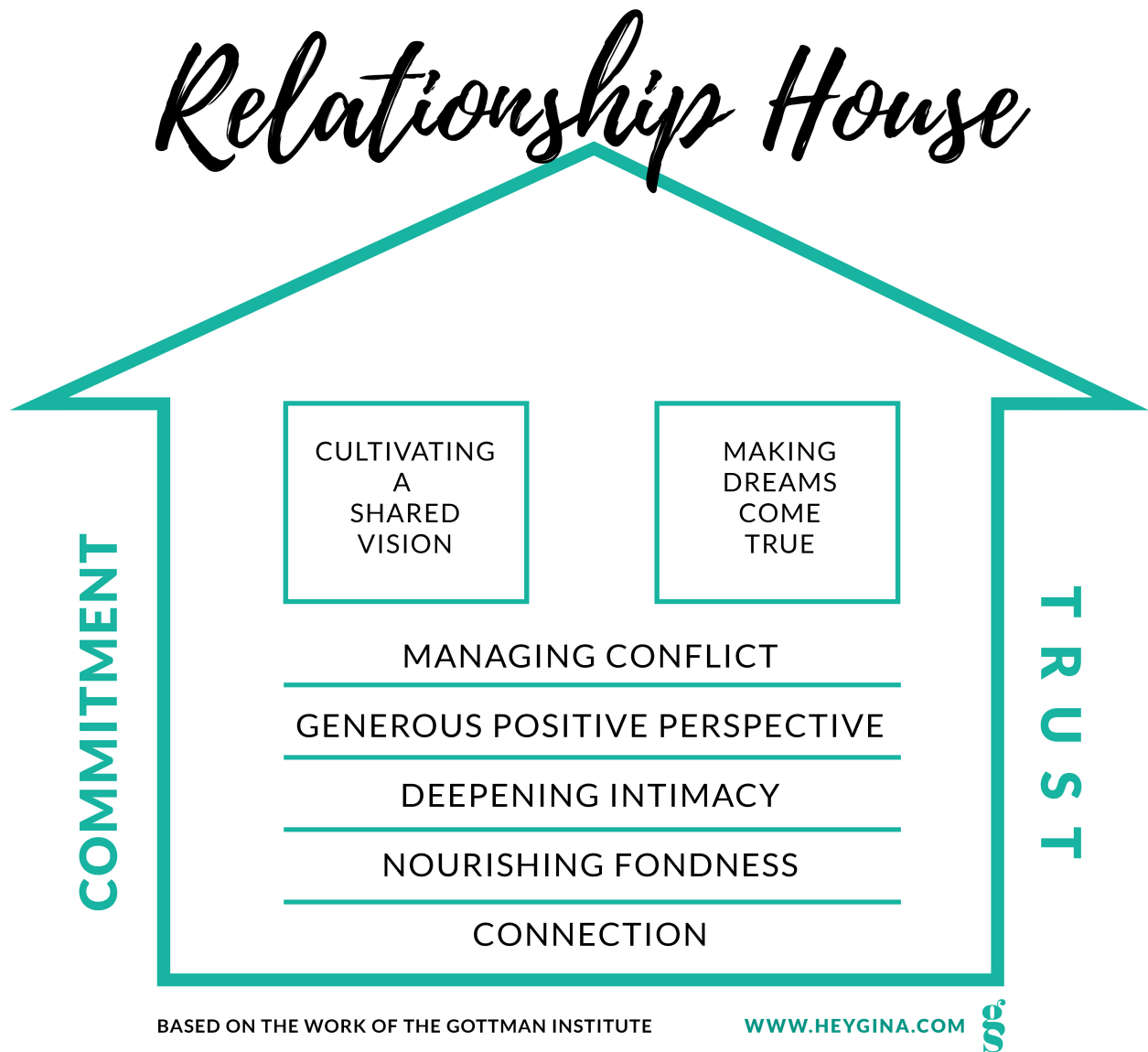


THE RELATIONSHIP HOUSE

When working on long-term relationship health we highlight three main areas for change:

1. Increase overall positive emotions
2. Decrease negativity during conflict
3. Increase positive emotions and repair attempts during disagreements



NOTES

Based on the work of the Gottman Institute

AREAS FOR REPAIR/REMODEL

Structural stability- Trust and Commitment

- Make clear promises and agreements
- Follow through on promises
- Own mistakes and practice personal accountability
- Offer generous interpretations and check assumptions
- Prioritize trustworthiness in your relationship

To reach these three goals we focus on seven areas within your relationship house:

Foundation- Connection

Build connection and awareness of your partner's world.

- Love maps- getting to know each other and staying curious
- Building friendship
- Spending quality time together
- Supporting basic self care and general wellness

NOTES

Living Room- Nourishing fondness and admiration

Make deposits into your emotional bank account.

- Expressing fondness, gratitude and admiration openly.
- Praising/crediting your partner
- Fostering positive thoughts about the relationship/partner
- Encouraging one another

NOTES

Based on the work of the Gottman Institute

Kitchen- Deepening intimacy

Become aware of and responsive to bids for connection.

- Working as a team
- Allowing your partner's influence
- Turning towards one another

NOTES

Bathroom- Generosity and positive perspective

Build a strong friendship with your partner.

- Reducing stress
- Negotiating power and decisions with intention
- Processing failed bids
- Softening start ups
- Notice pursue/withdraw patterns

NOTES

Bedroom- Conflict management

Learn to manage conflict with care.

- Practicing openness and listening skills
- Communicating without blame/ taking personal accountability
- Compromising
- Understanding triggers
- Noting perpetual problems vs solvable problems
- Noticing and addressing the four horsemen:
 - **Criticism**- speaking negatively about your partner's character or personality
 - **Contempt**- hostile energy, cynicism, belief your partner's unable to be in relationship
 - **Stonewalling**- turning away from your partner and/or tuning them out
 - **Defensiveness**- defending yourself by blaming your partner

NOTES

Based on the work of the Gottman Institute

Windows- Cultivating a shared vision and meaning

NOTES

Build a shared sense of purpose.

- Creating rituals of connection
- Establishing a shared vision
- Sharing dreams, ideas, values
- Honoring differences, celebrating successes

Balcony – Making dreams come true

NOTES

Support each other's life dreams.

- Developing goals, plans, bucket lists
- Taking action to meaningfully support individual dreams
- Executing plans we dream together

Roof- Sustainable growth and wellness

NOTES

- Spending quality time together
- Practicing emotional communication
- Engaging with curiosity and warmth
- Using solid repair strategies and accountability processes
- Sharing gratitude and appreciation

RELATIONSHIP MYTHS

Unfortunately three main relationship myths hold a lot of folks back from creating change in their relationships. They are:

1. **The amount of fighting in a partnership isn't as important to relationship longevity as the numbness or disconnect experienced during conflict.**

Many couples hope to have a conflict-free relationship- and unfortunately this is not possible. Many healthy relationships involve a lot of conflict- the difference is the conflict is managed with connection, care, respect, and good will. Long lasting partnerships maintain a high ratio of positive interactions during and after conflict.

2. **Increasing the positive interactions is essential in order to address the negative interactions.**

Based on the work of the Gottman Institute

Weathering change and conflict in a relationship requires a baseline of trust and positive regard is established. Therefore, to build a future, we start by patching holes in this foundation, investing in gratitude, making and receiving bids for attention, developing a culture of appreciation, savoring fondness, and understanding.

3. **Not all problems are solvable- what's important is finding a way to work through the problems with connection, care, respect, and good will.**

Every relationship faces a few unresolvable conflicts (some estimates suggest 69% of conflict is unresolvable), and many solvable conflicts- the difference between relationships is the way we manage these conflicts. Increasing positive regard and repair attempts during conflict assists couples in managing the many conflicts that come up in a relationship's lifetime.

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