

# Dr. John Gottman's 7 Principles of Successful Relationships

- 1. Enhance your love maps.** You know your partner's inner world, from life dreams to favorite movies, as a best friend would.
- 2. Nurture fondness and admiration.** You have a positive view and deep appreciation of your partner, and express it.
- 3. Turn toward each other instead of away.** State your needs, be aware of bids for connection, and turn towards them.
- 4. Let your partner influence you.** You shouldn't make important life decisions autonomously, as a single person would.
- 5. Solve your solvable problems.** All couples have solvable and perpetual problems, but long-term couples solve those they can and understand there will always be perpetual problems.
- 6. Overcome gridlock.** What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams with the goal of making peace with the problem.
- 7. Create shared meaning.** Develop the big and small rituals that help build the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.

# Gottman 7 Principles

**Melissa Fulgieri LCSW**



## **Gottman 7 Principles:**

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Gottman 7 Principles**

In a world inundated with displays and the cacophony of immediate conversation, the profound power and mental resonance of verbal beauty frequently fade into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, set within the musical pages of **Gottman 7 Principles**, a captivating work of fictional elegance that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus manuals viewers on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central subjects, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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