

Principle 1- Love Maps

Couples who are intimately familiar with each other and know the rich details of each other's world is what Dr. John Gottman calls a love map. It's the part of the brain where you store all the relevant information about your partner's life.

Source: Seven Principles for Making Marriage Work

Gottman Seven Principles Love Maps

Karin Nielsen-Saines



Gottman Seven Principles Love Maps:

The Seven Principles for Making Marriage Work John Mordechai Gottman, Nan Silver, 1999 Drawing on research into the dynamics of healthy relationships a study of the basic principles that make up a long lasting marriage shares advice on how to cope with such issues as work children money sex and stress

The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER Over a million copies sold An eminently practical guide to an emotionally intelligent and long lasting marriage Daniel Goleman author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand repair and strengthen marriages John Gottman s unprecedented study of couples over a period of years has allowed him to observe the habits that can make and break a marriage Here is the culmination of that work the seven principles that guide couples on a path toward a harmonious and long lasting relationship Straightforward yet profound these principles teach partners new approaches for resolving conflicts creating new common ground and achieving greater levels of intimacy Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem whether dealing with issues related to sex money religion work family or anything else Packed with new exercises and the latest research out of the esteemed Gottman Institute this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential

[Summary of The Seven Principles For Making Marriage Work by John Gottman](#) QuickRead, Lea Schullery, The revolutionary guide for learning the seven principles for creating a happy marriage that will last a lifetime Divorce statistics are higher than ever 67 percent of first marriages will end in divorce within 40 years and half of those will occur within the first 7 years The divorce rate is even higher for second marriages so it makes sense for couples to put forth the effort into making their marriage work But how can you ensure your marriage will go the distance Throughout Dr Gottman s Love Lab Gottman revolutionized the study of marriage by using scientific procedures and observing the habits of married couples in detail over several years His research methods revealed the key to happy marriages as well as the detriments that lead to divorce The seven principles outline the path to success as well as tips for effective communication and agreeable compromise Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries DISCLAIMER This book summary is meant as a preview and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book on QuickRead and want us to remove it please contact us at hello@quickread.com

[Summary of The Seven Principles for Making Marriage Work](#) QuickChapters, 2025-07-21 What makes love last and what quietly tears it apart In *The Seven Principles for Making Marriage Work* renowned relationship expert Dr John Gottman distills decades of groundbreaking research into a practical science based guide for building lasting intimacy and connection This chapter by

chapter summary captures Gottman's core discoveries about the behaviors that predict marital success or failure with startling accuracy. Alongside co-author Nan Silver, Gottman outlines seven essential principles from nurturing fondness and admiration to managing conflict constructively that help couples strengthen their bond and navigate challenges with greater empathy and understanding. Whether you're newly married in a long-term relationship or simply looking to deepen your emotional connection, this summary provides clear takeaways and actionable tools drawn from the Gottman Institute's most influential research.

Disclaimer: This is an unofficial summary and analysis of *The Seven Principles for Making Marriage Work* by John Gottman, Ph.D., and Nan Silver. It is designed solely to enhance understanding and aid in the comprehension of the original work.

[The Seven Principles for Making Marriage Work](#) John Gottman, Ph.D., 2002-02-04

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings and his heavily attended workshops have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that strung together make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

The Seven Principles for Making Marriage Work is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage:

- Maintain a love map
- Foster fondness and admiration
- Turn toward instead of away
- Accept influence
- Solve solvable conflicts
- Cope with conflicts you can't resolve
- Create shared meaning

Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage or making a strong one even better.

[A Woman's Guide to the Male Mind](#) Sam Gerald, 2011-01-14

A Woman's Guide to the Male Mind is the indirect result of a blog that I wrote in 2005: *How Do You Tell If a Guy Fancies You?* The article was so popular, receiving more than 70 replies from women with lots more questions, that I launched my web site www.seducemen.co.uk. Since then, most of the advice I've given in hundreds of published articles was based on my own experiences and those of my friends. To write the book, however, I adopted a more scientific approach. I performed a significant amount of research into recent discoveries by anthropologists, sociologists, psychologists, and biochemists on topics ranging from basic sexual

attraction to personality type and male female communications strategies Its my belief therefore that A Womans Guide to the Male Mind features the best of two worlds common sense opinions backed by solid empirical evidence By helping ladies understand the male point of view with regard to sex dating and relationships I hope to eliminate the senseless conflicts that so often erupt between lovers and would be lovers Once you understand a few fundamentals about the male mind and male behaviour you will stop thinking of men as inscrutable blockheads and primitive misfits You will no longer regard them as you would a small nasty child or an alien race Arming yourself with the wisdom in this book youll increase your odds of finding happiness and harmony in romantic relationships and you will help ensure that this bliss lasts a lifetime By the time a man reaches maturity he has passed through four evolutionary stages in his attitude toward women and relationships Its very important to understand and identify these four stages because it will save you from wasting time on guys who arent ready for serious romance

Shortcuts to Mindfulness: 100 Ways to Personal and Spiritual Growth Catherine Auman LMFT,2014-07-06 Wake up to calmness and clarity with simple mindfulness meditations and stories Can t find time to meditate You can easily calm and center yourself with this collection of short essays by Catherine Auman Licensed Marriage and Family Therapist LMFT By reading this book you will experience mindful awakenings about spirituality your relationships love tantric sex how to become a better person Easy and enjoyable to read Shortcuts to Mindfulness offers simple but powerful stories and essays that will positively impact every area of your mental and physical health from productivity and focus to relief from stress and anxiety better sleep mind blowing sex personal relationships the benefits are limitless The result More headspace less stress Catherine brings this ancient practice into the modern world tailor made for the time starved among us

The Seven-Day Love Prescription John Schwartz Gottman,Julie Schwartz Gottman,2022-10-27 How can you revive and renew your relationship in just seven days For the past fifty years Drs John and Julie Gottman have been studying love This book distils their work into an accessible bite size seven day action plan for deeper intimacy Taking you through their most foundational findings the Gottmans will help you build a love that lasts in just seven days Through small immediately actionable daily steps they will help you to shift your relationship for the better providing trusted antidotes to common issues from loneliness and emotional and physical disconnection to drifting apart and losing that loving feeling These will teach you how to Connect and check in with each other Ask each other big open ended questions Show appreciation and gratitude by saying thank you Give your partner a genuine compliment Communicate what you need Create moments of physical connection Declare a date night No matter who you are or what kind of relationship you want to strengthen The Seven Day Love Prescription is guaranteed to provide you with the practical tools to transform any relationship in your life for the better The Gottmans prove that small frequent changes over just seven days can strengthen the foundations of all relationships allow them to flourish and create big long lasting change over time

Grounds for Marriage, Book and Study Guide Jade G. Stone,2011-02-17 Your marriage is in crisis and you ve read countless books on how

to make it work but to no avail You haven't seen sustainable change in your relationship and you're ready to give up hope that counseling will be effective You're weary of striving and you may have even considered having an affair doing violence to yourself or to your partner or indulging in an addiction Perhaps you already have You cannot stomach another false promise or simplistic solution to the complex problems in your marriage and you wonder is there any other way

Grounds for Marriage speaks into the wreckage of broken covenants with a fresh perspective on relationship refusing to apply flimsy bandages to fractured relationships and insisting that the core brokenness be addressed and genuinely repaired This material helps couples and their counselors to honestly evaluate troubled marriages providing a much needed compassionate sensible hopeful sound and sometimes unexpected understanding of the scriptures and of relationship Synchronizing personal story anecdotes from her work as a Licensed Professional Counselor and a review of literature in psychology and theology Jade G Stone helps couples in crisis to study the scriptures to determine what they say constitutes a marriage covenant recognize how both partners contribute to failure in their marriage heal from old wounds so they can be in covenantal relationship with God and with a covenant companion With no nonsense directness and high definition clarity Stone helps you envision how human covenantal commitments must function in order to mirror intimacy with God She presents the criteria of wholehearted covenant as a measuring stick for relational intimacy grounds for marriage without which you cannot determine what comprises broken intimacy grounds for divorce From a covenantal relational perspective you can maintain scriptural integrity understanding and wisdom as you evaluate a marriage in crisis

Grounds for Marriage includes a study guide to help readers personalize the concepts presented [The Go-To Mom's Parents' Guide to Emotion Coaching Young Children](#) Kimberley Blaine, 2010-07-15 From the producer of the popular on line The Go To Mom TV comes a handy guide filled with practical tips that reject old fashioned discipline and instead use empathy and emotion coaching a more effective open hearted method of support and positive change Blaine shows how to put in place life changing solutions and access previously untapped resources This book is written for parents who struggle to solve the day to day problems of raising kids She offers emotion coaching solutions for dealing with tantrums nightmares hitting bedtime whining bedwetting potty training shyness and anger

[Positive Psychology](#) William C. Compton, Edward Hoffman, 2019-01-09 Topically organized Positive Psychology The Science of Happiness and Flourishing presents a highly engaging up to date introduction to positive psychology Authors William C Compton and Edward Hoffman invite students to apply practices to their own lives contexts and experiences to ensure understanding The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental clinical personality motivational social and behavioral psychology Furthermore the text offers perspectives on positive emotional states research and theory on positive traits coverage of positive institutions and a look at the future of positive psychology The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness money and subjective well being and

romantic love *Me to Us* Anitha Manjunath,2024-07-26 Embark on a path towards more joyful understanding and loving relationships rooted in mutual growth and deep connection Navigating the intricate journey from self discovery to enduring love and societal influence this book provides an essential roadmap for anyone seeking to deepen their understanding of themselves and their relationships From forming a nurturing relationship with yourself challenging stereotypes exploring the modern landscape of dating and understanding the deeper commitments of long term relationships the content of this book is structured to guide readers through a transformative exploration of personal identity and relationship dynamics From one chapter to the next you will dive deep into the heart of your relationships In essence you will Discover Connect Grow in love marriage Whether you re single dating or married this book offers invaluable insights and tools to help you navigate your relationship challenges with greater clarity and confidence Turn the first page and embark on a journey towards richer and more fulfilling relationships **Making Love Last a Lifetime Participant's Book** Adam Hamilton,2012-02-01 Making

Love Last a Lifetime is a comprehensive program for reaching new people creating excitement launching new small groups and strengthening existing classes It includes sermon starters and illustrations marketing materials and outreach tools built around an eight week study on a topic that holds great interest for singles and married persons both inside and outside the church Designed for use in 60 90 minute sessions For group or individual study the book can be used by class participants during the study group meeting or at home for additional reflection Includes detailed content for the eight session topics For more information about Adam Hamilton s studies go to www.adamhamilton.co.uk *Psychology in Action* Karen Huffman,Karen Dowdell,Catherine Ashley Sanderson,2017 Revised edition of Psychology in action 2015 [More Brief Therapy Client Handouts](#) Kate Cohen-Posey,2010-12-23 The highly anticipated follow up to Brief Therapy Client Handouts now with even more practical therapeutically sound strategies for helping clients change behaviors and address problems Building on the success of Brief Therapy Client Handouts this unique sourcebook provides a comprehensive collection of over 200 jargon free ready to use psycho educational handouts including concise articles exercises visual aids self assessments and discussion sheets that support your clients before during and between sessions Featuring a strong focus on mindfulness and cognitive therapy More Brief Therapy Client Handouts incorporates sensitively written handouts addressing timely topics such as positive counseling strategies psycho spirituality and using trance for pain management and weight loss This exceptional resource features A helpful Therapist Guide opens each chapter with learning objectives and creative suggestions for use of material More handouts devoted to parents couples families and children Strategies and tasks within each handout for clients to do on their own or in the therapist s office as part of the session Assessment questionnaires targeting specific issues including personality traits automatic thoughts core beliefs symptoms of panic and repetitious thoughts and behavior Exercises and worksheets such as Power Thinking Worksheet Thought Record and Evaluation Form Thought Changer Forms Self Talk Record Selves and Parts Record and Daily Food Log Practical and empowering More Brief

Therapy Client Handouts helps you reinforce and validate ideas presented in therapy and reassure clients during anxious times in between sessions With a user friendly design allowing you to easily photocopy handouts or customize them using the accompanying CD ROM this therapeutic tool will save you precious time and maximize the full potential of the material

What Makes Love Last? John Gottman, John Mordechai Gottman, Nan Silver, 2013-09-10 One of the foremost relationship experts at work today offers creative insight on building trust and avoiding betrayal helping readers to decode the mysteries of healthy love and relationships

You Can't Have Him, He's Mine Mariel H Browne, Marlene M. Browne, 2007-04-02 Any marriage or long term relationship can be vulnerable to an affair In *You Can't Have Him He's Mine* Dr Marie Browne and Marlene Browne Esq outline ways you can protect your relationship using the techniques and strategies of the homewreckers themselves This psychotherapist and family law attorney team up to show you What goes on in the other woman's head to make her go after your spoken for man What makes your husband or boyfriend susceptible to her advances and What you can do to stop her In each chapter you'll find proven mate guarding tactics designed to ward off the would be other woman Using the authors tried and true methods you will become expert at assessing your mate as well as the quality of your relationship and home life for infidelity vulnerability Further you will learn which of your own actions and attitudes may have made your man's affair all but inevitable

Navigating Intimate Relationships Kanika K. Ahuja, 2025-04-29 This book spotlights the complexities of relationships drawing on theories that have guided relationship scholars classic studies and current research juxtaposed with the current Indian milieu While some believe that the study of interpersonal relationships lacks academic rigour this book argues that relationships not only play a critical role in human behaviour and development but also are central to our well being happiness and health One of the first mainstream books in India to address relationships beyond the binary of man woman this volume presents an inclusive view of gender and sexuality including non heterosexual relationships It also touches on multiple types of relationships in the 21st century such as mixed families singles live in living apart together LAT role of dating apps and so on This book would be useful to students researchers and teachers of Psychology Applied Psychology Mental Health Sociology Family Studies and other allied disciplines It will be a useful guide for students to build and maintain relationships and practice positive relational attitudes like self acceptance gratitude and forgiveness It will also be an equally indispensable resource for counsellors researchers practitioners in mental health family caregivers relationship counsellors and professionals in related fields

Self-Help That Works John C. Norcross, 2013-04-11 Helps readers identify effective self help materials and distinguish them from those that are potentially misleading or even harmful It is designed for laypersons and mental health professionals and reviews books films online programs support groups and websites for 41 behavioral disorders and life challenges

Becoming a Marriage and Family Therapist Eugene Mead, 2013-01-29 *Becoming a Marriage and Family Therapist* is a practical how to guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room Readers will learn how to apply empirically based

methods to the core tasks of therapy in order to improve competency establish effective supervision and deliver successful client outcomes A practical guide to improving competency across the core tasks of therapy based on over 40 years of observation and teaching by an internationally acclaimed author Presents treatment protocols that show how to apply therapy task guidelines to a range of empirically supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation and family violence with children elders and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas to build competence and successful delivery

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