

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

Rachel S Tattersall



Gottman 7 Principles:

Unveiling the Magic of Words: A Report on "**Gottman 7 Principles**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Gottman 7 Principles**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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