

Gottman's Repair Checklist

@drlaurenfogelmersy

I feel...

"I'm getting worried."
"I feel unappreciated."
"I feel defensive."

Sorry

"Let me try that again."
"I can see my part in all this."
"My reaction was too extreme."

Get to Yes

"I agree with part of what you're saying."
"I never thought of things that way."

I Need to Calm Down

"I need your support right now."
"Can we take a break?"

Stop Action!

"I'm feeling flooded."
"We are getting off track."
"I might be wrong here."

I appreciate...

"I understand."
"Thank you for..."
"This is not your problem, it's our problem."

Gottmans Advice For Productive Disagreements

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