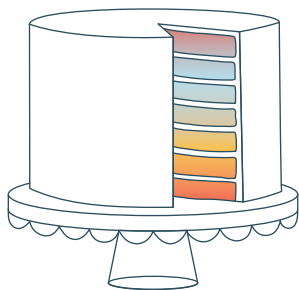


RELATIONSHIP PRINCIPLES



RECIPE

Seven Principles

Layer the seven principles for a love you can savor for a lifetime.

Add the ingredients in any order and let your creativity shine!

Ingredients:

- 1 Love Maps Card Deck
- 2 Partners willing to work on their relationship
 - Love for your partner
- 1 Conflict
- 1 Dollop of dreams
 - Gottman's Seven Principles

YIELDS

*An understanding of each other,
a strengthened foundation,
and lasting love*

Instructions:

Layer each of the Seven Principles.

Step 1

Enhance Your Love Maps

Love Maps are your ongoing and ever-evolving understanding of your partner's world. Who is their best friend? What type of dressing do they like on their salad? What are their life dreams? Update your Love Maps regularly.

Step 2

Nurture Your Fondness and Admiration

Fondness and admiration are two of the most crucial elements in a rewarding and long-lasting romance. Having fondness and admiration for your partner means acknowledging that they are worthy of respect and love, and cherishing them. Notice the good things your partner is doing as well as the traits you love about them and call them out regularly.

Step 3

Turn Towards Each Other Instead of Away

In a relationship, couples are always making "bids" for each other's attention, affection, humor, or support. A partner responds to a bid by either turning towards or turning away. A tendency to turn toward bids for connection is the basis of trust, emotional connection, passion, and a satisfying sex life.

Step 4

Let Your Partner Influence You

This doesn't manifest as "anything you say, dear". Instead, it looks like respecting and honoring each other, taking your partner's feelings and opinions into account, and making your significant other a partner in decision making. Members of a couple who take the other partner's preferences into account and are willing to compromise and adapt are happiest.

Step 5

Solve Your Solvable Problems

A solvable problem within a relationship is about something situational. A solution can be found and maintained.

RELATIONSHIP RECIPES

Use these five tactics to solve your solvable problems:

1. Soften your start-up (*see the softened-startup recipe!*).
2. Learn to make and receive repair attempts, or behaviors that maintain the emotional connection and emphasize “we/us” over individual needs.
3. Soothe yourself and each other (*see the self-soothing recipe!*).
4. Compromise and find common ground.
5. Process any grievances so they don’t linger and keep the focus on shared concern for the well-being of the relationship.

Step 6

Overcome Gridlock

Gridlock is a state in which your argument with your partner has come to a standstill because you both disagree on how to move forward. Gridlock is caused by perpetual problems, or problems that center on either fundamental differences in your personalities, or fundamental differences in your lifestyle needs. Overcoming gridlock does not mean solving, giving in, or losing. It simply means accepting, acknowledging, and discussing the issue without hurting each other... then moving forward.

Step 7

Create Shared Meaning

Relationships aren’t just about raising kids, splitting chores, and making love. They can also have a spiritual dimension that has to do with creating an inner life together—a culture rich with symbols and rituals, and an appreciation for your roles and goals that link you and lead you to understand who you are as a couple.