

THE SOUND RELATIONSHIP HOUSE THEORY

Developed by John Gottman, Ph.D. and Julie Gottman, Ph.D.

Pioneers in relationship science, Drs. John and Julie Gottman have revolutionized our understanding of marriage, relationships, and couples therapy. They draw upon four decades of breakthrough research with more than 3,000 couples. The Sound Relationship House Theory is the foundation of the Gottman Method, which uses a practical approach to help couples break through barriers to achieve greater understanding, connection, and intimacy in their relationships.

WHAT CAN YOU DO NOW TO MAKE YOUR RELATIONSHIP WORK?

Build Love Maps

- Maintain awareness of your partner's world

Share Fondness and Admiration

- Make deposits into the Emotional Bank Account

Turn Towards Instead of Away

- Accept bids for emotional connection

The Positive Perspective

- A positive perspective occurs when the friendship of your marriage is strong

Manage Conflict

- Accept influence from your partner: be open to compromise
- Discuss your problems: take turns listening to one another about perpetual issues
- Practice self-soothing: keep yourself calm

Make Life Dreams Come True

- Find ways to support each other's life goals and dreams

Create Shared Meaning

- Build a shared sense of purpose. What is your mission and legacy?



WHAT ABOUT TRUST AND COMMITMENT?

5 ways to build trust, love, and loyalty in your relationship:

1. Make trustworthiness a main priority in your relationship
2. Act to maximize your partner's well-being
3. Know that trust is built in small positive moments
4. Avoid negative comparisons
5. Generate frequent thoughts and acts that cherish your partner's positive qualities and minimize your focus on their negative faults