

# The Gottman Method Cheat Sheet:

## What Would John & Julie Do?

### THE SOUND RELATIONSHIP HOUSE THEORY

This is the foundational framework of the Gottman Method, which visualizes a strong relationship as a house with several levels:

- **Build Love Maps:** Understanding your partner's inner world, including their hopes, dreams, and everyday experiences.
- **Share Fondness and Admiration:** Expressing affection, respect, and appreciation regularly.
- **Turn Towards Instead of Away:** Recognizing and responding positively to your partner's bids for emotional connection.
- **The Positive Perspective:** Maintaining a positive view of your partner and the relationship, especially during conflicts.
- **Manage Conflict:** Handling disagreements constructively, including accepting influence, finding compromise, and dialogue about problems.
- **Make Life Dreams Come True:** Supporting each other's aspirations and finding ways to make them a reality.
- **Create Shared Meaning:** Building a sense of shared purpose, values, and rituals of connection.

### BIDS FOR CONNECTION

Recognizing and responding to "bids for connection" is crucial. Bids are attempts to gain attention, affection, or affection from your partner. Turning towards these bids strengthens emotional bonds, while turning away or ignoring them can harm the relationship.

### LOVE MAPS

Building and maintaining detailed "love maps" involves knowing your partner's world — their likes, dislikes, preferences, dreams, and fears. This deep understanding fosters intimacy and connection.

### EMOTION COACHING

Helping partners to become "emotion coaches" for each other involves understanding and validating each other's emotions, which enhances emotional intimacy and trust.

### CONFLICT MANAGEMENT

The Gottman Method distinguishes between solvable and perpetual problems. Solvable problems can be resolved with effective communication and compromise, while perpetual problems require ongoing dialogue and understanding since they often stem from fundamental differences in personality or values.

### CREATING SHARED MEANING

Developing shared rituals, goals, and values helps couples build a deeper connection and a sense of purpose in their relationship.

### REPAIR ATTEMPTS

Recognizing and making repair attempts during conflict is vital. These are efforts to de-escalate tension and reconnect, which can include humor, apologies, or affectionate gestures.

### TRUST AND COMMITMENT

Building trust and demonstrating commitment are essential elements. Trust is built through consistent positive interactions and reliability, while commitment involves investing in the relationship and prioritizing it, workshops.

### GENTLE STARTUPS

A gentle startup involves approaching a conversation or conflict in a calm, respectful, and non-accusatory manner. It typically includes "I" statements, expressing feelings and needs without blaming.

Examples of Gentle Startups:

#### 1. Expressing a Need Without Blame:

- "I feel overwhelmed when the house is messy. Can we work together to find a solution?"
- "I feel neglected when we don't spend time together. Can we plan a date night soon?"

#### 2. Expressing a Feeling:

- "I feel hurt when you raise your voice. Can we talk about this calmly?"
- "I feel worried when you come home late without calling. Can you let me know if you're going to be late?"

#### 3. Requesting a Change:

- "I feel stressed when the bills pile up. Can we create a budget together?"
- "I feel misunderstood when you interrupt me. Can you please let me finish speaking?"

#### 4. Acknowledging the Partner's Efforts:

- "I really appreciate it when you help with the kids. Can we discuss how to share responsibilities more evenly?"

Scripts for Gentle Startups:

- "I feel [emotion] when [situation]. I need [specific request]."
- Example: "I feel anxious when I don't hear from you all day. I need us to check in with each other at least once during the day."
- "I've been feeling [emotion] about [situation]. Can we talk about it?"
- Example: "I've been feeling overwhelmed about our finances. Can we talk about how to manage our budget better?"
- "I'd like to talk about [issue]. I'm feeling [emotion] and I need [specific request]."
- Example: "I'd like to talk about our weekend plans. I'm feeling a bit left out and I need to feel more involved in the decision-making."

### THE FOUR HORSEMEN OF THE APOCALYPSE

The Gottmans identified four negative communication patterns that are highly predictive of relationship breakdowns if not addressed:

1. **Criticism:** Attacking your partner's character rather than addressing specific behaviors.
2. **Contempt:** Showing disrespect, mocking, or belittling your partner, which is the most damaging of the four.
3. **Defensiveness:** Responding to complaints with counter-attacks or playing the victim to deflect blame.
4. **Stonewalling:** Withdrawing from interaction and becoming emotionally unavailable.

### THE ANTIDOTES TO THE FOUR HORSEMEN

To counteract the Four Horsemen, the Gottmans recommend specific antidotes:

- **Criticism Antidote:** Use a gentle startup by focusing on your own feelings and needs without blaming.
- **Contempt Antidote:** Build a culture of appreciation and respect by expressing gratitude and admiration.
- **Defensiveness Antidote:** Take responsibility, even for a small part of the issue, to diffuse tension.
- **Stonewalling Antidote:** Practice physiological self-soothing to stay emotionally present and calm.

### THE MAGIC RATIO

The Gottmans emphasize the importance of maintaining a positive interaction ratio of 5:1 — five positive interactions for every negative one. This balance helps to keep the relationship resilient and happy.

# Treatment Manual Gottman

**Robert D. Rieseke**



## **Treatment Manual Gottman:**

**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 Handbook of Assessment and Treatment Planning for Psychological Disorders Martin M. Antony, David H. Barlow, 2011-10-20 Widely regarded as a premier clinical reference this book provides state of the science tools for conducting effective assessments and using the results to plan and monitor evidence based interventions Leading authorities present proven approaches to screening and assessment for specific psychological problems They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes Recommended instruments and procedures are described including applications for managed care and primary care settings Many of the chapters feature detailed tables that compare and contrast relevant measures New to This Edition Thoroughly updated with new instruments and research findings Chapter on the role of assessment in evidence based treatment Additional disorder specific chapter impulse control disorders Chapter explaining how to evaluate the reliability and validity of a measure Handbook of Family Therapy Mike Robbins, Tom Sexton, Gerald Weeks, 2004-03-01 This new Handbook of Family Therapy is the culmination of a decade of achievements within the field of family and couples therapy emerging from and celebrating the dynamic evolution of marriage and family theory practice and research The editors have unified the efforts of the profession s major players in bringing the most up to date and innovative information to the forefront of both educational and practice settings They review the major theoretical approaches and break new ground by identifying and describing the current era of evidence based models and contemporary areas of application The Handbook of Family Therapy is a comprehensive progressive and skillful presentation of the science and practice of family and couples therapy and a valuable resource for practitioners and students alike *The Handbook of Conflict Resolution* Peter T. Coleman, Morton Deutsch, Eric C. Marcus, 2014-04-07 Praise for The Handbook of Conflict Resolution This handbook is a classic It helps connect the research of academia to the practical realities of peacemaking and peacebuilding like no other It is both comprehensive and deeply informed on topics vital to the field like power gender cooperation emotion and trust It now sits prominently on my bookshelf Leymah Gbowee Nobel Peace Prize Laureate The

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**Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder** Robert D. Rieske, 2019-04-29. This handbook examines the medical and therapeutic needs of individuals with autism spectrum disorder (ASD) and the effectiveness of treatments that are delivered through interdisciplinary teams. It analyzes the impact of interdisciplinary teams on assessment, diagnosis, treatment planning, and implementation, and explores how evidence-based treatments can be developed and implemented. Chapters describe the wide-ranging effects of ASD and the challenges individuals and their family members face when seeking treatment. In addition, chapters provide an overview of the comorbidities and related disorders that often accompany ASD, including neurodevelopmental disorders, medical and behavioral problems, and psychopathology. The handbook also discusses the critical importance of caregivers in the treatment team as experts in their child's strengths, problem areas, and functioning. Topics featured in this handbook include: Legal considerations in interdisciplinary treatments; Ethical considerations in the development and implementation of interdisciplinary teams; Evidence-based interdisciplinary treatment and evaluation considerations; The role of primary care physicians and subspecialty pediatricians within interdisciplinary teams; The impact of school psychologists related to assessment and intervention; development of vocational interventions that promote independence in individuals with ASD. The *Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder* is a must-have resource for researchers, clinicians, and professionals and graduate students across such interrelated disciplines as clinical child, school, and developmental psychology; child and adolescent psychiatry; social work; rehabilitation medicine; therapy; pediatrics; and special education.

**The Personality Disorders Treatment Planner: Includes DSM-5 Updates** Neil R. Bockian, Julia C. Smith, Arthur E. Jongsma, Jr., 2016-02-23. Approaching personality disorders with evidence-based treatment plans. The *Personality Disorders Treatment Planner*, 2nd Edition, is fully updated to meet the changing needs of the

mental healthcare field A time saver for psychologists counselors social workers psychiatrists and other mental health professionals this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs managed care companies third party payors and state and federal agencies Organized around twenty six presenting problems the easy to use format and over 1 000 prewritten symptom descriptions treatment goals objectives and interventions makes the task of developing an evidence based treatment plan more efficient than ever The treatment of mental health disorders is rapidly evolving and new evidence based protocols are being adopted by federal and state organizations You are now required to closely monitor patient progress and you may feel pressure to stick to standardized care and reporting procedures however you can only do so if you have access to the latest in evidence based treatment plans Updated with new and revised evidence based Objectives and Interventions Integrated DSM 5 diagnostic labels and ICD 10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality disorders Proposed Dimensional System of DSM 5 Expanded and updated self help book list in the Bibliotherapy Appendix Revised expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

**The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples** Adrian J. Blow, 2020-10-19 Volume III of The Handbook of Systemic Family Therapy focuses on therapy with couples Information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment Developed in partnership with the American Association for Marriage and Family Therapy AAMFT it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists It will also benefit researchers educators and graduate students involved in CMFT

**International Handbook of Behavior Modification and Therapy** Alan S. Bellack, Michel Hersen, Alan E. Kazdin, 2012-12-06 The rapid growth of behavior therapy over the past 20 years has been well documented Yet the geometric expansion of the field has been so great that it deserves to be recounted We all received our graduate training in the mid to late 1960s Courses in behavior therapy were then a rarity Behavioral training was based more on informal tutorials than on systematic programs of study The behavioral literature was so circumscribed that it could be easily mastered in a few months of study A mere half dozen books by Wolpe Lazarus Eysenck Ullmann and Krasner more or less comprised the behavioral library in the mid 1960s Seminal works by Ayllon and Azrin Bandura Franks and Kanfer in 1968 and 1969 made it only slightly more difficult to survey the field Keeping abreast of new developments was not very difficult as Behaviour Research and Therapy and the Journal of Applied Behavior Analysis were the only regular outlets for behavioral articles until the end of the decade when Behavior Therapy and Behavior Therapy and Experimental Psychiatry first appeared We are too young to be maudlin but Oh for the good old days One of us did a quick survey of his bookshelves and stopped counting books with behavior or behavioral

in the titles when he reached 100 There were at least half again as many behavioral books without those words in the title

**Clinician's Handbook of Adult Behavioral Assessment** Michel Hersen, 2011-04-28 Given the vast amount of research related to behavioral assessment it is difficult for clinicians to keep abreast of new developments In recent years there have been advances in assessment case conceptualization treatment planning treatment strategies for specific disorders and considerations of new ethical and legal issues Keeping track of advances requires monitoring diverse resources limited to specific disorders many of which are theoretical rather than practical or that offer clinical advice without providing the evidence base for treatment recommendations This handbook was created to fill this gap summarizing critical information for adult behavioral assessment The Clinician's Handbook of Adult Behavioral Assessment provides a single source for understanding new developments in this field cutting across strategies techniques and disorders Assessment strategies are presented in context with the research behind those strategies along with discussions of clinical utility and how assessment and conceptualization fit in with treatment planning The volume is organized in three sections beginning with general issues followed by evaluations of specific disorders and problems and closing with special issues To ensure cross chapter consistency in the coverage of disorders these chapters are formatted to contain an introduction assessment strategies research basis clinical utility conceptualization and treatment planning a case study and summary Special issue coverage includes computerized assessment evaluating older adults behavioral neuropsychology ethical legal issues work related issues and value change in adults with acquired disabilities Suitable for beginning and established clinicians in practice this handbook will provide a ready reference toward effective adult behavioral assessment [Comprehensive Handbook of](#)

[Psychotherapy, Cognitive-Behavioral Approaches](#) Florence W. Kaslow, Terence Patterson, 2004-01-30 Now available in paperback The Cognitive Behavioral Functional model is a landmark that combines established and cutting edge authors and issues as well as integrating material for both novice and experienced theorists researchers and practitioners In this volume international authors many of whom are pioneers in their approach illustrate issues clearly and apply them to diverse populations Chapters in supervision and ethical issues provide unique and valuable perspectives **Handbook Of Family**

**Therapy** Alan S. Gurman, David P. Kniskern, 2014-07-22 First published in 1981 This volume is unique as to date no previous book and no collection of papers one could assemble from the literature addresses or achieves for the field of family therapy what is accomplished in this handbook It responds to a pressing need for a comprehensive source that will enable students practitioners and researchers to compare and assess critically for themselves an array of major current clinical concepts in family therapy **Clinical Handbook of Couple Therapy, Fifth Edition** Alan S. Gurman, Jay L. Lebow, Douglas K.

Snyder, 2015-05-28 Regarded as the authoritative reference and text this handbook presents the most effective widely studied approaches to couple therapy The distinguished coeditors bring together other leading experts most of whom developed the approaches they describe Adhering closely to a uniform structure to facilitate study and comparison chapters cover the

history theoretical and empirical underpinnings and techniques of each model The volume also describes cutting edge applications for particular relationship contexts such as blended families LGBT couples and separated couples and clinical problems such as partner aggression psychological disorders and medical issues New to This Edition Chapters on interpersonal neurobiology and intercultural relationships Chapters on couple therapy for PTSD functional analytic couple therapy and the integrative problem centered metaframeworks approach Many new authors Extensively revised with the latest theory and research See also Clinical Casebook of Couple Therapy edited by Alan S Gurman which presents in depth illustrations of treatment

**Clinical Handbook of Couple Therapy** Jay L. Lebow, Douglas K. Snyder, 2022-09-13 Now in a significantly revised sixth edition with 70% new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today Prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems Chapters on major approaches follow a consistent format to help readers easily grasp each model s history theoretical underpinnings evidence base and clinical techniques Chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and LGBT couples and clinical problems such as intimate partner violence infidelity and various psychological disorders Instructive case examples are woven throughout New to This Edition Chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy intergenerational therapy socioculturally attuned therapy and the therapeutic palette approach Chapters on sexuality older adult couples and parents of youth with disruptive behavior problems Chapters on assessment and common factors in couple therapy Chapters on cutting edge special topics relationship enhancement telehealth interventions and ethical issues in couple therapy See also Snyder and Lebow s What Happens in Couple Therapy which presents in depth illustrations of treatment

*Engaging Men in Couples Therapy* David Shepard, Michele Harway, 2012-03-15 This book will help practitioners overcome one of the leading challenges in couples therapy working effectively with the male partner Men have unique needs and psychological issues that many clinicians may not recognize or know how to address This volume presents chapters by the leading practitioners associated with current therapeutic models including Emotionally Focused Couple Therapy Imago Relationship Therapy Integrated Behavioral Couple Therapy and more Using in depth case examples they demonstrate how their approaches can be adapted to be male sensitive and respond to the ambivalence so many men experience about couples work Special topics are also addressed including infidelity cultural diversity working with veterans and fathering issues This book will enrich therapists work with couples making treatment a welcoming experience for both partners and the treatment process more gratifying for the therapist

*Reunification Family Therapy* Jan Faust, 2017-12-20 A unique evidence based treatment manual for repairing parent child relationships Childhood problems are often related to and worsened by the disintegration of the family structure whether through parental separation and divorce military service or incarceration Reunification

therapy is a therapeutic process incorporating different empirically based methods CBT humanistic and systemic to help repair relationships between parents and children and restore not only physical contact but also meaningful social emotional and interpersonal exchanges between parents and children This unique manual bringing together the vast experience of the author outlines the many situations numerous families currently face and why the need for reunification therapy exists The therapist works firstly with the individual family members and then with all the family in conjoint sessions The manual expertly guides clinicians through pretreatment decisions and processes to enable them to decide where when and in what form reunification therapy is appropriate taking into account ethical legal and special family issues Detailed chapters outline the structure and issues for the individual and conjoint sessions as well as a step by step treatment plan template Additional tools in the Appendix enable clinicians to monitor and effectuate change

Handbook of Counseling Military Couples Bret A. Moore, 2012 Handbook of Counseling Military Couples provides expert analyses of the special issues that come up for military couples and guides clinicians through the process of addressing them productively

Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions Robert D. Friedberg, Jennifer K. Paternostro, 2019-10-02 This handbook offers a comprehensive review of cognitive behavioral therapy CBT for working in integrated pediatric behavioral health care settings It provides research findings explanations of theoretical concepts and principles and descriptions of therapeutic procedures as well as case studies from across broad conceptual areas Chapters discuss the value of integrated care diversity issues ethical considerations and the necessary adaptations In addition chapters address specific types of pediatric conditions and patients such as the implementation of CBT with patients with gastrointestinal complaints enuresis encopresis cancer headaches epilepsy sleep problems diabetes and asthma The handbook concludes with important directions in research and practice including training and financial considerations Topics featured in this handbook include Emotional regulation and pediatric behavioral health problems Dialectical Behavior Therapy DBT for pediatric medical conditions Pharmacological interventions and the combined use of CBT and medication CBT in pediatric patients with chronic pain CBT for pediatric obesity CBT informed treatments and approaches for transgender and gender expansive youth Medical non compliance and non adherence associated with CBT Training issues in pediatric psychology The Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions is an essential resource for researchers and graduate students as well as clinicians related therapists and professionals in clinical child and school psychology pediatrics social work developmental psychology behavioral therapy rehabilitation child and adolescent psychiatry nursing and special education

**Breaking Negative Relationship Patterns** Bruce A. Stevens, Eckhard Roediger, 2016-10-31 Schema Therapy ST was developed to treat patients with complex disorders especially personality disorders with a powerful new set of interventions Personality disorders as well as more general problems stemming from early experience and addressed by schema therapy are a key factor in many disturbed relationships and as a result ST is now increasingly used for couples work By dealing effectively



with the past ST offers a unique way to approach and address present difficulties in relationships Couples who understand their individual patterns of thinking and behavior tend to find that their relationships make much more sense Breaking Negative Relationship Patterns is a readable practical resource containing a wealth of self help exercises that schema therapists can recommend or give to their patients It is the ideal resource for couples undergoing schema therapy and can also serve as an accessible self help guide for those experiencing relationship difficulties The authors offer a complete ST based model for understanding complex personal problems along with couple specific adaptations of core ST interventions such as limited reparenting imagery re scripting and behavioral pattern breaking

Clinician's Guide to Research Methods in Family Therapy Lee Williams,JoEllen Patterson,Todd M. Edwards,2018-03-21 A research methods text with a unique focus on evidence based practice with couples and families this book bridges the divide between research and clinical work The text offers comprehensive user friendly coverage of measurement and design issues and basic qualitative and quantitative methods Illustrating research concepts with clinically relevant examples and sample studies it teaches clear steps for evaluating different types of studies and identifying common threats to validity Of special value to therapists it provides a systematic framework for using research to guide the selection and evaluation of interventions that meet the needs of particular clients Pedagogical features End of chapter Applications sections showing how to evaluate specific methods Appendices with quick reference guides and recommended resources Instructive glossary See also the authors Essential Skills in Family Therapy Third Edition From the First Interview to Termination which addresses all aspects of real world clinical practice and Essential Assessment Skills for Couple and Family Therapists which shows how to weave assessment into all phases of therapy

**Handbook of Behavior Therapy in the Psychiatric Setting** Alan S. Bellack,Michel Hersen,2013-11-21 Focusing on patients with severe impairments including mixed and multiple diagnoses this volume describes how behavior therapy fits into the clinical environment Psychiatrists medical clinicians and residents will appreciate the in depth coverage of a broad range of difficult issues

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