

THE SOUND RELATIONSHIP HOUSE

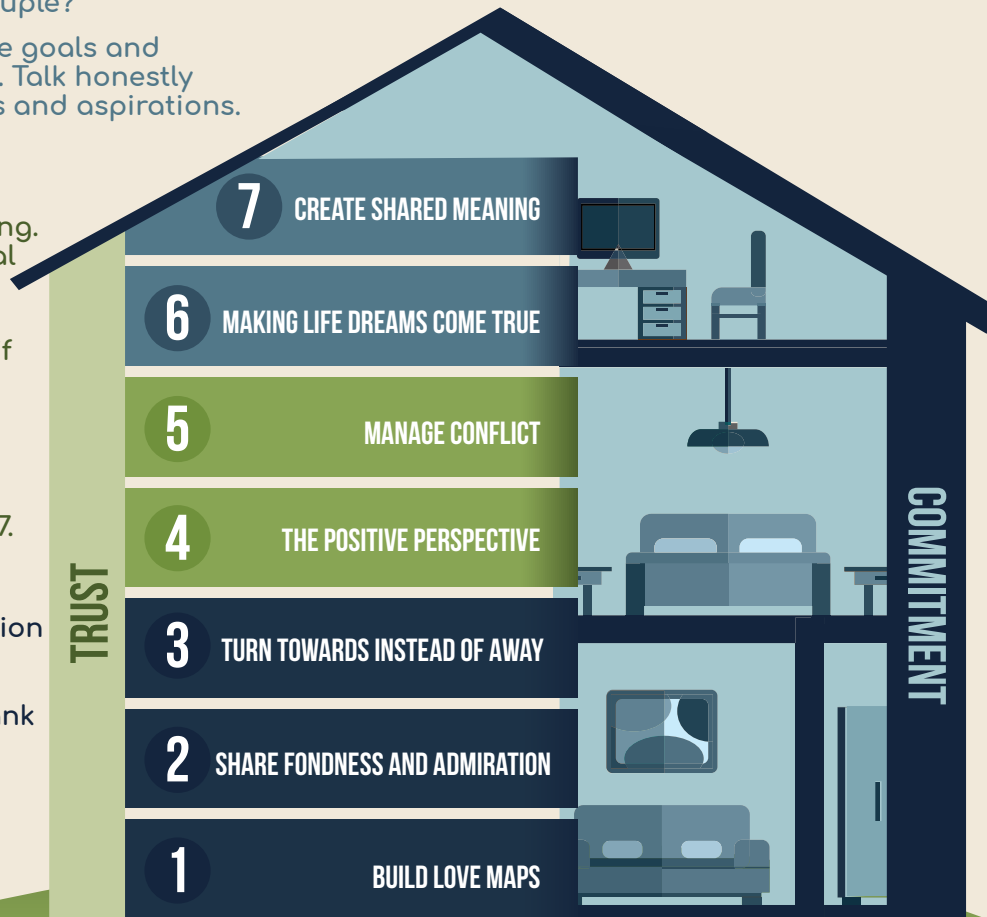
Created by Drs. John and Julie Gottman

7 Components of Lasting, Intimate Love



WHAT CAN YOU DO NOW TO MAKE YOUR RELATIONSHIP WORK?

- 7** Create an atmosphere that encourages each person to talk honestly about her or his convictions. Create a blended sense of meaning for your relationship. What is your mission and legacy as a couple?
- 6** Find ways to support each other's life goals and dreams that have personal meaning. Talk honestly about your partner's dreams, values and aspirations.
- 5** Accept your partner's influence. Dialogue about problems with a soft-startup. Practice self-soothing. Identify whether it is a perpetual vs. solvable problems.
- 4** Your skills in Levels 1 to 3 determine if your relationship has a positive or a negative sentiment override. A positive perspective gives you and your partner the confidence and skills to face adversity and conflict, and successfully achieve Levels 5 to 7.
- 3** Make and accept bids for emotional and positive connection often in every day moments.
- 2** Make deposits into the Emotional Bank Account. Express appreciation and respect.
- 1** Maintain awareness of your partner's world. Do you know his or her worries, stresses, joys, dreams? Ask, listen and listen deeply.



DR. JOHN "JACK"
COUPLES CROSSEN
DOING BETTER

WANT MORE DETAILS?

Attend a couples workshop with Dr. Crossen.

REGISTER

<https://couplesdoingbetter.com/event/>

8383 NE Sandy Blvd, Suite 440,
Portland, OR 97220