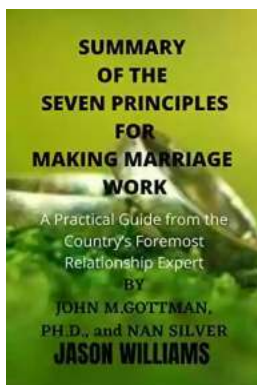


Summary Of The Seven Principle For Making Marriage Work By John Gottman Ph And

Marriage is a beautiful union between two individuals who are committed to sharing their lives together. However, it is not always easy to make a marriage work. There are ups and downs, challenges and obstacles that couples face on their journey together. In his book, "The Seven Principles for Making Marriage Work," John Gottman PhD provides valuable insights and practical advice to help couples build a strong and lasting marriage.

The first principle outlined by Gottman is to enhance your love maps. Love maps refer to the knowledge and understanding of your partner's world. It involves knowing their likes, dislikes, dreams, and fears. By continuously updating your love map, you are able to foster a deep emotional connection with your spouse.

The second principle focuses on nurturing fondness and admiration for your partner. This involves appreciating and showing gratitude for the qualities you admire in your spouse. By cultivating positive thoughts and feelings towards your partner, you create a strong foundation for a thriving marital relationship.



SUMMARY OF THE SEVEN PRINCIPLE FOR MAKING MARRIAGE WORK BY JOHN M.GOTTMAN, PH.D., and NAN SILVER: A Practical Guide from the Country's Foremost Relationship Expert by Anna Steininger(Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 415 KB
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Gottman's third principle deals with turning towards your partner instead of away. He emphasizes the importance of actively listening and responding to your spouse's bids for attention, affection, or validation. By being present for your partner and showing support, you can strengthen the bond between you.

Building love maps, nurturing fondness, and turning towards your partner are all essential, but Gottman highlights the fourth principle as a critical factor in long-term marital happiness - sharing dreams, aspirations, and values. When couples have shared goals and a mutual understanding of what they want to achieve, they are more likely to feel a sense of purpose and unity in their marriage.

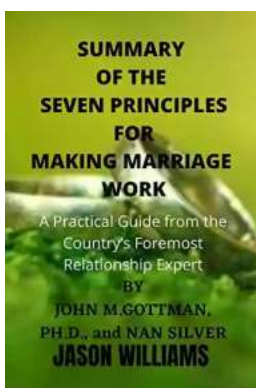
Fifthly, Gottman explains the importance of managing conflict constructively. Conflict is inevitable in any relationship, but the way it is handled can make or break a marriage. Gottman suggests adopting a soft startup approach, where discussions begin gently and with kindness. He also emphasizes the importance of taking responsibility for one's actions and avoiding criticism, contempt, defensiveness, and stonewalling.

Another significant principle is the realization that creating shared meaning in a marriage is essential. This involves creating rituals and traditions that have

personal significance and meaning for both partners. By consciously incorporating shared experiences and activities that bring joy and fulfillment, couples can strengthen their emotional connection and overall satisfaction in the relationship.

The final principle outlined by Gottman is to foster trust and commitment in the marriage. Trust is the foundation of any successful relationship, and it requires honesty, reliability, and maintaining the integrity of your words and actions. Commitment, on the other hand, involves staying dedicated to the relationship and working through challenges together.

, John Gottman's book, "The Seven Principles for Making Marriage Work," offers valuable insights and practical advice for couples looking to build a strong and lasting marriage. By enhancing love maps, nurturing fondness, turning towards one another, sharing dreams and values, managing conflict constructively, creating shared meaning, and fostering trust and commitment, couples can overcome challenges and experience a fulfilling and harmonious relationship. Marriage requires effort and dedication, but by following these principles, couples can create a solid foundation for a successful future together.



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NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.” — Daniel Goleman, author of Emotional Intelligence

The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship.

Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else.

Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.



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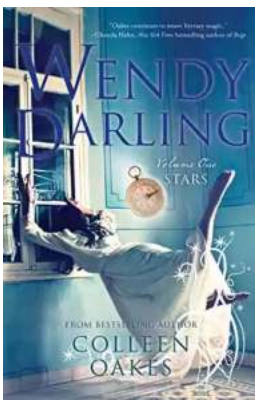
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