

The Gottmans on The Art & Science of Love: A Workshop for Couples

A. What predicts Success in your marriage?

1. Marriage masters have ___ time the amount of positivity as negativity during _____.

B. What are the 4 best predictors of divorce?

1. C_____
 1. Something is wrong/defective in your partner's p_____.
 - b. The antidote to criticism is c_____. C_____ focuses on the behavior not the p_____.
 - c. Example:
 1. **Complaint:** "You only talked about yourself."
 2. **Criticism:** "You only talked about yourself, what is the _____ you?"
 - a. You, always, never, everyone, no-one, etc. (catastrophic language)
2. D_____
 - a. The problem with defensiveness is not accepting r_____.
 - b. Defensiveness appears to be defending your own i_____.
 - c. The real problem with defensiveness is not accepting r_____.
 - d. The antidote to defensiveness is a_____ r_____.
 - e. Rather than acting righteously i_____, or an innocent v_____.
3. C_____
 - a. Making any statement that puts me on a higher plane than my p_____.
 - b. Most common way to be contemptuous is to use in_____
 1. Name c_____
 2. Labeling
 3. Correcting someone's gr_____.
 4. Eye r_____.
 - c. It's the single best predictor of d_____.

- d. **The antidote for contempt** is creating a culture of ap_____.
- e. Don't be involved in people's mistakes but scan for what's w_____.
- f. Look for things to say "T_____ you." About.

4. St_____.

- a. The listener's w_____ from the interaction.
- b. The stonewaller is really trying to c_____ down_____.
- c. 85% per stonewallers are m_____.
- d. Stonewalling can lead to esc_____.
- e. **The antidote to stonewalling** is s_____ s_____. Calming yourself down.
- f. Anger does not p_____ divorce. Abuse is more of a predictor.

C. After watching the Role play, I identify more with the

- 1. Don't role play
- 2. Do role play

D. **Of the 4 Horsemen, I tend to use...** (1 is low, 10 is high)

- 1. **Criticism:** 1 2 3 4 5 6 7 8 9 10
- 2. **Defensiveness:** 1 2 3 4 5 6 7 8 9 10
- 3. **Contempt:** 1 2 3 4 5 6 7 8 9 10
- 4. **Stonewalling:** 1 2 3 4 5 6 7 8 9 10

Please bring this worksheet with you to your next session.