

DR. JOHN GOTTMAN'S

7 PRINCIPLES OF SUCCESSFUL RELATIONSHIPS

ENHANCE YOUR LOVE MAPS

You know your partner's inner world, from life dreams to favorite movies, as a best friend would.



NURTURE FONDNESS AND ADMIRATION

You have a positive view and deep appreciation of your partner and express it.



TURN TOWARD EACH OTHER INSTEAD OF AWAY

State your needs, be aware of bids for connection, and turn towards them.



LET YOUR PARTNER INFLUENCE YOU

You shouldn't make important life decisions autonomously, as a single person would.



SOLVE YOUR SOLVABLE PROBLEMS

All couples have solvable and perpetual problems, but long-term couples solve those they can and understand there will always be perpetual problems.



OVERCOME GRIDLOCK

What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams to make peace with the problem.



CREATE SHARED MEANING

Develop the big and small rituals that help build the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.



Six Levels Of A Happy Marriage

Ying-Ying Zheng



Six Levels Of A Happy Marriage:

Delve into the emotional tapestry woven by in Experience **Six Levels Of A Happy Marriage** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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