

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

**Sabine Zange**



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