



## How to Make Relationships Work: *Building Trust, Love, and Loyalty*

John Gottman, Ph.D and Julie Gottman, Ph.D

Pioneers in relationship science, Drs. John and Julie Gottman have revolutionized our understanding of marriage, relationships, and couples therapy. They draw upon nearly four decades of breakthrough research and clinical practice with more than 3,000 couples. Drs. John and Julie Gottman share their findings and insights about predicting whether couples will stay together or separate, and will teach you the tools that couples need to build strong and enduring relationships.

### *What Can You Do Now To Make Your Relationship Work?*

#### **Nurture the Friendship in Your Relationship:**

##### **Build Love Maps**

- Maintain awareness of your partner's world.

##### **Share Fondness and Admiration**

- Make deposits into the Emotional Bank Account.

##### **Turn Towards Instead of Away**

- Accept bids for emotional connection.

#### **Maintain a Positive Perspective:**

##### **The Positive Perspective**

- A positive perspective occurs when the friendship of your marriage is strong.

#### **Learn to Manage Your Conflict:**

##### **Manage Conflict**

- **Accept influence from your partner** – be open to compromise.
- **Discuss your problems** – take turns listening to one another about perpetual issues.
- **Practice self-soothing** – keep yourself calm.

#### **Honor Each Other's Life Dreams:**

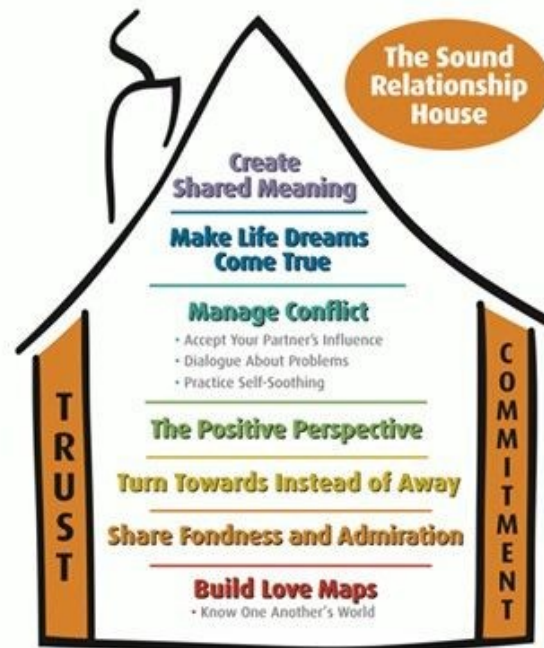
##### **Make Life Dreams Come True**

- Find ways to make one another's life dreams come true.

#### **Create Shared Meaning in The Relationship:**

##### **Create Shared Meaning**

- Build a shared sense of purpose. What is your mission and legacy?



### *What About TRUST and COMMITMENT?*

5 ways to build trust, love, and loyalty in your relationship:

- ♥ Make trustworthiness a main priority in your relationship.
- ♥ Act to maximize your partner's well-being.
- ♥ Know that trust is built in small positive moments.
- ♥ Avoid negative comparisons.
- ♥ Generate frequent thoughts and acts that cherish your partner's positive qualities and minimize your focus on their negative faults.