

The *Gottman-Rusbult-Glass* Cascade

Relationship Interaction Patterns that Lead to the Breakdown of Relationships

Check items that commonly occur in your relationship:

- ☐ Turning away/dismissing or turning against your partner. Not attuning!
- ☐ Feeling that my partner is “not there for me” as a common event.
- ☐ Flooding/physiological arousal in conversations. Blow ups.
- ☐ Conflict avoidance
- ☐ Suppressing of true feelings for fear of criticism or dismissal
- ☐ Conflict absorbing. The probability of negativity is greater than the probability of exit.
- ☐ Avoidance of self-disclosure. Keeps secrets.
- ☐ Increasing secrets from partner.
- ☐ Encouraging (not denigrating) alternative relationships.
- ☐ Negative comparisons between partner and others
- ☐ Trashing versus cherishing
- ☐ Minimizing partner's positive traits.
- ☐ Maximizing partner's negative traits.
- ☐ Resentment versus gratitude.
- ☐ Increase in loneliness.
- ☐ Making fun of partner in front of others. (Feels as if not on the same team).
- ☐ Trashing partner to others.
- ☐ Teaming up with others against partner.
- ☐ Bidding for connection declines.
- ☐ Less investing in the relationship.
- ☐ Less sacrificing for the relationship.
- ☐ Less dependency on partner to get needs met. Alternatives to get needs met.
- ☐ Low desire, little sex, less fun and adventure.
- ☐ Lack of mutual goals and honored dreams. Poor love maps.
- ☐ Little fence between self and others. (Reverse windows and walls).
- ☐ Crossing boundaries. Giving self permission to cross lines.