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## Ten lessons to transform your marriage

Famous for its ability to predict the likelihood of success or long-term relationship failure in couples studying at its Seattle Love Lab, psychologists John Gottman and Julie Schwartz Gottman have earned an enviable reputation among their fellow professionals. Here, they share insights from their science-based studies to show how couples in healthy, happy and lasting marriages face conflict effectively and without unnecessary harm. Ten lessons to transform their marriage contains 10 dialogues that show couples learning to change their communication habits in favor of greater proximity. Each couple stabs in one of their chronic problems, such as a couple's workaholicism or disputes over parenting. In an adjacent column, the Gottmans give a blunt comment on the strengths and weaknesses of the couple's approach to the problem. The pair are then shown communicating much more effectively on a second attempt. This approach makes it clear where subtle things go wrong over time and illustrates how only a few relatively small adjustments can help get them back on track. Magnificent, easily adopted wisdom to revive an association under stress, and a great resource to strengthen relationships already happy for the long haul. In ten lessons to transform their marriage Julie and John Gottman analyze relationships and teach readers exactly what they can do to improve their marriages and relationships. Deal with irreconcilable topics by understanding your partner, talking about it and commitment where you can maintain high expectations for your marriage: translate into better marriages Share power in marriage: listen to your spouse Ten lessons to transform your marriage goes through 10 couples who want to improve their relationships and analyze a typical dialogue of their own. Then Gottman explains what the topic is, gives advice on how to improve and shows us the improved dialogues. And it mocks some lessons learned and exercises that you can apply to your marriage as well. The two truths of married couples Julie and John say that the two simple truths of happy couples is: They behave as good friends handle conflicts in a gentle and positive way Behaving like friends means their relationships have a lot of respect, affection and empathy. Positive behaviors that should be implemented by couples who are happy together present some common positive behaviors. They're not necessarily huge, but repeating themselves daily is what makes a difference: Soften Start up: they introduce complaints gently, without accusing and criticizing partner Turn Towards the Partner: they tune in to turn their partner around when their partner needs them and give them full Repair Conversation attention: when one goes south they manage to stop it instead of scaling it Accept Influence : they listen to the partner's opinion and are open to being convinced convinced it is mainly for men) Seeking longing in complaints A advice that I found particularly useful was to look beyond the complaint and go to the root cause. For example, if your partner screams that you're never there and all you can do is work, chances are they're actually saying: I miss you, I really like you and I need more of your time Many men though taking it's an attack or, even worse, feeling inadequate. Dealing with problems Some couples will always try to avoid talking about problems. They may be afraid to give too much air time to negative feelings, or afraid to open a Pandora's box. But not talking about problems leads to emotional distance. And a sense of loneliness, which can also be a precursor to infidelity. And if it's your partner who avoids delving into the problems, then it becomes your duty to make sure he listens to you. Emotionally distant marriages Avoid deeper problems and feelings is typical of avoidable relationships (read: Why marriages succeed or fail) and emotionally distant marriages (they also read: emotional invisibility). The risk of not knowing yourself well is developing inner lives that keep you away from your partners and don't feel understood. Gottman suggests that couples who avoid conflicts learn to share strong emotions instead of suppressing them. Focus on the positives Anthony Robbins often says: you get what you focus on. And it's similar for marriages and relationships. To get more feelings of affection and admiration, you should make a conscious effort to pay attention, notice and express your feelings of affection and gratitude for anything positive that happens between you two. Similarly, avoiding reproducing negative thoughts in your mind. Respect your partner Gottman's dreams explores dreams and conflicts closed to the net, an issue he already dealt with in The Seven Principles to make marriage work. It is important to note that our dreams and the deepest expressions of who we are are not always obvious. To bring our deepest differences to the surface and prevent them from being a problem, do the following: Create a safe environment where it is safe to discuss our deepest impulses and dreams Find areas of flexibility Commitment where you can The most important step is to know that your dreams are respected and understood. Do not delete anger anger, like all other emotions, should not be suppressed. Gottman says he can actually use anger. For example, when you use anger to fend for yourself, you gain self-show. But to allow anger to be transmuted into a positive force, it is necessary to express itself openly and in a non-destructive way. You should also avoid low thoughts such as how you could do this for me, this is unfair, I have to show him now, he will see. . ). The right way to express instead is like this: I feel so angry right now and it's a Emotion. I can handle this feeling and I have to talk to him immediately and fix this situation When you're angry, it's not true that getting him off his chest will help (also read pop psychology and self-help myths). Running and poking without a listening partner just makes you angry. What you actually need is someone to listen to and work through your feeling. And that will calm you down. Biographen & amp; Erinnerungen Entdecken Sie die spannenden Lebensgeschichten schillernder Persönlichkeiten. 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Tolkien Höchhr-Ratgeber Ge Unterstützen, Germany , motivieren, inspirieren Hörprobe: Du musst nicht von allen gemocht werdenAutor: Ichiro Kishimi In diesen Hörbüchern dreht sich alles um das schönste Thema der Welt, die Liebe.Hörprobe: Der Gesang der FlusskrebseAutor: Delia Owens Lustige Hörbücher und Hörspiele für Erwachsene und Kinder mit Lach-Garantie.Hörprobe: Die Känguru-ChronikenAutor: Marc-Uwe Kling Readers assumes the appearance of scouts in each chapter of this unique book, listen in two conversations between a wife and husband trying to discuss a problematic issue in their marriage. The aim of the authors is to present an intimate vision of 10 couples who learned to work through serious problems that threatened their marriages. These are marriages in which one spouse complains, for example, that the other is always distant and irritable, or that they do not feel close as a couple because of the many crises in their lives, or that they only seem to have time for their children. In each chapter, readers first get wet about the transcript of an initial conversation between a husband and a woman, accompanied by criticism from authors about the strengths and weaknesses of the conversation. In these initial conversations, a number of things go wrong, so to speak. In the second conversation of each chapter, the authors' advice is tested to improve the couple's approach to a difficult topic. What makes this book different from others, then, is its invitation to readers to first assess the drawbacks and then the advantages of two very different ways of discussing the same topic. In this way, I found the book really educational. Every marriage has perpetual problems - that is, conflicts based on personality differences or lifestyle preferences that never disappear, the authors comment. Common these issues include disagreements over spending, where to live or how to handle household chores. However, their research shows that happier couples can live peacefully with their perpetual problems as long as they keep talking about them in an open and productive way. However, perpetual issues that become blocked conflicts can be detrimental to a marriage, the authors stress. John Gottman and Julie Schwartz Gottman are the founders of the Gottman Institute and the Relationship Research Institute in Seattle. They are among the leading researchers on marriage in the US Joan DeClaire is a writer specializing in psychology, health and family problems. John Gottman is perhaps best known for The Seven Principles for Making Marriage Work, a widely consulted book on marriage that was once a bestseller. These researchers have developed a body of advice that is based on two surprisingly simple truths, they explain. The first is that happily married couples behave like good friends, while the second stresses that happily married couples handle their conflicts in a gentle and positive way. Authors can grab the attention of many readers when they urge spouses to keep their happiness expectations in marriage fairly high. The authors tell couples: If you and your spouse expect to feel satisfied and satisfied with their relationship, you will be more motivated to work towards this standard. A particularly compelling section of this book is about the dangers of what will be called a marriage that avoids conflict - a marriage in which a wife and husband would rather put aside disagreements than explore the potentially difficult conflicts and emotions that might arise. The authors believe that learning to express feelings, state needs and addressing conflicts will help build intimacy and strengthen a marriage so that it can hard times. Otherwise, when life-altering experiences occur, such as serious illness, a death in the family, job loss or acute financial problems, these couples can become even more emotionally distant from each other. The authors' advice to couples is to practice telling themselves what they feel and what they need - even if that expression brings conflicts to the surface, where they need to be recognized and managed. Another notable talking point in this book concerns sharing power in marriage and being open to the influence of your spouse. Couples who have trouble accepting each other's influence often argue and feel defensive. When people are influenced by their partners, they stop creating obstacles for each other and learn to authors write. It may seem paradoxical, they continue, but you become more powerful by sharing your power with others. About reviewer David Gibson is the first now retired editor of Origins, CNS Documentary Service. Disclaimer: Book reviews do not imply and should not be used as an official endorsement by the USCCB of the work or those associated with the work. Book reviews are only intended as a resource in terms of publications that might be of interest to visitors to your marriage. Visitors.

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