

the seven principles for making marriage work by john gottman

The Seven Principles for Making Marriage Work by John Gottman is a revolutionary framework that has transformed the way couples approach their relationships. Developed by renowned psychologist Dr. John Gottman, this research-based set of principles offers practical advice for navigating the complexities of marriage. Drawing from decades of observational studies of couples, Gottman's work reveals key behaviors and attitudes that can help couples thrive together. In this article, we will explore these seven principles, providing insights and actionable steps to enhance your marital relationship.

Understanding the Seven Principles

Dr. John Gottman's research led to the identification of seven essential principles that contribute to a healthy and successful marriage. These principles serve as a roadmap for couples, guiding them toward deeper connection and understanding.

1. Enhance Your Love Maps

A love map is the part of your brain where you store all the relevant information about your partner's life. This includes their dreams, fears, likes, dislikes, and significant life events.

- **Know your partner's world:** Take time to learn about your partner's childhood, family dynamics, and important experiences.
- **Ask open-ended questions:** Engage in conversations that allow both partners to share thoughts and feelings.
- **Update your love map regularly:** As life evolves, so do your partner's experiences and feelings. Make it a habit to check in with each other.

2. Nurture Your Fondness and Admiration

Building a culture of appreciation and respect is vital for a lasting marriage. Couples who express fondness and admiration for each other are more likely to maintain a healthy relationship.

- **Give compliments:** Regularly acknowledge your partner's strengths and express gratitude for their contributions.

- **Recall positive memories:** Reflect on the moments that brought you together and celebrate those shared experiences.
- **Practice forgiveness:** Let go of past grievances and focus on the positive aspects of your relationship.

3. Turn Toward Each Other Instead of Away

In marriage, small moments of connection can have a significant impact on your relationship. Turning toward your partner during everyday interactions strengthens your emotional bond.

- **Respond to bids for attention:** Be attentive to your partner's attempts to connect, whether through conversation or gestures.
- **Engage in shared activities:** Find hobbies or interests that you can enjoy together, fostering a sense of partnership.
- **Be present:** Show genuine interest in your partner's thoughts and feelings, even during mundane conversations.

4. Let Your Partner Influence You

Mutual respect and shared decision-making are crucial for a healthy partnership. Allowing your partner to influence your decisions reflects a strong foundation of trust and equality.

- **Value your partner's opinions:** Listen actively and consider your partner's perspective when making choices.
- **Compromise:** Be willing to find middle ground on disagreements, fostering a sense of teamwork.
- **Encourage autonomy:** Support your partner's individual goals and interests, recognizing that personal growth benefits the relationship.

5. Solve Your Solvable Problems

Not all conflicts in marriage are unsolvable, but how you approach these issues can make a significant difference. Gottman emphasizes the importance of effective problem-solving.

- **Use “I” statements:** Express your feelings without blaming your partner to foster better communication.
- **Stay calm:** Approach conflicts with a level head to prevent escalation.
- **Agree to disagree:** Recognize that some issues may not have a resolution. It’s okay to accept differences.

6. Overcome Gridlock

Gridlock occurs when couples face perpetual problems that seem to have no solution. Understanding the underlying dreams and values associated with these issues is essential for resolution.

- **Identify the dream:** Explore the deeper meaning behind your partner’s stance on the issue to understand their needs.
- **Develop shared goals:** Work together to find solutions that honor both partners' dreams and aspirations.
- **Be patient:** Recognize that overcoming gridlock takes time and effort, and approach it with a willingness to learn.

7. Create Shared Meaning

A successful marriage is built on shared values and goals. Creating a sense of shared meaning strengthens your bond and provides a framework for navigating life together.

- **Establish rituals:** Develop traditions that promote connection, such as weekly date nights or family gatherings.
- **Discuss your values:** Engage in conversations about your beliefs and priorities to align your goals.
- **Support each other's aspirations:** Encourage your partner to pursue their passions and dreams, fostering a collaborative environment.

Conclusion

Applying **The Seven Principles for Making Marriage Work by John Gottman** can significantly enhance your marital relationship. By focusing on building a strong foundation of friendship, respect, and shared meaning, couples can navigate the inevitable ups and downs of marriage with greater ease. Remember, a successful marriage requires ongoing effort, communication, and commitment. Embracing these principles not only helps couples thrive but also lays the groundwork for a fulfilling and lasting partnership. So, invest the time and energy into understanding and applying these principles, and watch your relationship flourish.

Frequently Asked Questions

What are the seven principles for making marriage work according to John Gottman?

The seven principles are: 1) Enhance your love maps, 2) Nurture your fondness and admiration, 3) Turn toward each other instead of away, 4) Let your partner influence you, 5) Solve your solvable problems, 6) Overcome gridlock, and 7) Create shared meaning.

How does enhancing love maps contribute to a successful marriage?

Enhancing love maps involves knowing your partner's world, including their dreams, goals, and stresses, which fosters intimacy and a deeper connection.

What is the importance of nurturing fondness and admiration in a relationship?

Nurturing fondness and admiration helps couples maintain a positive perspective about each other, reinforcing their emotional bond and countering negative feelings.

What does turning toward each other mean in the context of marriage?

Turning toward each other means responding to bids for attention, affection, and support, which strengthens emotional connection and trust in the relationship.

Why is it crucial to let your partner influence you?

Letting your partner influence you fosters mutual respect and partnership, which is essential for a healthy, balanced marriage where both voices are valued.

What strategies can couples use to solve solvable problems?

Couples can use strategies like active listening, expressing their feelings without blame, and focusing on specific behaviors rather than personal attacks to solve solvable problems.

How can couples overcome gridlock in their relationship?

Couples can overcome gridlock by identifying the underlying dreams behind their conflicts, discussing these dreams openly, and finding compromises that honor both partners' aspirations.

What does creating shared meaning entail in a marriage?

Creating shared meaning involves developing shared goals, rituals, and values, which helps couples build a shared sense of purpose and strengthens their bond.

[The Seven Principles For Making Marriage Work By John Gottman](#)

The Seven Principles For Making Marriage Work By John Gottman

Related Articles

- [the signal in the noise](#)
- [the practice of business statistics using data for decisions](#)
- [the unfolding drama of the bible](#)

[Back to Home](#)