GOTTMAN

Conflict Blueprint

GOTTMAN RAPOPORT INTERVENTION: LISTENING & VALIDATION

No one can engage in persuasion until both of you can state your partner's position to your partner's satisfaction. Slow down. Take turns as:

Speaker:

- No blaming, criticism, or contempt.
- No "You" statements.
- Use only "I" statements about a specific situation.
- Talk about your feelings.
- State **positive** need using a gentle start-up. Within every complaint, there is a longing. When that longing is expressed, a recipe for how to fulfill it may emerge.

Listener:

- Postpone your own agenda. Hear and repeat the content of the speaker's needs and perspective (the story).
- Hear the speaker's feelings (name emotions, feel them). Ask open-ended questions or questions for clarification or elaboration that deepend your understanding of your partner's needs.
- Summarize and reflect back what you hear. The goal is to be able to summarize the Speaker's position to the Speaker's satisfaction.
- **Validate and communicate understanding and empathy** to the speaker by completing the sentence, "It makes sense to me that you would feel that way and have these needs, because..."

Rapoport's Assumption of Similarity

When you identify a negative quality in your partner, try to see that very quality in yourself. When you identify a positive quality in yourself, try to see that very quality in your partner.

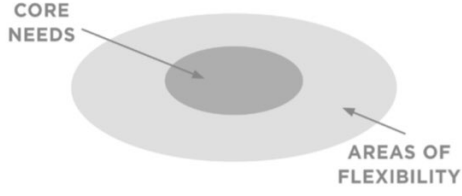
DREAMS WITHIN CONFLICT

For gridlocked, perpetual problems:

Postpone Persuasion. Explore the history and meaning within each person's ideal dream. Honor one another's dreams. The goal here is dialogue, understanding, and the acceptance of enduring personality differences.

COMPROMISE & PROBLEM-SOLVING

This is where persuasion belongs. To feel safe, first identify your core need and help your partner understand why it is core. Then compromise on areas of flexibility.



THE AFTERMATH OF A FIGHT OR REGRETTABLE INCIDENT

For repairing past emotional wounds:

Process the incident. Don't get back into it. There are two valid realities. Understand and validate your partner's reality. Use the Aftermath of a Fight or Regrettable Incident booklet in the Relationship Guide series.

FLOODED?

Take a break, self-soothe.

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