Relationship and Communication Resources

Sound Relationship House

* SRH Main Page: <https://www.gottman.com/blog/category/column/the-sound-relationship-house/>
* Build Love Maps: <https://www.gottman.com/blog/the-sound-relationship-house-build-love-maps/>
* Assess Your Love Map: <https://www.gottman.com/blog/do-you-truly-know-your-partner/?utm_source=Marriage+Minute&utm_campaign=825b7e41bc-MM_09212017&utm_medium=email&utm_term=0_56abe07ac5-825b7e41bc-136026265>
* Assessing Fondness and Admiration: <https://www.gottman.com/blog/fondness-and-admiration-assessment/>
* Reconnecting: <https://www.gottman.com/blog/3-steps-reconnect-feel-disconnected-partner/>
* Bids for Connection: <https://www.gottman.com/blog/marriage-not-big-thing-million-little-things/>
* Porn and Connection: <https://www.gottman.com/blog/an-open-letter-on-porn/>

Emotional Awareness/Intelligence

* Mindfully dealing with emotions: <https://www.gottman.com/blog/6stepstomindfullydealwithdifficultemotions/>
* The Key to Lasting Marriage is the Emotionally Intelligent Man: <https://www.gottman.com/blog/emotionally-intelligent-husbands-key-lasting-marriage/>
* Even Soulmates have Conflicts: <https://kylebenson.net/soulmate-problem/>
* The Stress-Reducing Conversation: <https://www.gottman.com/blog/the-one-daily-talk-that-will-benefit-your-marriage/>
* Conflict is Normal: <https://www.gottman.com/blog/conflict-normal-natural-part-happily-ever/>
* Get in Tune with your Feelings: <https://www.gottman.com/blog/self-care-emotional-attunement/>
* Brene Brown on Empathy: <https://www.youtube.com/watch?v=1Evwgu369Jw>
* Brene Brown on Blaming: <https://www.youtube.com/watch?v=RZWf2_2L2v8>
* Listening without Defensiveness: <https://www.gottman.com/blog/listen-without-getting-defensive/>

The ATTUNE Model- Being “In Tune” with your partner’s feelings

* Awareness: <https://www.gottman.com/blog/help-your-partner-understand-your-side-of-the-conflict-in-3-steps/>
* Tolerance: <https://www.gottman.com/blog/two-views-every-conflict-valid/>
* Transforming: <https://www.gottman.com/blog/transforming-criticism-into-wishes-a-recipe-for-successful-conflict/>
* Understanding:: <https://www.gottman.com/blog/understanding-must-precede-advice/>
* Non-Defensive Listening: Listening without Defensiveness: <https://www.gottman.com/blog/listen-without-getting-defensive/>
* Empathy: <https://www.gottman.com/blog/stop-trying-fix-partners-feelings/>

More on the Four Horsemen

* Four Horsemen Main Page: <https://www.gottman.com/blog/category/column/the-four-horsemen/>
* Recognizing the Four Horsemen: <https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>
* Self Care and the Four Horsemen: <https://www.gottman.com/blog/self-care-the-four-horsemen/>
* Self-Soothing- an Antidote to the Horsemen: <https://www.gottman.com/blog/the-four-horsemen-self-soothing-weekend-homework-assignment/>
* Basic Antidotes: <https://www.gottman.com/blog/the-four-horsemen-the-antidotes/>
* Repairs Keep It Positive: <https://www.gottman.com/blog/repair-little-things-dont-become-big-things/>