



The Gottmans'...

The Four Horsemen of the Apocalypse in Relationships & How to Stop Them with Antidotes

Being able to identify the Four Horsemen in your conflict discussions is a necessary first step to eliminating them and replacing them with healthy, productive communication patterns.

Verbally attacking personality or character

Criticism

Antidote:

Gentle Start Up

Talk about your feelings using "I" statements & express a positive need

Attacking sense of self with an intent to insult or abuse

Contempt

Antidote:

Build Culture of Appreciation

Remind yourself of your partner's positive qualities & find gratitude for positive actions

Victimizing yourself to ward off a perceived attack & reverse the blame

Defensiveness

Antidote:

Take Responsibility

Accept your partner's perspective & offer an apology for any wrongdoing

Withdrawing to avoid conflict & convey disapproval, distance & separation

Stonewalling

Antidote:

Physiological Self-Soothing

Take a break & spend that time doing something soothing & distracting