



**The Sound
Relationship
House**

**Create
Shared Meaning**

**Make Life Dreams
Come True**

Manage Conflict

- Accept Your Partner's Influence
- Dialogue About Problems
- Practice Self-Soothing

The Positive Perspective

Turn Towards Instead of Away

Share Fondness and Admiration

Build Love Maps

- Know One Another's World

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SOURCE: GOTTMAN CLINICIAN'S TOOLKIT BOX SET, GOTTMAN.COM.