

The Gottman Institute : a research-based approach to relationships

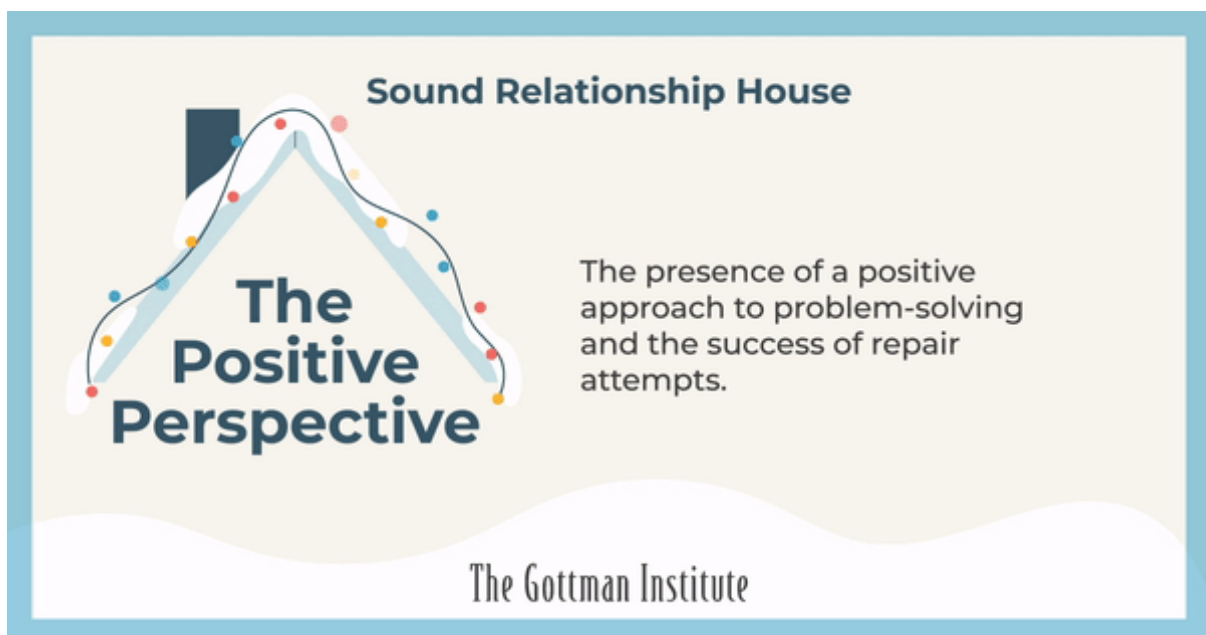
Dr Edwards-Skadowska curated reading/blog/research

The Positive Perspective

Do you have a positive view of your partner?

When you're away from your partner, do you think about how they don't help out around the house enough or about disagreements you've had, or do you reminisce about past memories and think about how you can't wait to see them again?

The Positive Perspective is the fourth level of The Sound Relationship House. It means that you give your partner the benefit of the doubt and you believe that you're on the same team, which in turn solidifies your union and strengthens you from the inside out.



Dr. John Gottman found that having a Positive Perspective of your partner and your relationship helps to more effectively solve problems during conflict, make more repair attempts, and generally see your partner in a more positive light.

So how can you maintain a positive perspective in your relationship?

Accept your partner's influence. When you accept your partner, you also accept their influence when discussing problems and solutions.

Increase fondness and admiration in your relationship. Tell your partner what you love about them regularly, express how proud you are of your relationship, and be physically affectionate with your partner.

Turn towards bids for connection: be emotionally attuned to see/hear/read their bids and respond to them positively, acknowledging and appreciating , coming up with your own bids in return which will create the atmosphere of love, playfulness and curiosity.