

How to use Gottman's Sound Relationship House to Secure Enduring Relationships

Presented by Liz Neal

Psychologist, Certified Gottman Couples Therapist & Trainer

1

1

Introduction & Overview of the Research

2

2

Discovery of Reliable Patterns of Interaction

3

3

The Sound Relationship House (SRH) Theory

4

4



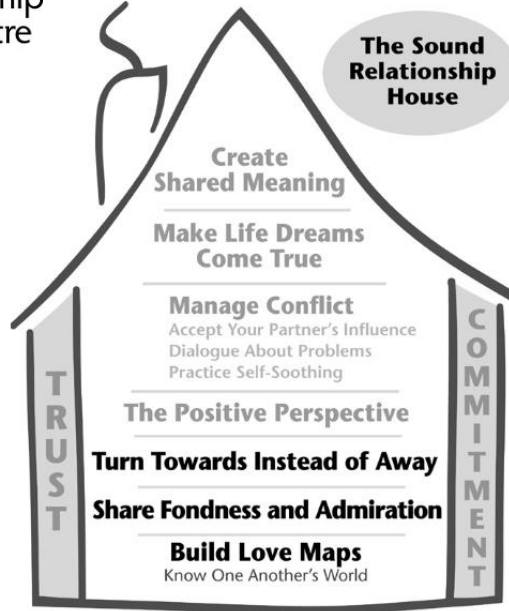
5

5



6

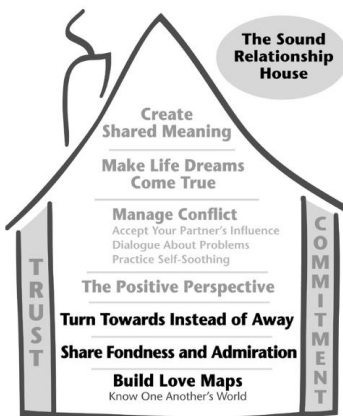
6



The Friendship & Intimacy System

7

7



The Friendship & Intimacy System

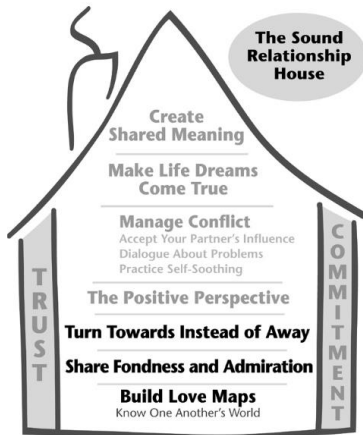
Build Love Maps

- Maintain awareness of your partner's inner world

8

8

The Friendship & Intimacy System



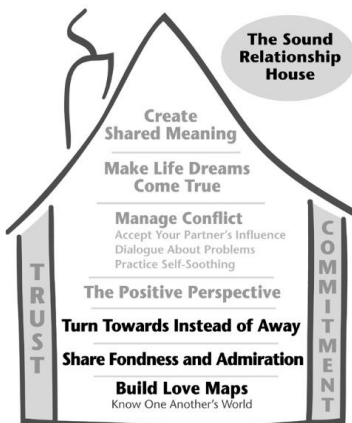
Share Fondness & Admiration

- Make deposits into the Emotional Bank Account

9

9

The Friendship & Intimacy System

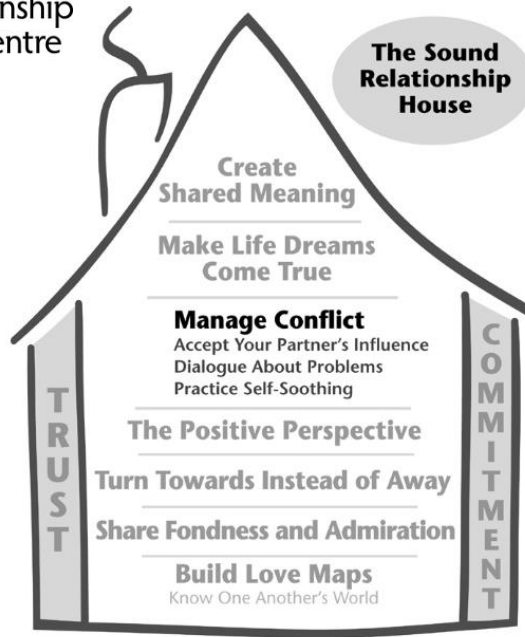


Turn Towards Instead of Away

- Accept bids for emotional connection

10

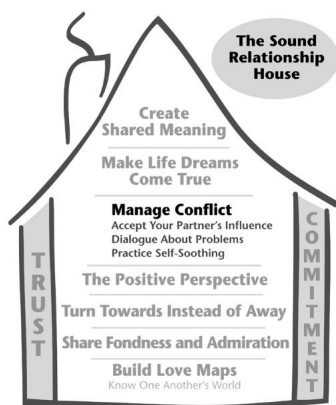
10



The Conflict Management System

11

11



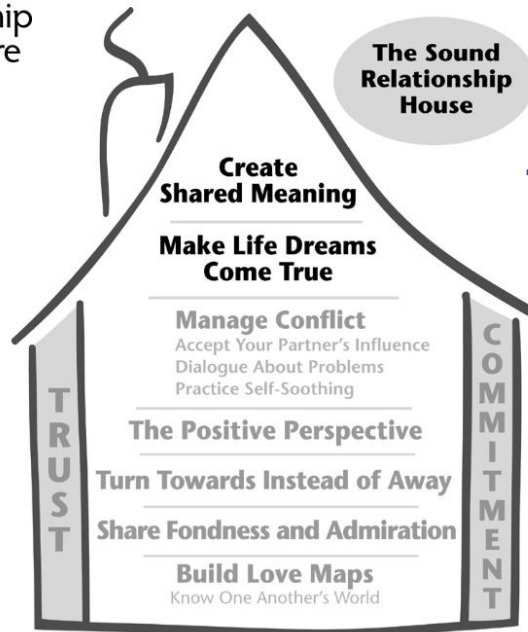
The Conflict Management System

Manage Conflict

- Accept influence from your partner
- Discuss problems with dialogue rather than gridlock
- Practice self-soothing: keep yourself calm

12

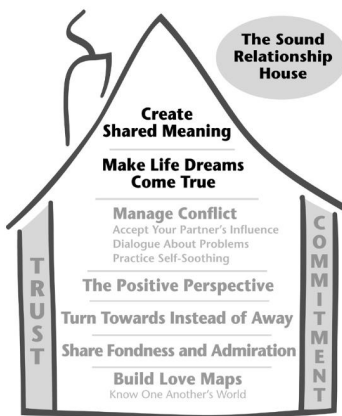
12



The Shared Meaning System

13

13



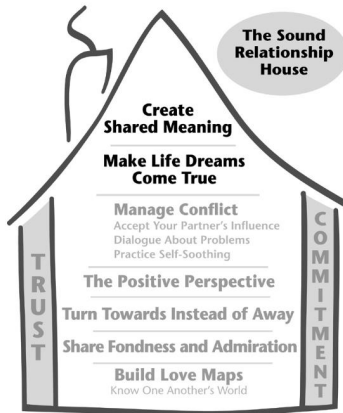
The Shared Meaning System

Make Life Dreams Come True

- Find ways to support each other's life goals

14

14



The Shared Meaning System

Create Shared Meaning

- Build a shared sense of purpose

15

15

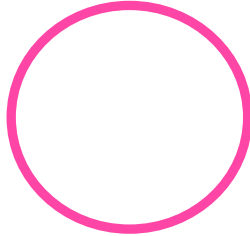
Three Domains for Therapeutic Goals & Bi-directional influences

16

16

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System

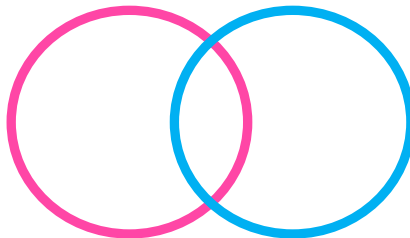


17

17

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System



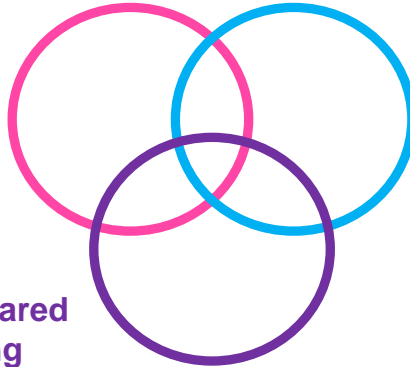
The Conflict
Management
System

18

18

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System



The Conflict
Management
System

The Shared
Meaning
System

19

19

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System



The Conflict
Management
System

The Shared
Meaning
System

20

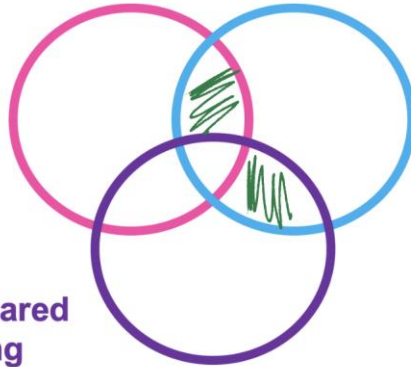
20

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System

The Conflict
Management
System

The Shared
Meaning
System



21

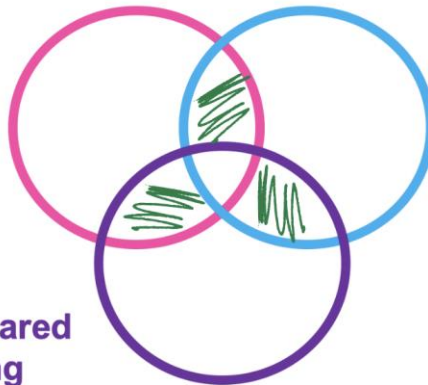
21

Three Domains for Therapeutic Goals & Bi-directional influences

The Friendship
& Intimacy
System

The Conflict
Management
System

The Shared
Meaning
System



22

22

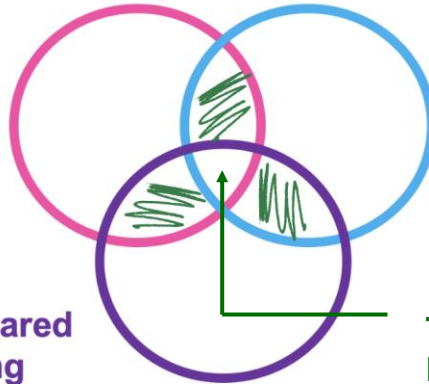
Three Domains for Therapeutic Goals & Bi-directional influences

**The Friendship
& Intimacy
System**

**The Conflict
Management
System**

**The Shared
Meaning
System**

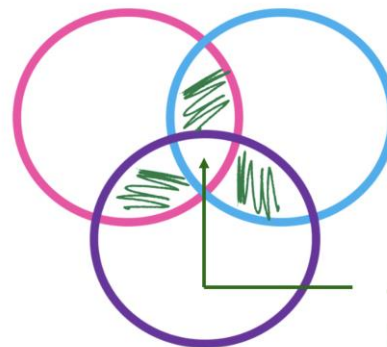
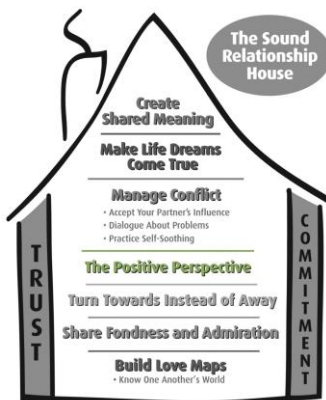
**The Positive
Perspective**



23

23

Three Domains for Therapeutic Goals & Bi-directional influences



**The Positive
Perspective**

24

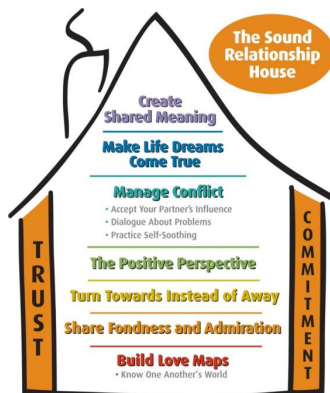
24



Thank you!

25

25



References

- Level 1 Training Manual – Gottman Method Couples Therapy
- Level 2 Training Manual – Gottman Method Couples Therapy
- Sound Relationship House Theory and Relationship and Marriage Education: Robert J. Navarra, Psy.D. and John M. Gottman & Julie Schwartz Gottman, Ph.Ds, Ph.D. Relationship Research Institute

26

26