

# 299: Make Your Marriage Work

## 10 Point Checklist

### Drs. John & Julie Gottman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**“Every marriage has an emotional bank account. Pile up the positivity so that there's still enough in the bank to keep things going when conflict comes.”**

**DRS. JOHN AND JULIE GOTTMAN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Keep working on my marriage. Finding a soulmate doesn't mean I will never encounter conflict with my partner. It's more about being able to deal with problems together and making the relationship stronger.
- Become more familiar with [The Four Horsemen of the Relationship Apocalypse](#). These are Criticism, Contempt, Defensiveness, and Stonewalling.
- Be careful with the words I use when communicating during disagreements. Criticizing my partner will only make matters worse. Instead of blaming their shortcomings, talk about how I feel about the situation instead.
- Avoid sarcasm, mockery, or calling my partner names during heated arguments. Argue for the sake of solving a problem, not making one another feel less than as a person.
- Listen intently when my partner is speaking. Whenever they open up about their feelings, help them become aware that I care about what they are saying.
- Be aware of my body language and facial expressions when communicating. One of the best things I can give my partner is to make them feel completely comfortable when communicating with me.
- Find activities where we both enjoy each other's company. Sometimes our hobbies aren't the same, and that is okay. There are ways to meet each other halfway.
- Never succumb to violence. It doesn't matter who a person is or what they did. No one deserves to be hit. Dr. Julie Gottman shares some valuable advice for victims of domestic violence in the episode.
- Learn how to self-soothe, so I don't get easily triggered. Meditate, exercise, play video games, read a book, or watch a movie. Doing these types of activities will help me cool down and become more calm and collected.
- Visit Drs. John and Julie Gottman's [website](#) to learn more about The Gottman Method Couples Therapy and more of their workshops that promote a healthier, happier marriage.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/make-your-marriage-work-with-drs-john-and-julie-gottman/>