

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/>