

The Four Antidotes

Adapted from Dr. John Gottman, *The Seven Principles for Making Marriage Work*
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Make Requests

Address the specific behavior without blame or attacking the person. Using “I-statements” to communicate emotions and positive needs.

Accept Responsibility

for the ways that you have contributed to the problem without retaliating. Focus on the problem, not on defending yourself or attacking your partner.

**EMPATHY:
courage,
compassion,
connection**

Appreciate & Respect

Identifying/communicating what you value in the other person, even if you disagree. Attempting to understand and validate the other person’s experience/point of view.

Self-Soothe & Reengage

Calmly let your partner know that you are feeling “flooded” and need to take a defined break from conflict. Do something that helps you get “grounded”, then reengage the conversation when you’re ready.