

## INGREDIENTS FOR A STRONG MARRIAGE RELATIONSHIP

- Deepen your knowledge of one another
- Build friendship and trust
- Recognize and respond to bids for emotional connection
- Be open to influence
- Understand and work with solvable and difficult problems
- Get through gridlocked conflict
- Create a special “story of us” – of your coupleship
- Maintain your relationship



### THE ANTIDOTE

**CRITICISM**

**SAY WHAT YOU  
FEEL AND NEED**

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**DEFENSIVENESS**

**TAKE RESPONSIBILITY**

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**CONTEMPT**

**BUILD CULTURE OF APPRECIATION**

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**STONEWALLING**

**DO PHYSIOLOGICAL SELF-SOOTHING**

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