

Gottman Method Worksheet

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This worksheet is inspired by the concepts underlining the Gottman Method.

For the table below, identify the behaviors you/the client engages in when communicating with your/their partner by ticking the relevant box. Then, describe how this manifests in the second column. Then, think of three phrases you can use or other ways the provided antidote to each relevant behavior can be incorporated into future communication.

When communicating with my partner, I use/have used:	Describe how you have used this behavior in the past.	What are some phrases or strategies you can use to incorporate the below antidotes in the future?
<input checked="" type="checkbox"/> Criticism	I often point out my partner's flaws when things go wrong, making them feel like they are the problem. I tend to use phrases like "you always" or "you never" during arguments.	Antidote: Raise issues gently and focus on problems (not people) in a calm and collaborative way 1. I feel frustrated when this happens, and I'd like us to talk about how we can fix it together. 2. I notice we keep having the same issue, can we work together to find a solution? 3. It would help me if we could approach this calmly and talk about it without blaming each other.
<input checked="" type="checkbox"/> Defensiveness	I get defensive whenever my partner brings up something they're upset about. Instead of acknowledging what I did, I make excuses or find ways to turn the blame back on them.	Antidote: Take responsibility for your actions and offer apologies when needed. 1. I see how my actions hurt you, and I'm sorry for that. 2. I didn't realize how this affected you, and I'll work on doing better 3. You're right, I could have handled that differently, and I'll take responsibility for it.
<input type="checkbox"/> Stonewalling		Antidote: Practice self-soothing to stay present with your partner and remain calm. 1. 2. 3.
<input type="checkbox"/> Contempt		Antidote: Describe your own feelings and needs, and practice showing appreciation. 1. 2. 3.