

Gottman Method Worksheet

Name: _____ Date: _____

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 type="checkbox"/> Criticism		Antidote: Raise issues gently and focus on problems (not people) in a calm and collaborative way 1. 2. 3.
<input type="checkbox"/> Defensiveness		Antidote: Take responsibility for your actions and offer apologies when needed. 1. 2. 3.
<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.