

# Gottman Method Worksheet (Inspired)

Name	Date
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For the below table identify which behaviors you engage in when communicating with your partner by ticking the relevant check-box and describing what this looks like for you in the second column. Then think of three phrases you can use or other ways you can incorporate the provided antidote to each relevant behavior in your 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"/> <b>Criticism</b>		Antidote: Raise issues gently and focus on problems (not people) in a calm and collaborative way. 1. 2. 3.
<input type="checkbox"/> <b>Defensiveness</b>		Antidote: Take Responsibility for your actions and offer apologies when needed. 1. 2. 3.
<input type="checkbox"/> <b>Stonewalling</b>		Antidote: Practice self-soothing to stay present with your partner and remain calm. 1. 2. 3.
<input type="checkbox"/> <b>Contempt</b>		Antidote: Describe your own feelings and needs, and practice showing appreciation. 1. 2. 3.

• Adapted from Gottman, J. M. (2008). Gottman method couple therapy. Clinical handbook of couple therapy, 4(8), 138-164