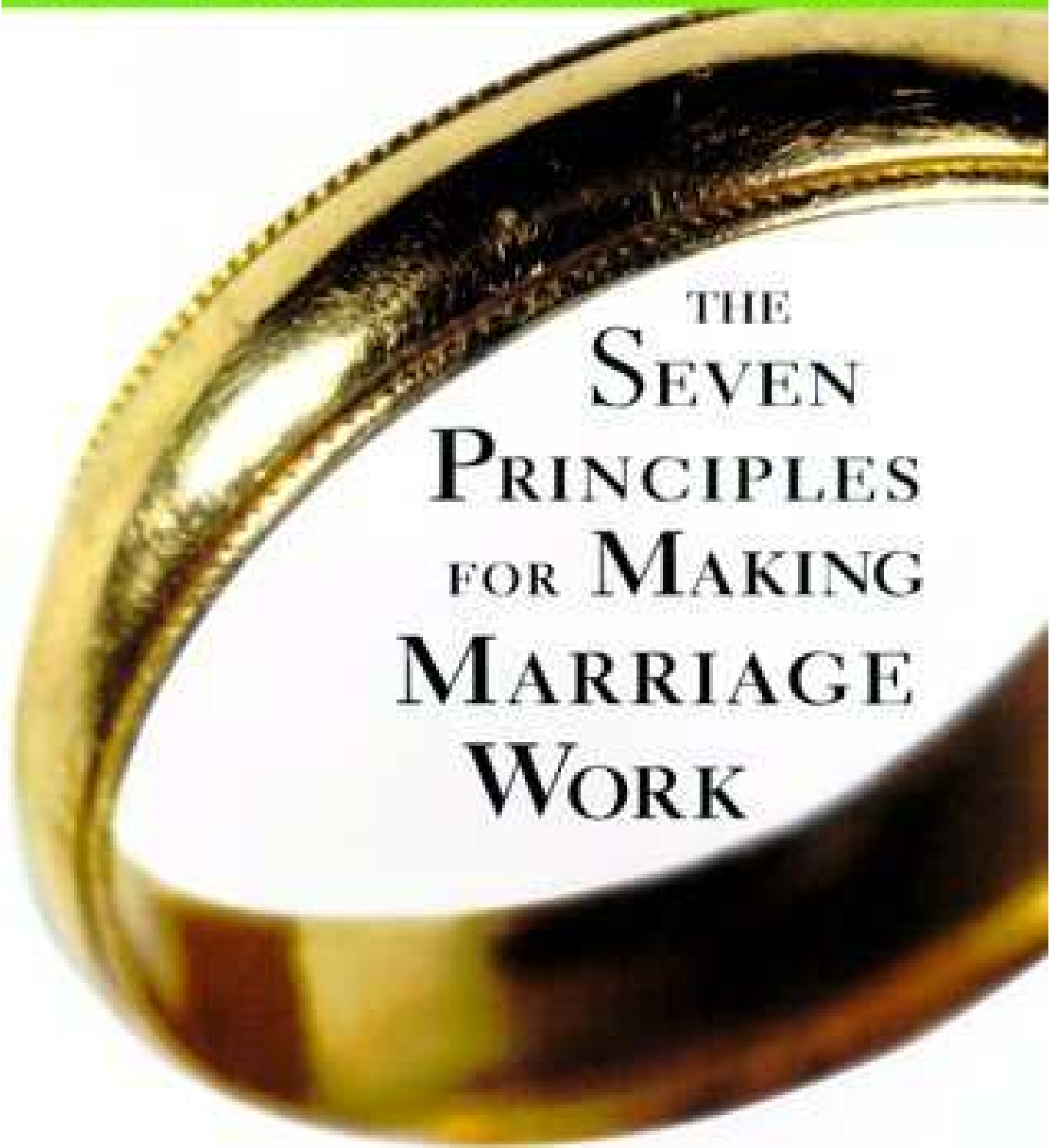


NEW YORK TIMES BESTSELLER



THE
SEVEN
PRINCIPLES
FOR MAKING
MARRIAGE
WORK

A Practical Guide from the Country's
Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D.,

and NAN SILVER

Seven principles For making marriage work

By John M. Gottman, Ph.D, and Nan Silver

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The anecdotes in this book are based on Dr. Gottman's research. Some of the couples are composites of those who volunteered to take part in his studies. In all cases, names and identifying information have been changed. Grateful acknowledgment is made for permission to reprint from *After the Honeymoon*

To Julie Gottman, who gives collaboration a new meaning, and to the core of my team: Sybil Carr ere, Sharon Fentiman, and Cathryn Swanson. They made it all possible and helped make the journey itself delightful, like eating pastries and drinking coffee together in a sidewalk cafe.

J.G.

To Arthur, my beloved and my friend

N. S.

Acknowledgments

First and foremost, I need to acknowledge the brave gift that several thousand volunteer research couples have contributed to my understanding. Their willingness to reveal the most private aspects of their personal lives has opened a hitherto closed door that has made it possible to construct these Seven Principles for making marriages work.

This book was based on research that received continuous support from the National Institute of Mental Health, the Behavioral Science Research Branch. Of great assistance was the dedicated guidance of Molly Oliveri, Delia Hahn, and Joy Schulerbrandt.

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psychotherapy. She made doing the couples' and parents' workshops an exciting creative experience. While we are busy with our full-time jobs, Etana Dykan capably runs our Seattle Marital and Family Institute with great spirit and attention to detail, and she also helps facilitate our communication. Her amazingly creative brother, Shai Steinberg, has also been a tremendous asset in many areas of our work. Linda Wright helps us keep the couples' enterprise very warm and human--she is unusually gifted in talking to desperate couples. Peter Langsam has been our faithful consultant and partner throughout, helping us with wise counsel, elemental guidance, and business sense.

I have recently been blessed with excellent students and staff, including Kim Buehlman, Jim Coan, Melissa Hawkins, Carole Hooven, Vanessa Kahen, Lynn Katz, Michael Lorber, Kim McCoy, Janni Morford, Sonny Ruckstahl, Regina Rushe, Kimberly Ryan, Alyson Shapiro, Tim Stickle, and Beverly Wilson.

I need to acknowledge the intellectual heritage upon which I draw. As Newton once wrote, "If I have seen further ... it is by standing upon the shoulders of giants." For me these shoulders include the work of Les Green berg and Susan Johnson on emotionally focused marital therapy; Bob Weiss's scholarly work on many concepts, including sentiment overrides; Cliff Notarius's work on many concepts, including couple efficacy; Howard Mark man's faith in preventive intervention; Dick Stuart's great contributions, including his approach to behavior exchange; Jerry Lewis's work focusing on the balance of autonomy and connectedness in marriage; and the persistent work of my colleague Neil Jacob son, who is the gold standard for marital therapy research. I am also indebted to Jacob son's recent work with Andy Christensen, on acceptance in marital therapy I also wish to acknowledge the contributions of Peggy Papp and Pepper Schwartz and their feminist approach to gender differences and egalitarian marriage, as well as the work of Ronald Levant and Alan Booth on men in families.

I must also mention Clan Wile's work on marital therapy, with its superb focus on process. I love Wile's writing and thinking. They are entirely consistent with many of my research findings. I think that

Wile is a genius and the greatest living marital therapist. I am blessed to have been able to exchange ideas with him.

I wish to acknowledge the work of Irvin Yalom and Victor Frankl on existential psychotherapy. Yalom has provided a great faith in the therapeutic process itself and in the human force toward growth. Frankl holds a special place in my heart. He and my beloved cousin Kurt Ladner were both residents and survivors of the Dachau concentration camp. Both found meaning in the context of intense suffering, tyranny, and dehumanization. I hope to bring their existential search for meaning into the marital context. Doing so can turn conflict into a new experience of revealing and honoring life dreams, finding shared meaning, and reaffirming the marital friendship.

I have come to the conclusion that many insightful writers in the marital field are basically correct. I hope my contribution will be to honor them all, adding a bit of precision and integration to the struggle to understand what makes close relationships work.

J.G.

Contents

<i>1 Inside the Seattle Love Lab: The Truth about Happy Marriages.....</i>	<i>1</i>
<i>2 How I Predict Divorce.....</i>	<i>25</i>
<i>3 Principle 1: Enhance Your Love Maps.....</i>	<i>47</i>
<i>4 Principle 2: Nurture Your Fondness and Admiration.....</i>	<i>61</i>
<i>5 Principle 3: Turn toward Each Other Instead of Away.....</i>	<i>79</i>
<i>6 Principle 4: Let Your Partner Influence You.....</i>	<i>99</i>
<i>7 The Two Kinds of Marital Conflict.....</i>	<i>129</i>
<i>8 Principle 5: Solve Your Solvable Problems.....</i>	<i>157</i>
<i>9 Coping with Typical Solvable Problems.....</i>	<i>187</i>
<i>10 Principle 6: Overcome Gridlock.....</i>	<i>217</i>
<i>11 Principle 7: Create Shared Meaning.....</i>	<i>243</i>
<i>Afterword: What Now?.....</i>	<i>259</i>

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