

Valentine's Day

John M. Gottman

“The universe of positive affect includes far more than turning toward one's partner's bid or building love maps, or fondness and admiration. . . .”

Elaine Walster and G. Walter Walster
Companionate Love
Emotional Intimacy
Durability
Closeness

Brian Johnson's law: Everyone is difficult to live with.

Gottman and Gottman estimate that couples are emotionally available to one another about 25% of the time and mismatched 75% of the time. They also estimate that 69% of couple conflicts are perpetual. They never get resolved.

Four Horsemen of the Apocalypse

1. Criticism
2. Contempt
3. Defensiveness
4. Stonewalling

Positive couples—those with lower risk of divorce have a positive-to-negative affect ratio of 5:1. In unstable marriages the ratio was 0.8:1