MONEY CONFLICT BLUEPRINT

By *The Gottman Institute*

GOTTMAN-RAPOPORT CONFLICT BLUEPRINT

Postpone persuasion until each person can state their partner's position to their partner's satisfaction. Take turns as Speaker & Listener.

Speaker: Requires a mental transformation

- No blaming, no "you" statements
- Talk about your feelings
- Only use "I statements" about a specific situation

State your *positive need*. Remember that behind every negative emotion there is a *longing*, and a *wish*, and therefore a *recipe* for your partner to be successful with you. That is your positive need. What do you want and need from your partner?

Listener: Don't respond defensively

- Postpone your own agenda. Hear and repeat the content of the speaker's needs and perspective (the story)
- Listen to your partner's pain with compassion
- Hear the speaker's affect (name the affects, and feel a bit of them)
- Validate the speaker by completing a sentence like "It makes sense to me that you would feel that way and have these needs, because..."
- OK to ask questions

Flooded? Practice self-soothing. Breathe. Take a break of at least 1/2 hour, not rehearsing distress-maintaining thoughts.

Take in information and energy, and slow things way, way down.

COMPROMISE AND PROBLEM SOLVING

Core Need

Areas of Flexibility
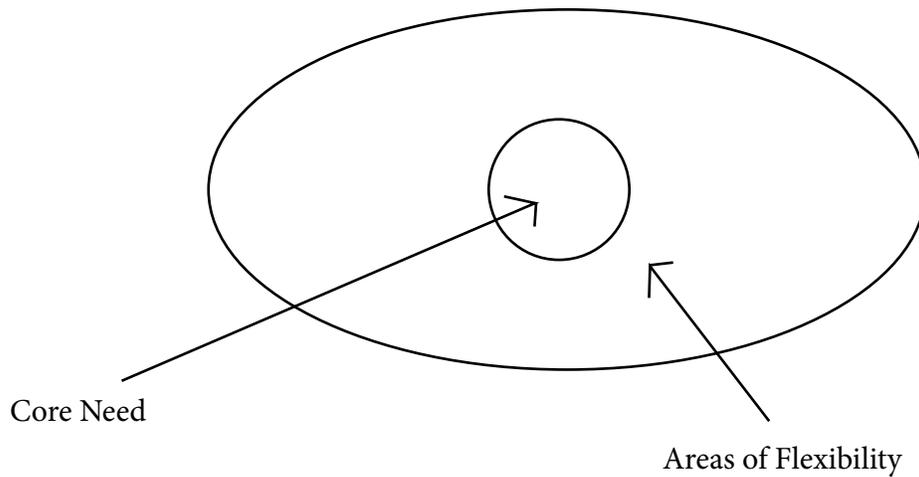
You need to first feel safe by identifying each of your core needs and understand why they are core. Communicate this to your partner. Then identify areas of your own flexibility.

Now compromise!

Add the Rapoport assumption of similarity.

People often perceive their partner as dissimilar to them. They see themselves as having all the positive qualities and their partner as having few of these, or as the one with negative traits. "I'm okay you're defective." When you identify a negative quality in your partner, try to see that very quality in yourself. When you identify a positive quality in yourself, try to see that very quality in your partner.

DIVIDE EACH OF YOUR POSITIONS IN TWO AREAS:

Inflexibility Area
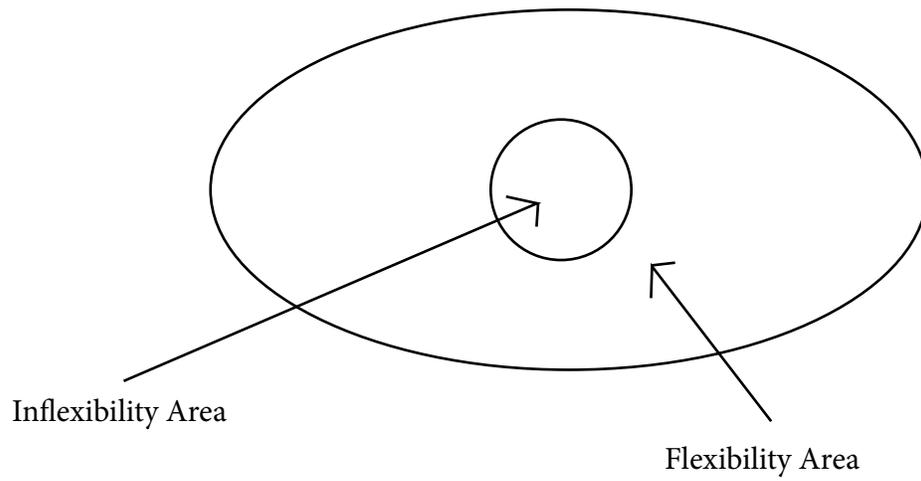
Flexibility Area

My Areas of Inflexibility:

My Areas of Flexibility: