

Couple? A couple of what?

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House Calls Counseling

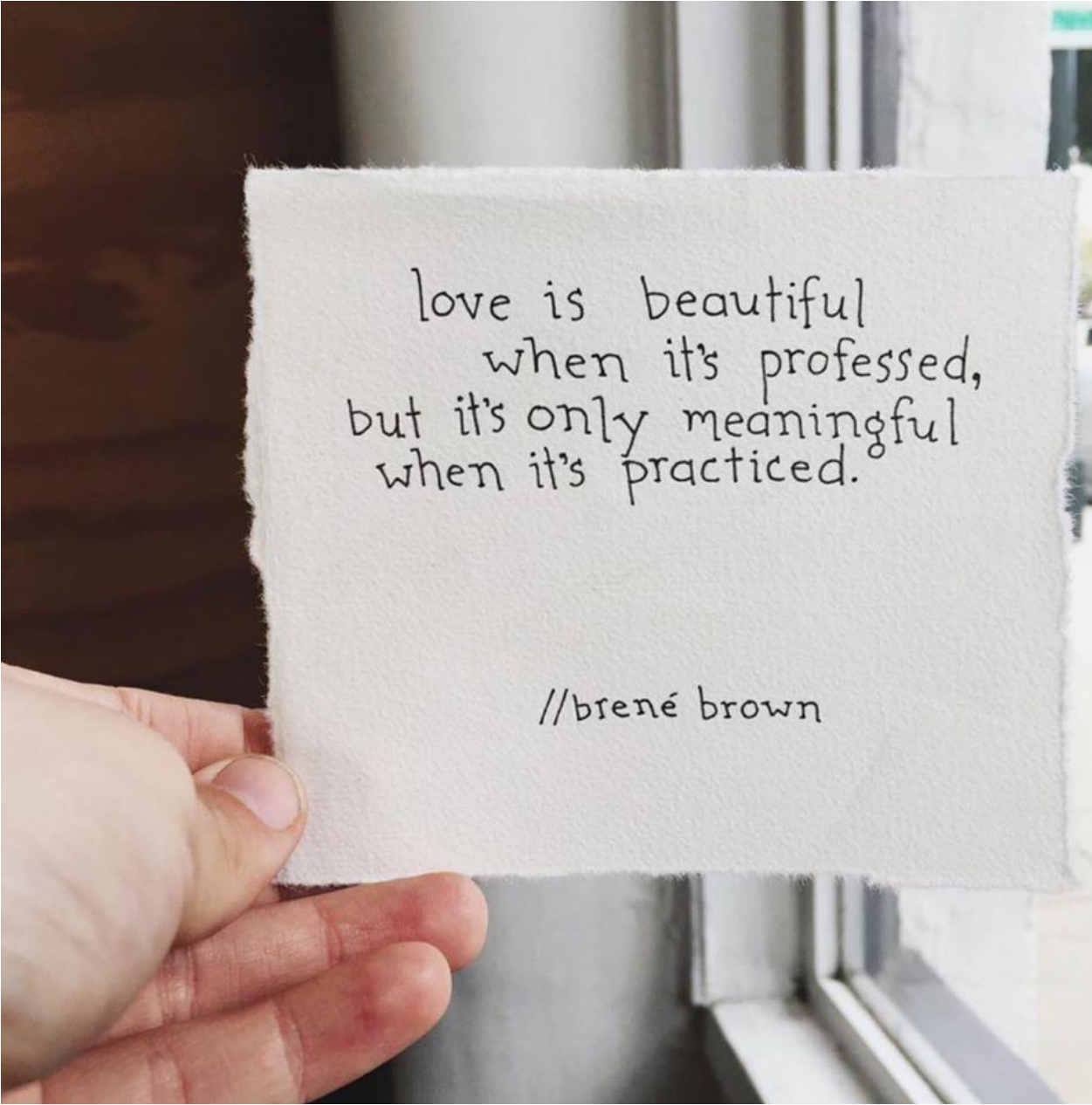
Overview:

- The bank account view of relationships:
Deposits in, withdrawals out
- Relationships are work. Plain and simple.
- You must be willing to invest the time to see the benefits.



Gottman says...

- 69% of conflict in relationships is unresolvable.
- Happy couples
 - Respect each other
 - Acknowledge each other's feelings
 - Avoid criticism/mean spirited responses
 - Forgive
 - Turn toward bids for attention
 - Share power
- “When you are hurting I stop and listen” John Gottman

A hand is holding a piece of white, textured paper with a deckled edge. The paper is held against a dark background on the left and a blurred indoor setting on the right. The text on the paper is handwritten in black ink.

love is beautiful
when it's professed,
but it's only meaningful
when it's practiced.

//brené brown

Couples who have strong relationship:

- Are vulnerable with each other.
- Realize they will not always be in sync but talk it out.
- Don't talk past each other.
- Make time to be silly and playful with each other.
- Make time to have fun with other people.
- Take time to turn off the world and focus on each other.
- Repair after arguments.
- AT LEAST 5 positive exchanges to recover from 1 negative one. Repair Repair Repair!

Gottman's Four Horsemen of the Apocalypse:

criticism: verbally attacking your partner's personality or character.

contempt: attacking your partner's sense of self with the intention to insult or psychologically abuse them.

defensiveness: viewing yourself as the victim in efforts to ward off a received attack and reverse blame.

stonewalling: withdrawing from a relationship as a way to avoid conflict in efforts to convey disapproval, distance and separation.



Where to start?



- “Put on your oxygen mask before assisting others”

Priorities

- What happened to your priorities after you starting to therapeutically parenting?
- How do you feel about those changes?
- Most often parents loose themselves in this process.
- Are you putting on your mask first?
- Do this exercise with your partner and set some family priorities.

Social Influences

- Who sets your priorities?
- Who defines success for you?
- How do you respond when pressured?
- What happens when we get away from OUR priorities?
- How do you put your mask on first?



Mindfulness

- Literally changes the way the brain is wired and the chemicals that are released.
- Stops mental cycles of depression, anxiety, feeling overwhelmed, etc.
- Allows us to see the positive moments in each day.
- Increases your availability to others by increasing your internal resources.
- REMIND EACH OTHER!

Mindfulness in Practice

- Can be done in as little as 2 minute intervals.
 - Deep breathes
 - Imagery
 - Walking meditation
 - Grounding to time and space
 - Self-hug
 - Mountain pose
 - Wash it away
 - Dance it away
 - Gratitude Practice



Self-Compassion

- Who gives you empathy or compassion?
- Do you ask for it?
- Give yourself permission to prioritize yourself and your partner, to not be perfect, to have a messy house, etc.
- The way we talk to ourselves leads directly to how our brains are wired and what chemicals are released.



Resources

- Psychology Today (FB)
- Gottman Institute
 - Marriage Minute newsletter
 - “The seven principles for making marriage work”