Gottman can predict with 91% accuracy whether a marriage will succeed or fail after listening to a couple interact for 3 minutes

* Gottman has studied marriages for over 40 years
* Longitudinal studies
  + Able to actually see which couples have made it and which haven’t
  + Then he can go back to the data and extrapolate

Based on Hard Scientific facts

* Not on opinion, or conjecture (which is how most marriage therapy was developed)
* Developed a system for coding interactions
* Complete with video, audio, heart rate monitors, etc.

7 principles that prevent marriages from breaking up

Emotionally intelligent marriages

* Emotionally intelligent couples have hit on a dynamic that keeps negative thoughts and feelings about each other (which all couples have) from overwhelming their positive ones.
* This is the ‘ecology’ of a great relationship
* Without the fundamental foundation of a positively charged atmosphere, every technique known to mankind is doomed to failure.
* The relationship must be operating ‘in the black’

EQ – Emotional Quotient

* The emotional counterpart of an intelligence quotient (IQ)
* EQ measures the ability to ‘know’ the emotions of one’s partner

Ability to understand, honor and respect each other and their marriage

* Everybody has the ability to do this, but not everybody is willing to do what it takes to make this happen.
* For most people, this literally means adopt a whole new set of thoughts, feelings and behaviors.

Marriages are taken for granted, rather than giving the nurturing and respect the marriage deserves and desperately needs

* Sadly, in most marriages (yes most, the current divorce rate is 67% for first marriages), couples don’t realize this until it is almost too late.
* We have an amazing capacity to endure the negative environment of a dying marriage for a very long time.
* When one or the other partner finally gets to that ‘breaking point’ it is usually a very deep hole that has been dug.

In unhappy marriages couples experience chronic DPA

* One of the most profound physical ramifications of an unhappy marriage is the experience of chronic diffuse physiological arousal – also more commonly known as ‘fight or flight’.
* Gottman was able to demonstrate that in troubled marriages, couples were generally experience a high degree of physical stress.
* Chronic DPA affects the body in many ways. The chemicals that are flooding into the system are great for getting one out of danger quickly and help to ensure survival, but they are very hard on the system.
* Chronic DPA puts an strain on nearly every bodily system: digestive, cardio-vascular, immune, respiratory, etc.
* Most debilitating may be the mental processes that are compromised.
* The ability to think and problem solve in severely compromised.