



**The Sound
Relationship
House**

**Create
Shared Meaning**

**Make Life Dreams
Come True**

Manage Conflict

- Accept Your Partner's Influence
 - Dialogue About Problems
 - Practice Self-Soothing
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The Positive Perspective

Turn Towards Instead of Away

Share Fondness and Admiration

Build Love Maps

- Know One Another's World

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What can you do now to make your relationship work?

Nurture the Friendship in Your Relationship

Build Love Maps

- Maintain awareness of your partner's world

Share Fondness and Admiration

- Make deposits into the Emotional Bank Account

Turn Towards Instead of Away

- Accept bids for emotional connection

Maintain a Positive Perspective

The Positive Perspective

- A positive perspective occurs when the friendship of your marriage is strong.

Learn to Manage Your Conflict

Manage Conflict

- Accept influence from your partner – be open to compromise
- Discuss your problems – take turns listening to one another about perpetual issues
- Practice self-soothing – keep yourself calm

Honor Each Other's Life Dreams

Make Life Dreams Come True

- Find ways to make one another's life dreams come true

Create Shared Meaning in The Relationship

Create Shared Meaning

- Build a shared sense of purpose, what is your mission and legacy?

Build Trust, Love and Loyalty

- Make trustworthiness a main priority in your relationship
- Act to maximize your partner's well-being
- Know that trust is built in small positive moments
- Avoid negative comparisons
- Generate frequent thoughts and acts that cherish your partner's positive qualities and minimize your focus on their negative faults.