Gottman Method Worksheet

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Name: _____

This worksheet is inspired by the concepts underlining the Gottman Method. For the table below, identify the behaviors you/the client engages in when communicating with your/their partner by ticking the relevant box. Then, describe how this manifests in the second column. Then, think of three phrases you can use or other ways the provided antidote to each relevant behavior can be incorporated into future communication.

When communicating with my partner, I use/have used:

☐ Criticism

Describe how you have used this behavior in the past.

What are some phrases or strategies you can use to incorporate the below antidotes in the future?

When communicating with my partner, I use/have used:

☐ Defensiveness

Describe how you have used this behavior in the past.

What are some phrases or strategies you can use to incorporate the below antidotes in the future?

When communicating with my partner, I use/have used:

☐ Stonewalling

Describe how you have used this behavior in the past.

What are some phrases or strategies you can use to incorporate the below antidotes in the future?

When communicating with my partner, I use/have used:

☐ Contempt

Describe how you have used this behavior in the past.

What are some phrases or strategies you can use to incorporate the below antidotes in the future?