

Love Secrets From the Masters

“Its a habit of mind -
Masters scan for what the partner is doing right, what they can thank and appreciate;
Disasters are scanning for others’ mistakes, what they are doing wrong.”
- John & Julie Gottman

Manage Yourself First

- Know yourself: values, temperament, strengths, challenges, and purpose
- Make your life work for you
- Fill your own cup - selfcare is critical for well-being
- Put on your own oxygen mask

Forego the Fairytale - “Imagine this Story”

- Real relationships don’t involve rescue, unconditional love, or living happily ever after.
- Fairytales, love legends in story and song, and social media fill us with expectations that are impossible to meet; nobody escapes the human condition.
- Great relationships have hard seasons! They require ongoing effort based on shared values, skills, practice, and, above all, friendship.

Grasp Deeply that the Other Person is Not You

- A key reason for our attraction to another person is similarity. Likewise, intolerance over differences is among the most common reasons for coming apart.
- We are neither the same or totally different.
- Love languages, mirroring exercises, studies in personalities, and “borrowed functioning” all point to this essential wisdom. “You are not me; If I were standing in your shoes, how would I see this differently?”

Minimize Resentments and Enhance Connection & Appreciation

- Adopt a 5:1 ratio of positive to negative.
- Enhance bids, sprinkles, sliding door moments, and shared joy.
- Feeling appreciated is the sunshine of a relationship.
- Replace the “Four Horsemen”.
- Know and manage the three types of conflicts

Rather than criticism, use a gentle start up and focus on the wish underlying the criticism.

Instead of defensiveness, take responsibility for your part and express curiosity, not reactivity.

Substitute contempt with a focus on your feelings and needs and the necessary boundaries for yourself—not against the other.

Exchange stonewalling with firm limits (nonhostile).

Learn the Skills

- Empathy listening, and mindful practices
- Self-regulation and self-care
- Insight and knowledge of the other
- Communication, including repair and conflict resolution
- Management of challenging situations

The Spiritual Wisdom Handbook of Ages

- Kindness
- Forgiveness
- Mercy
- Humor
- Generosity
- Show Up