

# Where Did Our Love Go? And Where Do We Go From Here?



## Where Did Our Love Go, and Where Do We Go From Here? by Simeon Lindstrom

★ ★ ★ ★ ☆ 4.1 out of 5

Language	: English
File size	: 18654 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 88 pages
Lending	: Enabled



In this groundbreaking book, renowned relationship expert Dr. John Gottman explores the complex and often confusing world of love and relationships. Drawing on decades of research, Dr. Gottman provides a roadmap for building lasting, fulfilling relationships. He delves into the science behind love, offering practical advice and exercises to help readers understand their own relationships and make positive changes.

## The Four Horsemen of the Apocalypse

One of the most important concepts in Dr. Gottman's work is the "Four Horsemen of the Apocalypse." These are four behaviors that can be extremely destructive to relationships:

1. **Criticism:** Attacking your partner's character or personality.

2. **Defensiveness:** Becoming defensive when your partner criticizes you.
3. **Contempt:** Expressing disgust or disrespect for your partner.
4. **Stonewalling:** Refusing to communicate with your partner.

Dr. Gottman's research has shown that couples who engage in these behaviors are much more likely to divorce than couples who do not. However, he also believes that these behaviors can be overcome. He provides a number of strategies for couples to help them avoid the Four Horsemen and build a more positive relationship.

### **The Sound Relationship House**

Dr. Gottman's Sound Relationship House is a metaphor for a healthy relationship. It is built on a foundation of trust, respect, and commitment. The walls are made up of communication, conflict resolution, and intimacy. The roof is made up of shared meaning, rituals, and goals.

Dr. Gottman believes that a strong foundation is essential for a healthy relationship. He encourages couples to spend time building trust, respect, and commitment. He also believes that communication is key to a healthy relationship. Couples who are able to communicate openly and honestly with each other are more likely to be able to resolve conflicts and build a strong bond.

### **The Magic Ratio**

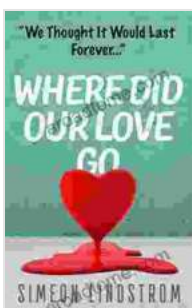
Dr. Gottman has also discovered what he calls the "Magic Ratio." This is the ratio of positive to negative interactions in a relationship. He has found that couples who have a 5:1 ratio of positive to negative interactions are much more likely to be happy and stable than couples who do not.

Dr. Gottman believes that the Magic Ratio is essential for a healthy relationship. He encourages couples to focus on building a strong foundation of positive interactions. He also encourages couples to learn how to resolve conflicts in a healthy way and to avoid the Four Horsemen of the Apocalypse.

Where Did Our Love Go? And Where Do We Go From Here? is a must-read for anyone who wants to build a lasting, fulfilling relationship. Dr. Gottman provides a wealth of practical advice and exercises that can help readers understand their own relationships and make positive changes. He offers a hopeful message that even relationships that are struggling can be repaired and rebuilt.

If you are looking for a book that can help you improve your relationship, then I highly recommend Where Did Our Love Go? And Where Do We Go From Here?

**Free Download your copy today!**



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