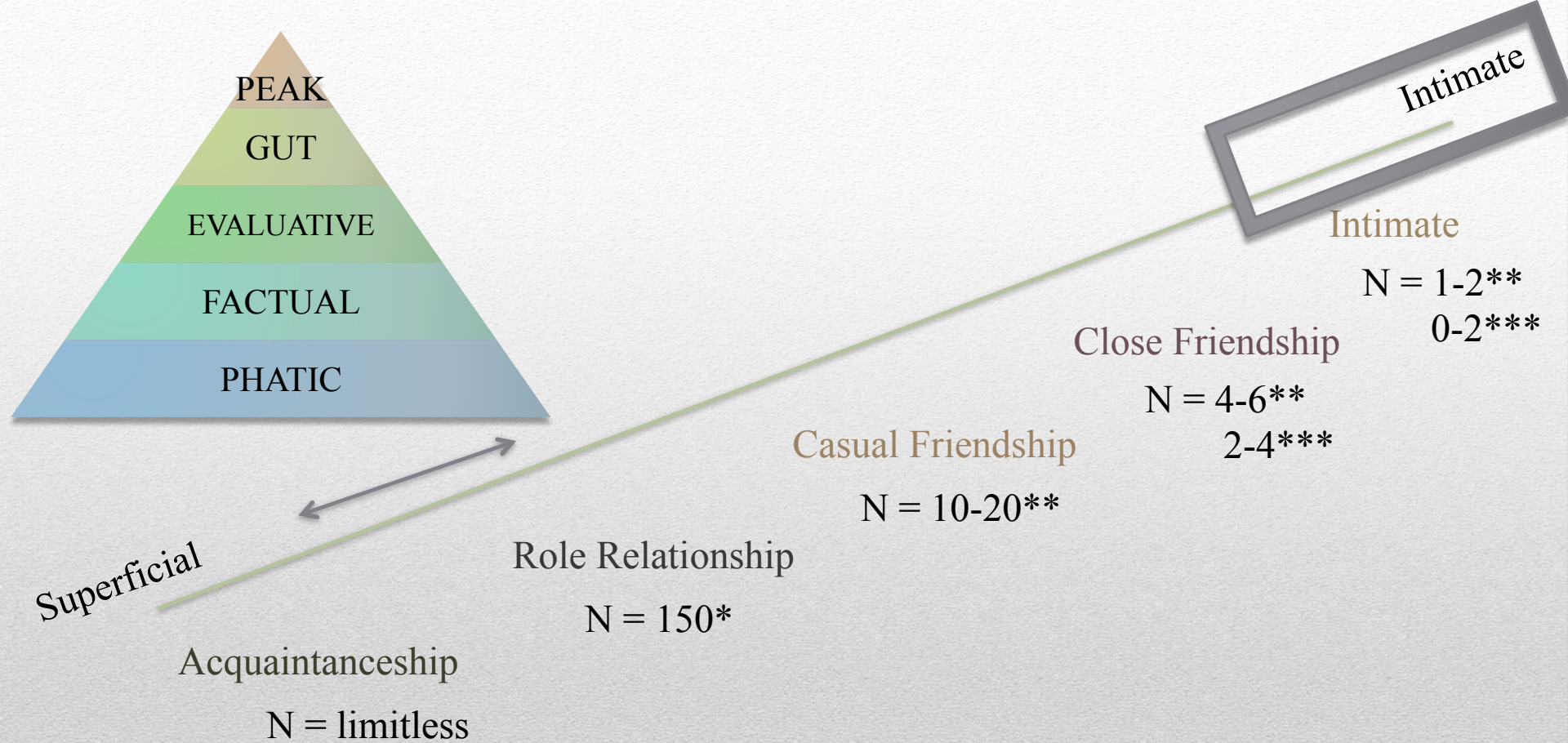


## A PERFECTLY GOOD HOUR

1. Social Capital
2. Social Intelligence
3. Listening
4. Identity Politics
5. Language & Cursing
6. Nonverbal Communication
7. Satisfying Relationships
8. **Consummate Love**
9. Conflict Management
10. Styles of Parenting and Leadership



*Man and Woman* (Ali and Nino)  
Georgian sculptor Tamara Kvesitadze



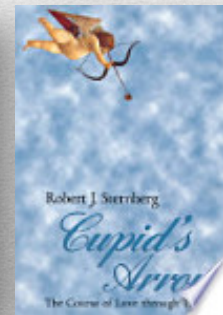
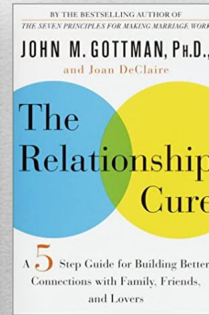
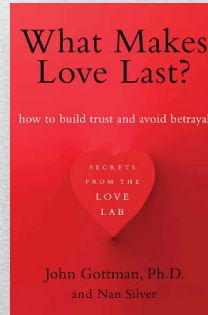
\* Robin Dunbar and Matt Spoor. Social networks, support cliques, and kinship. Human Nature Vol 6 (3) 1995, pp 273-290.

\*\* Rosemary Blieszner & Rebecca Adams, Adult friendship, Sage Series on Close Relationships, Thousand Oaks, CA, US: Sage Publications, Inc., 1992

\*\*\* Charles Russell, Inger Maggaard, General Social Survey, 1972-1986.: The state of the American people. University of Michigan, Springer-Verlag, 1988

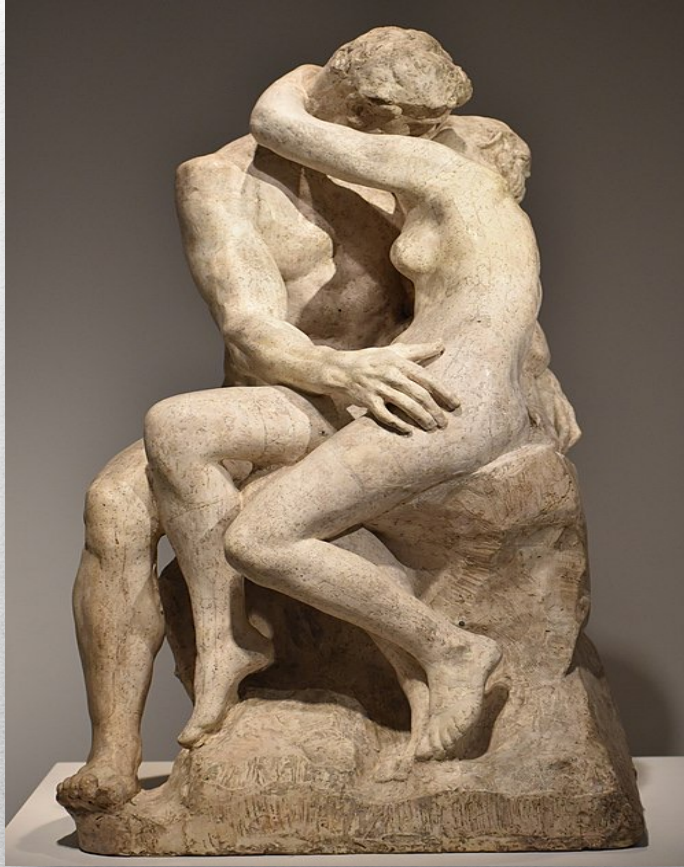


# John Gottman's research Bob Sternberg's research



Hobbes in a common state of mind regarding Susie Derkins

Bill Watterson



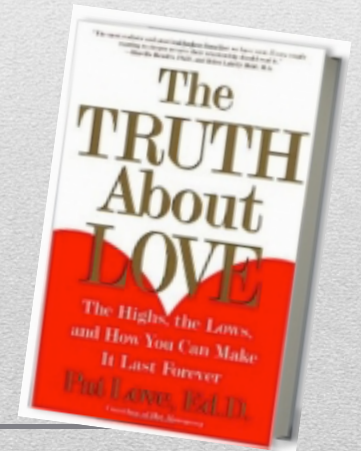
Auguste Rodin, *The Kiss*, 1882

## Predictable Stages of Relationships

Sparkle (infatuation)

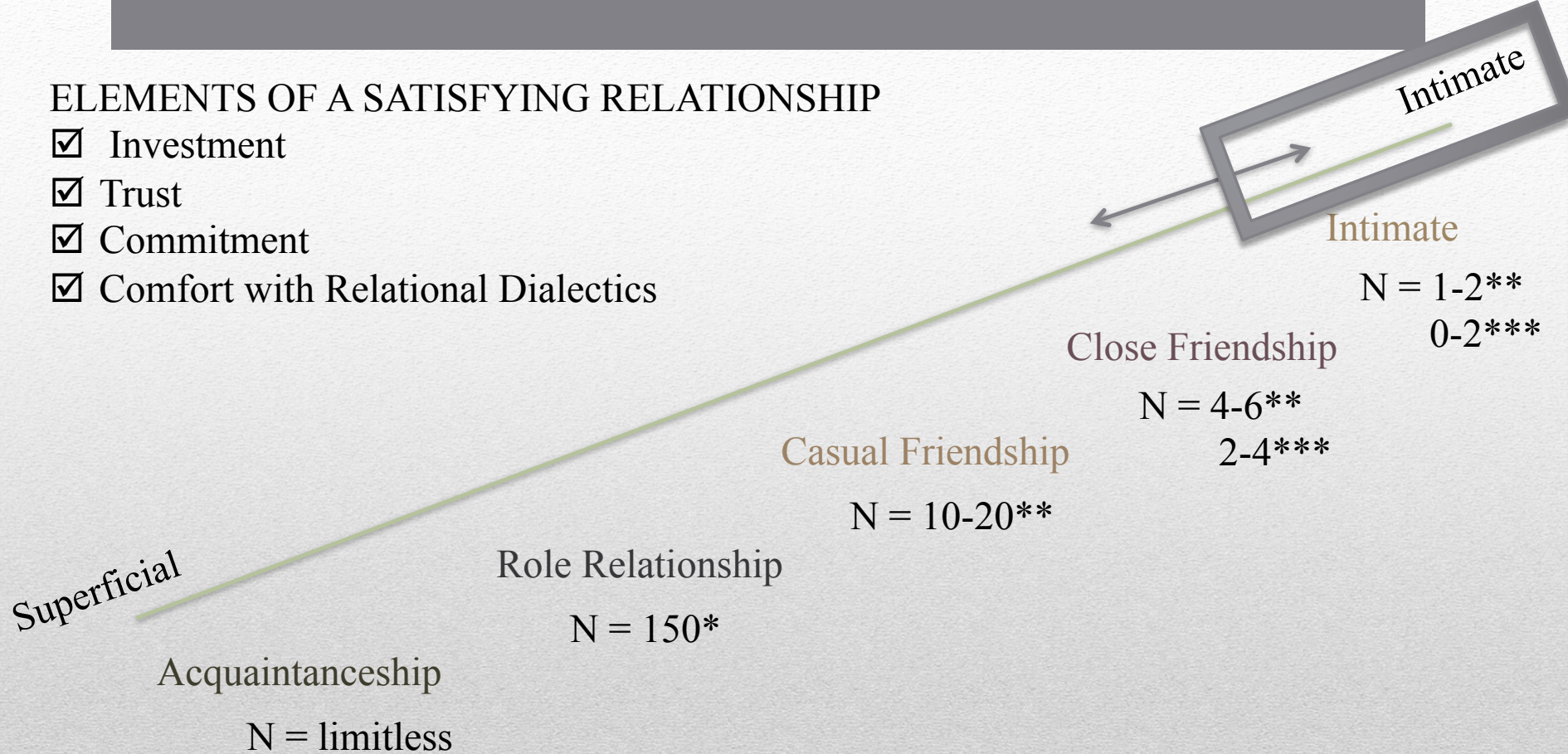
Disillusionment (post-rapture)

Mutual Acceptance



# ELEMENTS OF A SATISFYING RELATIONSHIP

- ☑ Investment
- ☑ Trust
- ☑ Commitment
- ☑ Comfort with Relational Dialectics



\* Robin Dunbar and Matt Spoor. Social networks, support cliques, and kinship. Human Nature Vol 6 (3) 1995, pp 273-290.

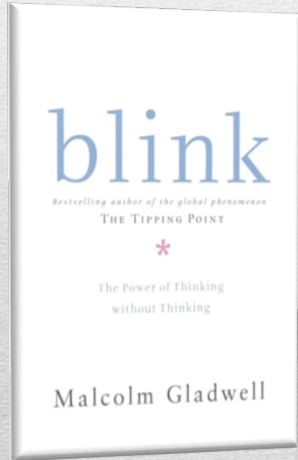
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\*\*\* Charles Russell, Inger Magaard, General Social Survey, 1972-1986.: The state of the American people. University of Michigan, Springer-Verlag.1988

In 1986, John Gottman and Robert Levenson built an apartment laboratory at the University of Washington that was dubbed the “Love Lab.”



Co-founder of the Gottman Institute™ with his wife, Dr. Julie Schwartz Gottman, John is also the Executive Director of the affiliated Relationship Research Institute.



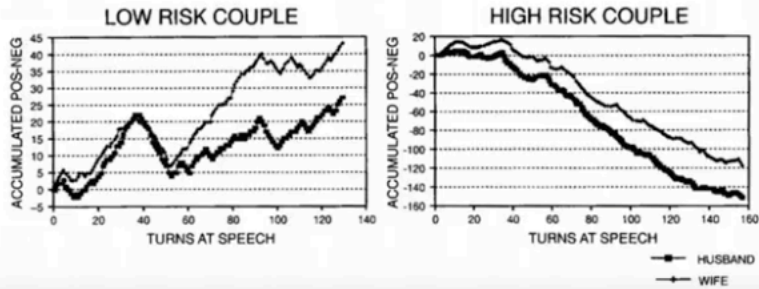


Figure 1. Cumulative Rapid Couples Interaction Scoring System (RCISS) speaker point graphs for a regulated (low risk) and a nonregulated (high risk) couple. Pos-Neg = Positive-Negative. Revised art from "Marital Processes Predictive of Later Dissolution: Behavior, Physiology, and Health," by J. M. Gottman and R. W. Levenson, 1992, *Journal of Personality and Social Psychology*, 63, p. 225. Copyright 1992 by the American Psychological Association.

## BALANCE OF POSITIVE AND NEGATIVE EMOTIONS

Unhappy or unstable couples during conflict – 0.8:1

Ratio in happy stable couples during conflict – 5:1

John Gottman

The Science of Love

TEDxVeniceBeach, 2018

<https://youtu.be/-uazFBCDvVw>

**John Gottman:** Psychologist who studies why marriages succeed or fail  
**James Murray:** Mathematician who created the relationship formula (below)

The diagram illustrates the relationship equation with arrows indicating the flow of influence between variables. The top equation is  $W_{t+1} = w + r_W W_t + I_{HW}(H_t)$ . Arrows point from 'Wife's reaction' to  $w$ , from 'Wife's mood when alone' to  $r_W W_t$ , from 'Wife's mood when with husband' to  $I_{HW}(H_t)$ , and from 'Husband's influence on wife' to  $I_{HW}(H_t)$ . The bottom equation is  $H_{t+1} = h + r_H H_t + I_{WH}(W_t)$ . Arrows point from 'Husband's reaction' to  $h$ , from 'Husband's mood when alone' to  $r_H H_t$ , from 'Husband's mood when with wife' to  $I_{WH}(W_t)$ , and from 'Wife's influence on husband' to  $I_{WH}(W_t)$ .

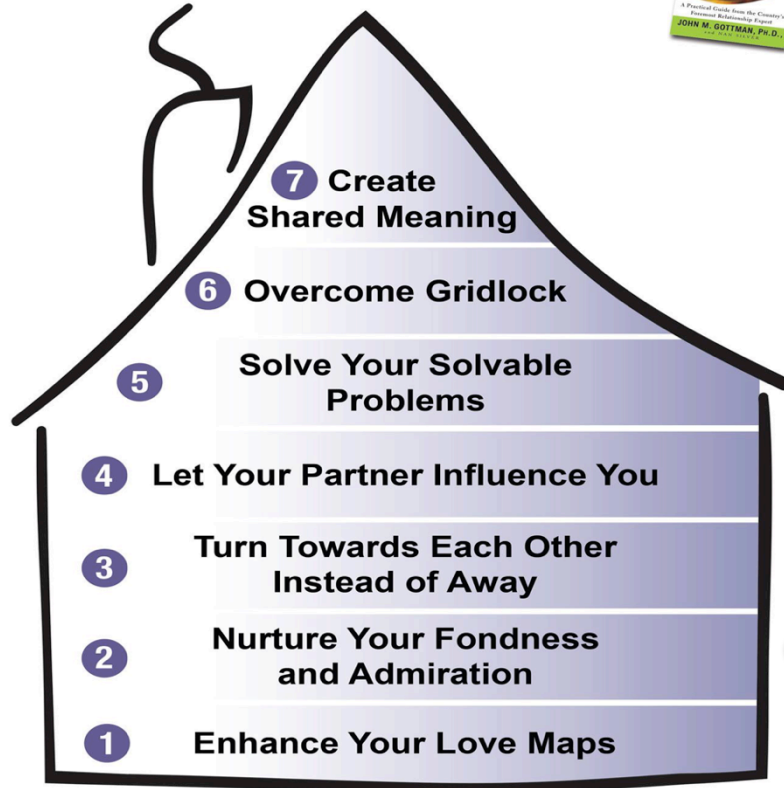
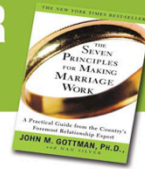
$$W_{t+1} = w + r_W W_t + I_{HW}(H_t)$$
$$H_{t+1} = h + r_H H_t + I_{WH}(W_t)$$

<https://youtu.be/BkOIw7vAZCQ>

The Relationship Equation, Numberphile, 2015

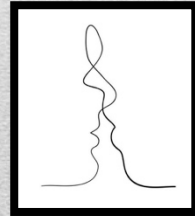


# THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK



The Gottman Institute

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A 6-second kiss is “long enough to feel romantic, yet it doesn’t make the kids late for school.” – John Gottman

The Four Horsemen (criticism, contempt, defensiveness, and stonewalling) predict early divorcing

**5.6 YEARS AFTER THE WEDDING**  
(Gottman, J.M. 1994)



Emotional withdrawal, the absence of positive affect during conflict discussions (shared humor, affection, empathy) predict later divorcing

**16.2 YEARS AFTER THE WEDDING**  
(Gottman, J.M. 1994)



The average couple waits

**6 YEARS**

before seeking help for marital problems.  
(Gottman, J.M. 1994)

**1/2**

of all marriages that end do so in the first seven years.  
(Gottman, J.M. 1994)

Stonewalling occurs when the listener enters Diffuse Physiological Arousal (DPA) and their heart rate exceeds 100 BPM.  
(Gottman, J.M. 1994)



Dr. Gottman is able to predict with over

**90% ACCURACY**

which couples will divorce and which will stay together.  
(Gottman, J.M. and Levenson, R. 2002)

**69%**

of conflict in relationships is about unresolvable, perpetual problems. 16% of these perpetual issues involve gridlocked couple conflict.  
(Gottman, J.M. 1994)



**85%**  
of stonewallers in heterosexual relationships are men.  
(Gottman, J.M. 1994)



**5:1**



**0.8:1**

Dr. Gottman reports that **stable marriages** have a **5:1** ratio of positivity to negativity during conflict, whereas in **unstable marriages** the ratio is **0.8:1**.  
(Gottman, J.M. and Levenson, R. 1999)



**80%**  
of the time, women bring up issues in heterosexual relationships.  
(Gottman, J.M. 1994)

Dr. Gottman has completed 12 longitudinal studies with over 3,000 couples. The longest couples were followed for

**20 YEARS**

(Gottman, J.M. 1994)

**67%**

of new parents experience a precipitous drop in couple satisfaction in the first three years of the baby's life.  
(Shapiro, A.F., and Gottman, J.M. 2005)

**Sources:**

Gottman, J.M., and Levenson, R.W. "What predicts change in marital interaction over time? A study of alternative models." *Family Processes Journal*, 38.2 (1999):143-58. Print.  
Gottman, J.M., and Levenson, R.W. "A Two-Factor Model for Predicting When a Couple Will Divorce: Exploratory Analyses Using 14-Year Longitudinal Data." *Family Processes Journal*, 41.1 (2002): 83-96. Print.  
Gottman, J.M., *What Predicts Divorce? The Relationship Between Marital Processes and Marital Outcomes*. Hillsdale, NJ: Lawrence Erlbaum Associates, 1994. Print.  
Shapiro, A.F., and Gottman, J.M. Effects on Marriage of a Psycho-Communicative Educational Intervention with Couples Undergoing the Transition to Parenthood. Evaluation at 1 year Post-Intervention." *Journal of Family Communication* 5.1 (2005):1-24. Print.

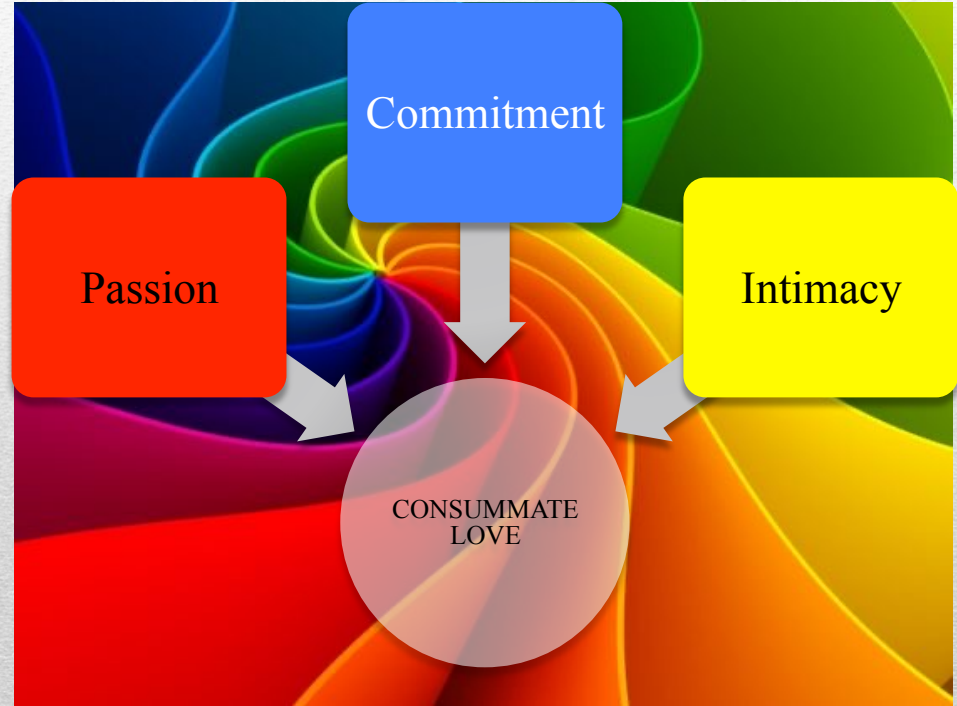
Next week, we'll discuss these four predictors for divorce:

- Stonewalling
- Defensiveness
- Criticism
- Contempt

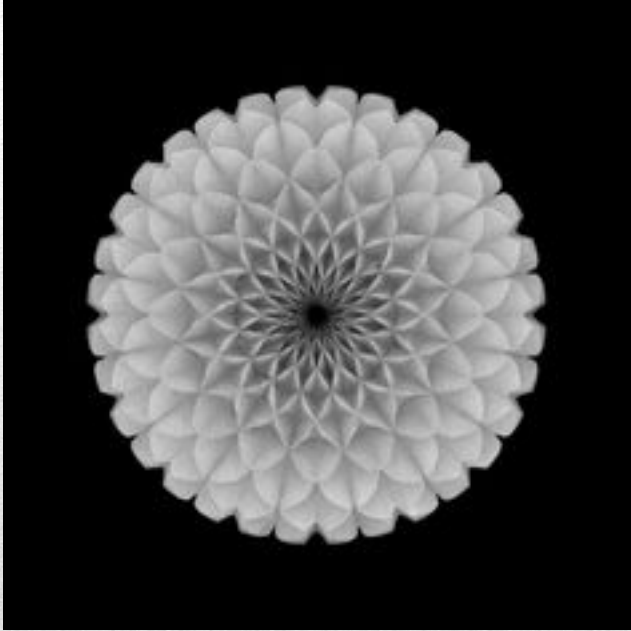
<https://www.gottman.com/blog/category/love-relationships/>

Robert Sternberg, Professor Human Development, Cornell  
Cognitive Psychology

## Triangular Theory of Love



Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, 93, 119–135.



# Nonlove

Empty love  
Lack of investment and  
emotional withdrawal are strong predictors of divorce

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## Thrill of Passion

This is a shallow form of love.  
Quickest to develop; quickest to fade.

Uncontrollable feelings

# Infatuated Love

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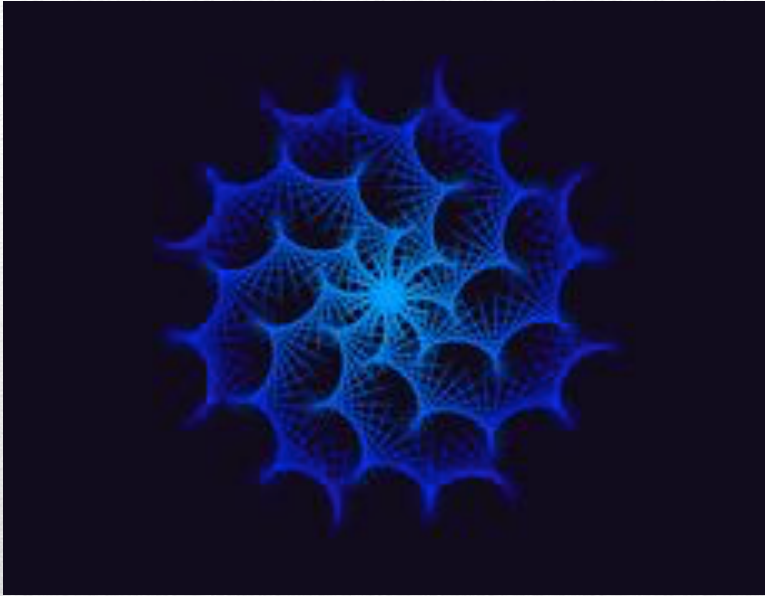


## Closeness of Intimacy

Emotional closeness  
Develops more slowly  
Enjoy one another's company  
Platonic Love

# Liking

---



## Trust of Commitment

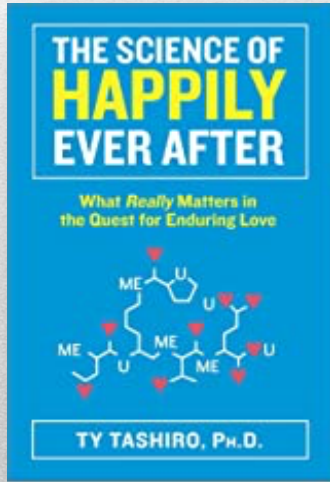
A sense of belonging *with* another  
Slowest to develop  
May be an arranged marriage

# Empty Love

---



# Pragma



- Good looking
- Wealthy
- Kind
- Exciting
- Emotionally stable
- Intelligent
- Hardworking
- Good parent
- Religious
- Honest

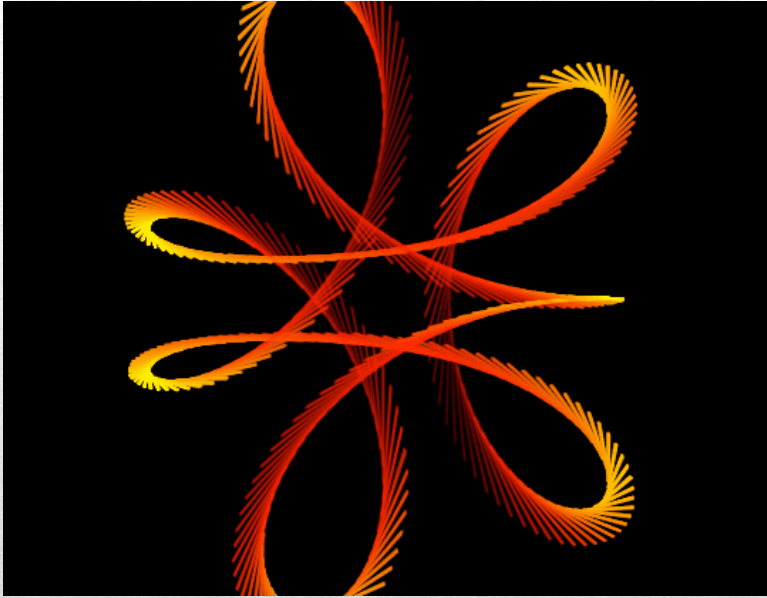


*An algorithm for happily ever after*  
TED Talk, 2017

<https://youtu.be/-BQcF8irz9k>

---

Ruling Out Love Matches, <https://youtu.be/faKqmq3F8wQ>



- Passion
- Intimacy

I want consistently good sex and good conversation, nothing serious and no pressure.

Friends, with benefits.

# Romantic Love

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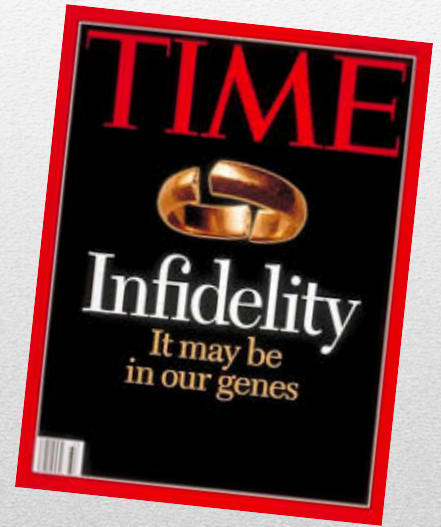
# ***Dads or Cads Theory***

Evolutionary Game Theory

Seems we prefer cads for short-term relationships and dads for the long haul.

Oxytocin (OXT) and arginine-vasopressin (AVP) are two phylogenetically conserved neuropeptides that have been implicated in a wide range of social behaviors (sexual bonding, trust, empathy).

---





- Passion
- Commitment

Whirlwind courtship in which passion motivates a commitment without the stabilizing influence of intimacy.

# Fatuous Love

---

You complete me.

You had me at  
"hello."



Jerry MaGuire, 1996

<https://youtu.be/NpWAlvWNZj0>



When two souls fall in love, there is nothing else but the yearning to be close to the other.

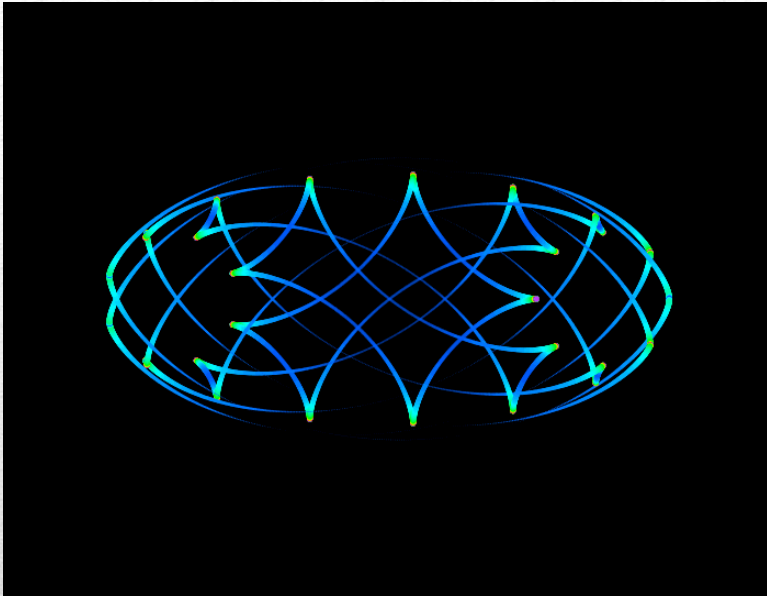
The presence is felt through a held hand, a voice heard and the sight of a smile. Even through a simple touch.

Souls do not have calendars or clocks, not do they understand the notion of time or distance. They only know it feels right to be with one another.

This is the reason why you miss someone so much when they are not around. Your soul feels their absence – it doesn't realize the separation is temporary.

- Lang Leav

---



Commitment

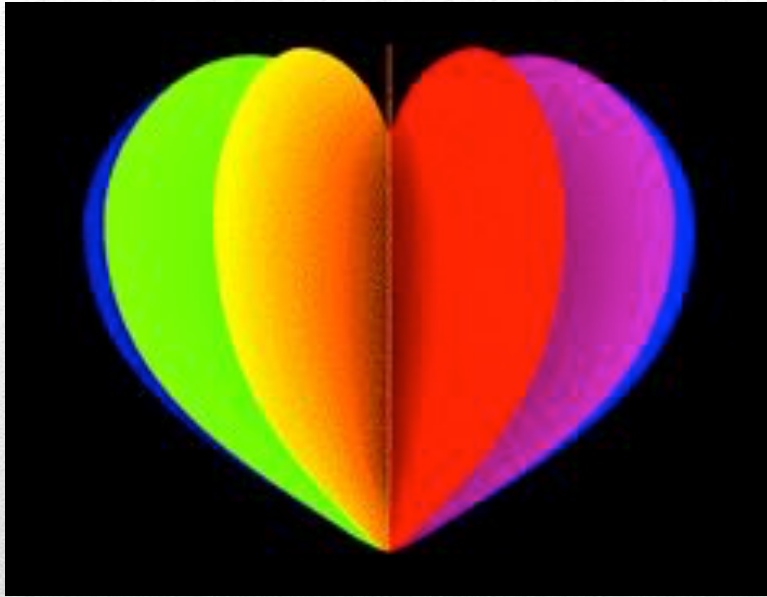
Intimacy

Supportive love, often a result of years of shared intimacy and commitment.

I married my best friend.

# Companionate Love

<https://gottsex.com/preview/>



- Passion
- Commitment
- Intimacy

# Consummate Love

Harder to maintain than to achieve

---

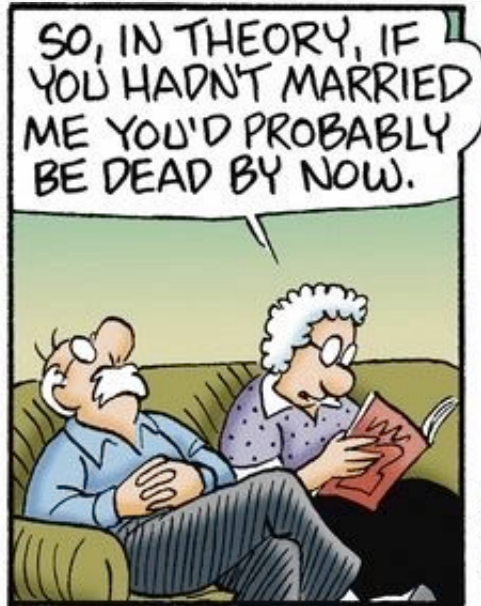
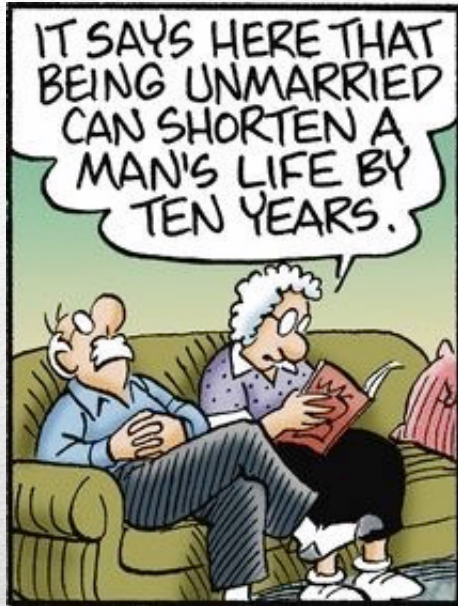




Ellie and Carl  
UP, Disney/Pixar, 2009

<https://youtu.be/VGiGHQeOqII> (short version)

- [https://youtu.be/F2bk\\_9T482g](https://youtu.be/F2bk_9T482g)



Married men live longer than single men. But married men are a lot more willing to die.

- Johnny Carson

**WIFE INSURANCE**  
MARRIED MEN LIVE 17 YEARS LONGER

POPULAR SCIENTIFIC STUDIES HAVE BEEN CARRIED OUT OVER THE LAST 150 YEARS AND THEIR FINDINGS SUGGEST THAT MARRIAGE IS GOOD FOR YOUR HEALTH. SOME OF THE FINDINGS OF THESE STUDIES ARE BELOW:

- 17 YEARS**: SINGLE MEN COULD DIE 17 YEARS EARLIER THAN MARRIED MEN
- 32%**: SINGLE MEN'S RISK OF DEATH IS 32% HIGHER COMPARED TO MARRIED MEN

**SO WHY COULD THIS BE?**

- UNMARRIED, DIVORCED AND WIDOWED MEN DON'T EAT AS WELL AS MARRIED MEN
- UNMARRIED MEN ARE LESS LIKELY TO EXERCISE AND MORE LIKELY TO SMOKING AND DRINK TOO MUCH AND TAKE LESS RESPONSIBILITY
- AN EDUCATED WIFE: A 2005 STUDY SHOWED THAT MEN MARRIED TO MORE EDUCATED WOMEN HAVE A LOWER DEATH RATE. A 2002 STUDY SHOWED THAT IF A MAN HAS AN EDUCATED WIFE IT REDUCES HIS RISK OF CORONARY HEARTY DISEASE.
- 27,779: A STUDY OF 27,779 AMERICAN MEN FOUND THAT UNMARRIED INDIVIDUALS WERE MORE LIKELY TO HAVE ADVANCED CANCER AT THE TIME OF DIAGNOSIS. THOSE WHO HAD TREATMENT FOR CANCER AND WERE MARRIED WERE THREE TIMES TO SURVIVE.
- MARRIED MEN HAVE A LOWER RISK OF DEPRESSION AND A HAPPIER RETIREMENT

Married men eat better, see a physician, and exercise more.

They are less depressed and more sociable.

WHEN A PARTNER DIES IT INCREASES THE LIKELIHOOD OF ILLNESS AND DISABILITY IN THE SURVIVING PARTNER. MEN ARE MORE VULNERABLE THAN WOMEN

MARRIED MEN ARE MORE LIKELY TO GET REGULAR MEDICAL CARE

82% OF MEN WHO ARE LESS SOCIABLE HAVE AN 82% HIGHER RISK OF DYING FROM HEART DISEASE

MARRIED MEN HAVE A HIGHER STANDARD OF LIVING

MEN WHO HAVE NEVER MARRIED ARE THREE TIMES MORE LIKELY TO DIE FROM CARDIOVASCULAR DISEASE, SO SAY JAPANESE SCIENTISTS

MARRIED MEN HAVE BETTER COGNITIVE FUNCTION AND A SMALLER RISK OF ALZHEIMER'S DISEASE

**— HOWEVER —**

A BRITISH STUDY OF 9,011 CIVIL SERVANTS ALSO SHOWED THAT BEING IN A STRESSFUL RELATIONSHIP COULD INCREASE THE RISK OF HEART ATTACKS AND ANGINA BY 34% - SUGGESTING THAT MARRIAGE CAN HAVE ITS DOWNSIDES!

MoneySupermarket.com

Men are more romantic than women. Men: FILO

Being in a stressful relationship increases the risk to the heart by 34%

How do partners in long-term relationships construct memories of the past? The current study examined 20 years of retrospective and longitudinal data from a sample of wives to evaluate two possible answers to this question. Findings indicate that wives invoke different theories of the past at different stages of life.

At 10 years into the study, wives' **memories of the past were negatively biased**, such that present ratings seemed a significant improvement. At 20 years into the study, wives' memories of the past continued to be negatively biased; however, at this stage, recollections of the past resembled current perceptions. Across both intervals, concurrent ratings in fact declined significantly. Longitudinal analyses revealed that the degree of bias in wives' memories at Time 2 predicted the course of their marital satisfaction over the subsequent 10 years. These results support the view that **memory bias may be a mechanism of maintaining satisfaction in long-term relationships**.



**Positive Distortion**

Supraindividuality

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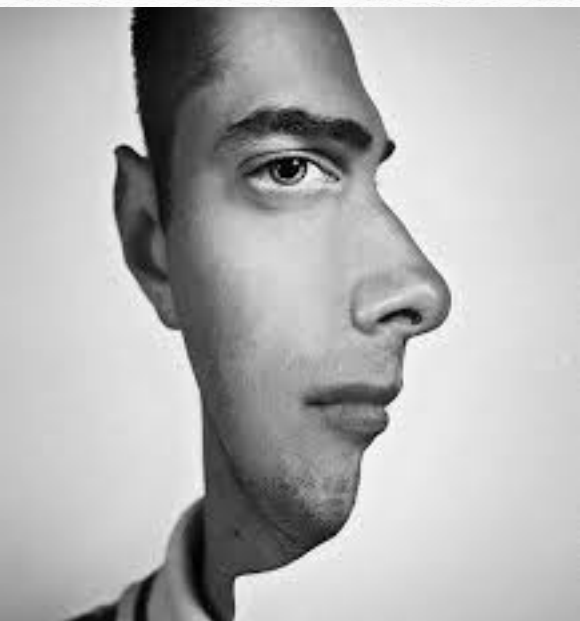
- Realistic Expectations
- Unconditional Acceptance
- Positive Distortion



Judy C. Pearson

*Lasting Love: What Keeps Couple Together, 1991*

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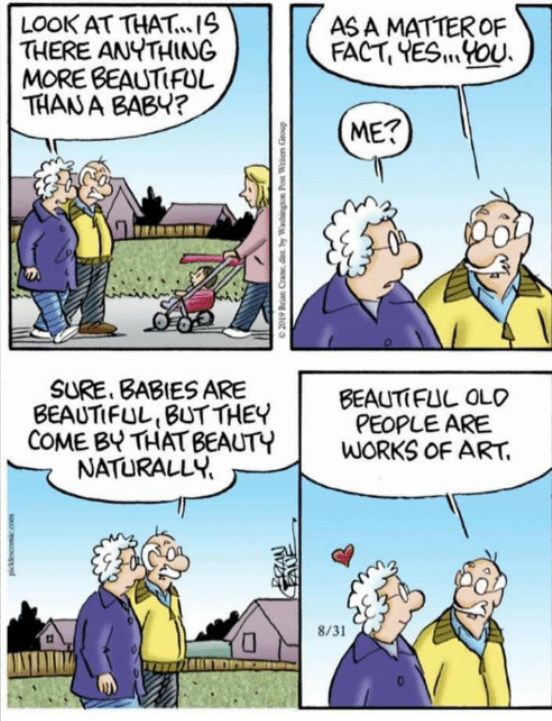


# Positive Distortion

Choosing to focus on the positive and minimizing the negative.

---

# Positive Distortion



Be your spouse's biggest cheerleader when they have good news to celebrate.

Be your spouse's biggest encourager when they have bad news to endure.

Be your spouse's safest place on earth on the good days and the hard ones.

-Dave Willes  
Twitter, October 2020



# This Thanksgiving...

Create a list of things that you appreciate about your partner.

These should be items that your partner chooses, (e.g., remembers your mother's birthday, takes out the garbage without nagging, is silly with the grandkids, pays the household bills, plans outings...)

Give the list to your partner... You'll thank me later.

---



Positive Distortion  
**Supraindividuality**

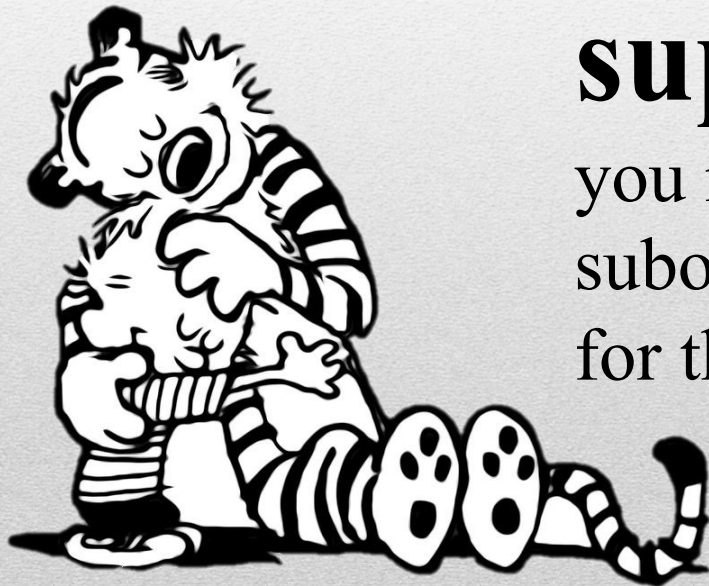
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# Supraindividuality



A covenant that each individual is subordinate to the marriage.

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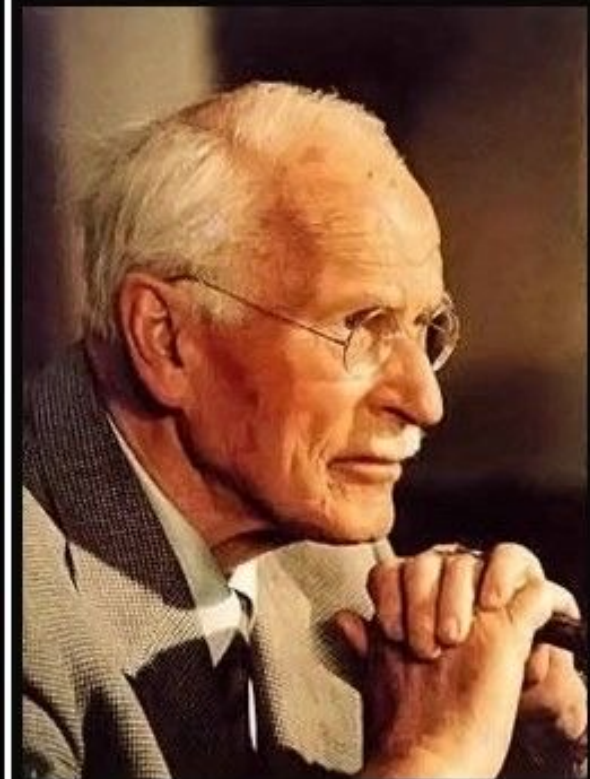


With

**supraindividuality,**

you make a conscious decision to subordinate your individual needs for the good of the relationship.

---



The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

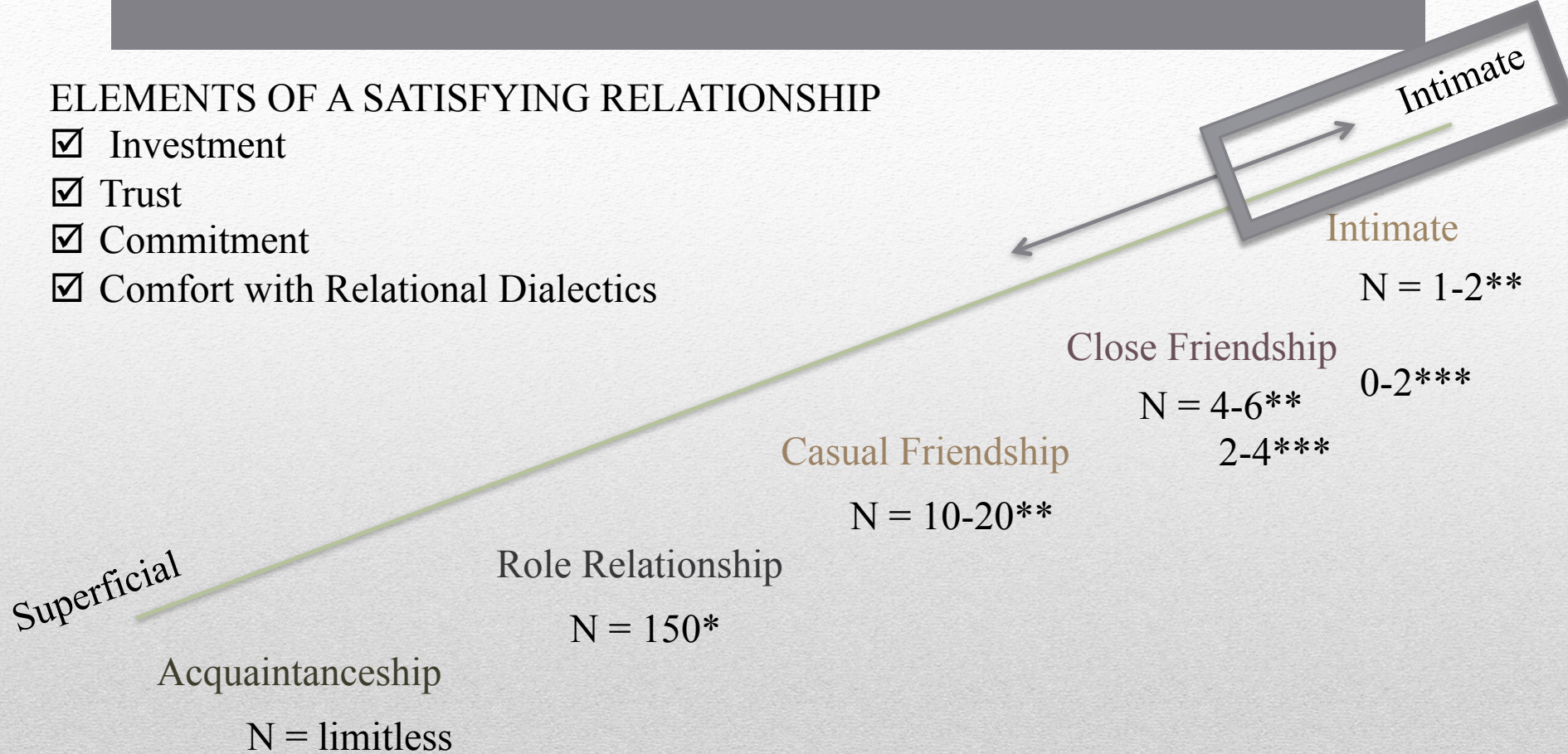
(Carl Jung)

SUPRAINDIVIDUALITY can become toxic



## ELEMENTS OF A SATISFYING RELATIONSHIP

- ☑ Investment
- ☑ Trust
- ☑ Commitment
- ☑ Comfort with Relational Dialectics



\* Robin Dunbar and Matt Spoor. Social networks, support cliques, and kinship. Human Nature Vol 6 (3) 1995, pp 273-290.

\*\* Rosemary Blieszner & Rebecca Adams, Adult friendship, Sage Series on Close Relationships, Thousand Oaks, CA, US: Sage Publications, Inc., 1992

\*\*\* Charles Russell, Inger Maggaard, General Social Survey, 1972-1986.: The state of the American people. University of Michigan, Springer-Verlag, 1988

## A PERFECTLY GOOD HOUR

1. Social Capital
  2. Social Intelligence
  3. Listening
  4. Identity
  5. Verbal/Language, Cursing
  6. Nonverbal Communication
  7. Satisfying Relationships
  8. Consummate Love
  - 9. Conflict Management**
  10. Styles of Parenting/Leading
- 



black and white, Covent Garden, portfolio





Today was good.  
Today was fun.  
Thank you.

THANK YOU  
everyone.