

THE MAGIC RELATIONSHIP RATIO 5:1

The researchers Julia and John Gottman interviewed and observed couples over 20 years. One of their techniques was to film couples in a little flat where they interacted as they usually would, discussing a few bills, making food etc.

The Gottman researchers discovered that the couples who stayed together were those who had predominantly positive communication between them. In fact, 5 times more positive to 1 negative communication seemed to be the re-occurring pattern.

WHAT COULD A PERSON DO TO COMMUNICATE POSITIVELY?

It takes time to learn to communicate positively especially when we might have to tell somebody about something 'negative' - there is a session dedicated to Assertiveness later on that can help with that - but

to communicate positively it can be helpful to look at the basic needs we all have and then see if we can communicate with a person in one or more of these areas all depending on the relationship/connection we have with somebody:

We might have one friends who needs us to encourage them in some area of their life, another friend who loves company when doing something adventurous, a family member we can help with shopping or someone who needs a little help minding them or explaining something to them etc.

FILL in the boxes with the variety of ways you could communicate positively with others

<p>LOVE / SHELTER / FOOD/ SAFETY e.g. do the shopping</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p>ENCOURAGEMENT e.g. say something nice</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>
<p>NEW EXPERIENCES e.g. invite the person for a trip</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p>RESPONSIBILITY e.g. ask if they are okay</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>