

Win Your Relationship

A GOTTMAN GAME TO IMPROVE
YOUR SOUND RELATIONSHIP HOUSE

INSTRUCTIONS & CRITERIA

You can use the Sound Relationship House bracket in two different ways: find out what you and your partner are best at in your relationship OR learn what area you need to work on most.

Print out your bracket, choose one way to play, and get started!

- Start with Week 1. Throughout the week, determine which level of the Sound Relationship House you have incorporated the best into your partnership, OR have the most opportunity to work on, by checking off the criteria under each level on the following pages.
- Add up your check marks under each Sound Relationship House level.

PLAY OPTION 1:

FIND OUT WHERE YOU WIN

- The level with the most check marks is the level you're best at and moves to the next round.
- Repeat for each week. At the end of the month, you should end up with the ways you win your relationship together!
- If any levels tie, use your best judgement to determine the level you're best at. And throw in a 6 second kiss for winning two levels!

The most checkmarks = the level you're best at

PLAY OPTION 2:

LEARN WHAT YOU NEED TO FOCUS ON

- The level with the least check marks is the area you need to focus on most and moves to the next round.
- Repeat for each week. At the end of the month, you should end up with the levels of The Sound Relationship house you need to focus on most.
- If any levels tie, use your best judgement to determine the level you and your partner would like to focus on.

The least checkmarks = the level you need to focus on

PLAY IT ALL MONTH!

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START HERE!
WEEK 1

- Build Love Maps
- Fondness & Admiration
- Turning Towards
- Positive Perspective
- Manage Conflict
- Make Life Dreams Come True
- Shared Meaning
- Trust & Commitment

WEEK 3

- Build Love Maps
- Fondness & Admiration
- Turning Towards
- Positive Perspective
- Manage Conflict
- Make Life Dreams Come True
- Shared Meaning
- Trust & Commitment

WEEK 2

- Build Love Maps
- Fondness & Admiration
- Turning Towards
- Positive Perspective
- Manage Conflict
- Make Life Dreams Come True
- Shared Meaning
- Trust & Commitment

WEEK 4

- Build Love Maps
- Fondness & Admiration
- Turning Towards
- Positive Perspective
- Manage Conflict
- Make Life Dreams Come True
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- Trust & Commitment

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BUILD LOVE MAPS

Level 1 of The Sound Relationship House. Knowing the little things about your partner's life creates a strong foundation for friendship and intimacy.

- You learned at least one new thing about each other this week
- Partner 1 asked an open-ended question to learn more about their partner
- Partner 2 asked an open-ended question to learn more about their partner
- You talked about your shared or personal histories
- You each told or listened to a story about your partner's day

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

FONDNESS & ADMIRATION

Level 2 of The Sound Relationship House. Express affection and appreciation for each other. Statements like "I'm proud of your accomplishments," or "I appreciate how thoughtful you are".

- Partner 1 vocalized what they appreciate about their partner
- Partner 2 vocalized what they appreciate about their partner
- You expressed your love to each other in verbal ways
- You expressed your love to each other in physical ways
- Each partner felt important and valued this week

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

TURN TOWARDS INSTEAD OF AWAY

Level 3 of The Sound Relationship House. The everyday efforts you make to reach out to your partner and accept (turn towards) their bids for emotional connection.

- Partner 1 identified and turned towards a verbal bid for connection
- Partner 2 identified and turned towards a verbal bid for connection
- Partner 1 identified and turned towards a nonverbal bid for connection
- Partner 2 identified and turned towards a nonverbal bid for connection
- Each partner felt comfortable expressing their needs for connection

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

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POSITIVE PERSPECTIVE

Level 4 of The Sound Relationship House. The presence of a positive approach to problem-solving and the success of repair attempts.

- Partner 1 gave their partner the benefit of the doubt
- Partner 2 gave their partner the benefit of the doubt
- You thought fondly of each other when you were apart
- You acted like a team this week
- You both maintained a positive outlook on your relationship

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

MANAGE CONFLICT

Level 5 of The Sound Relationship House. When managed correctly, conflict can help you learn more about your partner and ultimately bring you closer.

**if you did not experience conflict this week, automatically forfeit the "win" to Make Life Dreams Come True*

- Partner 1 accepted their partner's influence
- Partner 2 accepted their partner's influence
- You both "talked it out" in a respectful and constructive way
- You both self soothed to stay calm (ex: taking a short break, going on a walk, or taking deep breaths)
- You each learned something new from your conflict conversation(s) this week

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

MAKE LIFE DREAMS COME TRUE

Level 6 of The Sound Relationship House. Create an atmosphere that encourages each person to talk honestly about their hopes, values, convictions, and aspirations.

- Partner 1 has helped their partner work towards their goal or dream in some way, big or small (this can even mean talking about it!)
- Partner 2 has helped their partner work towards their goal or dream in some way, big or small (this can even mean talking about it!)
- You talked about your goals, hopes, dreams, or aspirations this week
- You feel knowledgeable about one another's personal goals and dreams in life
- You have shared goals that you're working towards together

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

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CREATE SHARED MEANING

Level 7 of The Sound Relationship House. Enrich your relationship by creating an inner life together. Create a culture rich with symbols and rituals.

- You participated in a ritual of connection together this week, big or small (ex: the way you celebrate a milestone or the specific routine for winding down together in the evenings)
- You set aside time for undistracted communication with each other
- You participated in an appreciation ritual every day this week (thank your partner for doing the dishes, say thank you throughout the day, or tell your partner one thing you appreciate about them)
- You participated in a parting and reunion ritual every day (ex: you greeted each other hello and kissed each other goodbye)
- You shared an inside joke with each other this week

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

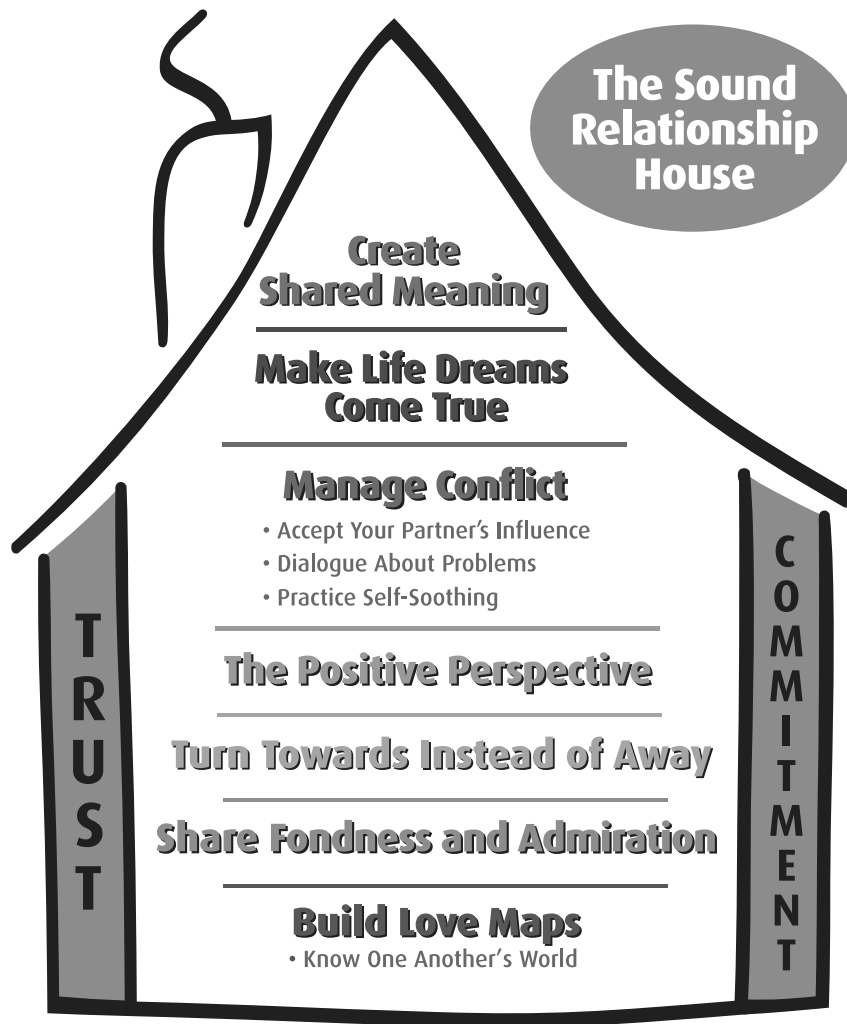
TRUST AND COMMITMENT

The weight bearing walls of The Sound Relationship House. They keep your relationship strong and are essential for a happy, lifelong partnership.

- You consistently attune to each other (ex: you understand your own emotions and the thoughts and feelings of your partner)
- You maintained your faith in each other
- You have done one positive thing to help your love grow (participating in this activity counts!)
- You assured your partner that you're "all in" in your relationship (ex: recommitting to promises you've made, statements like "we're in this together", or taking action that reaffirms your commitment)
- You choose each other every day

Week 1 Total: _____ Week 2 Total: _____ Week 3 Total: _____ Week 4 Total: _____

This game is simply a fun way to identify wins and areas of focus in your relationship. It is not a replacement for a qualified mental health professional, and is not intended for couples who are in distress.



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