

# Manager-Proofing Your Relationship

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103RD ANNUAL CONFERENCE • BEXAR COUNTY

# Manager-Proofing Your Relationship



**KEYS**

**STRESSORS**

Reading &  
Credits

**INTRODUCTIONS**

**RISKY  
BUSINESS**

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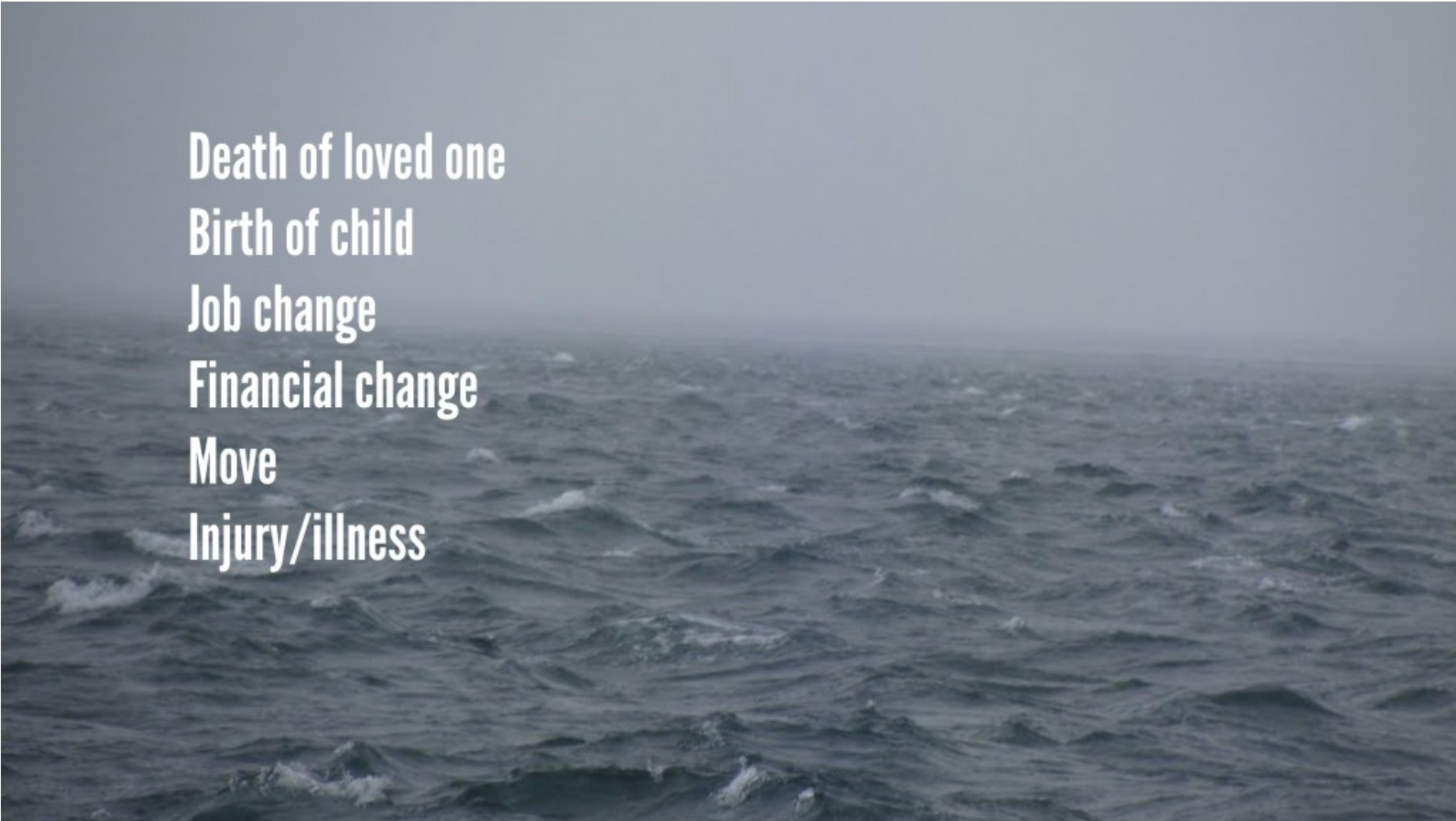
**Common  
Factor?**

**Stressors**

**Keys to a thriving  
relationship**







**Death of loved one**  
**Birth of child**  
**Job change**  
**Financial change**  
**Move**  
**Injury/illness**



**Death of loved one**

**Birth of child**

**Job change**

**Financial change**

**Move**

**Injury/illness**

# Keys to a thriving relationship

3





**Introductions**



**Us**

**You**



A name tag template consisting of a red rounded rectangular header and a white rounded rectangular body. The header contains the text "Hello" in a large white font and "my name is" in a smaller white font below it. The body is empty, intended for a name.

**Hello**  
my name is

- **Name**
- **City/County**
- **Relationship status**
- **Etc.**





**3**

**Keys to a thriving  
relationship ...  
*and career***

**Conflict**

**Friendship**

**Keep Your Eye  
on the Prize**



**Criticism**

**Defensiveness**

**Contempt**

**Stonewalling**



## ***John Gottman, Ph.D.***

- 40 years of research
- 200 academic articles
- 40 books
- Top 10 Most Influential Therapists of the past 25 years
- Professor Emeritus of Psychology, University of Washington



## ***Honors and Awards***

- 4 National Institute of Mental Health Research Scientist Awards
- The American Association for Marriage and Family Therapy Distinguished Research Scientist Award
- The American Family Therapy Academy Award for Most Distinguished Contributor to Family Systems Research
- The American Psychological Association Division of Family Psychology, Presidential Citation for Outstanding Lifetime Research Contribution
- The National Council of Family Relations, 1994 Burgess Award for Outstanding Career in Theory and Research



# *Handle Conflict Constructively*



# *Handle Conflict Constructively*



# *Handle Conflict Constructively*



# *Handle Conflict Constructively*



# *Risky Behaviors*

1

**Criticism**

2

**Defensiveness**

3

**Contempt**

4

**Stonewalling**

## Criticism



State  
Complaints



## Criticism



State  
Complaints



# State Complaints



# State Complaints



Neutral



# State Complaints



**Neutral**

**Feelings**



# State Complaints



**Neutral**

**Feelings**

**Stories**

## Defensiveness



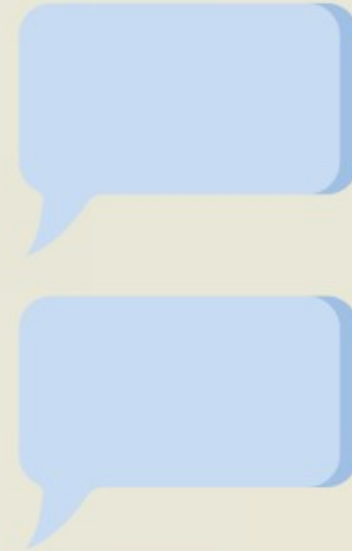
**Role Play**

**Acknowledge  
Responsibility**



*"Why do you always get defensive whenever I attack you?"*

# Role Play



# Role Play



*Repetition*

*Yes, but ...*



# Role Play



# Acknowledge Responsibility



*Your Needs*



*Partner's Needs*



## Contempt



**Demonstrate  
Appreciation**



# Demonstrate Appreciation





Guest Blog Post: Guys ... Your Wife is Good. Really Good. by Kevin Lahner



Admit it guys. You all have done that thing where you roll your eyes when the latest story comes across your Twitter feed featuring the salary a stay-at-home mom would make were she actually paid for her work. You probably sigh and subtly shake your head when the local morning show discusses the stressful world of the granola making, home-schooling, mini-van driving, wine sipping mom crowd. "It can't be that hard," you quietly say to yourself (lest your wife can hear it) as you tighten up your tie and slip casually out the door to the office while your two-year old throws himself on the floor screaming over



Jessica Lahner

Welcome to my blog about all things parenting. I believe that parenting is the hardest and most important job on Earth and that we do it best when we do it together.



#### Categories

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- [Early Learning Skills](#)
- [Family](#)
- [Homemaking](#)
- [Organization](#)
- [Personal Reflections](#)
- [Playtime](#)
- [Product Reviews](#)
- [Recipes](#)
- [Safety](#)

## Stonewalling



**Timeout**

# Timeout





# Maintain Your Friendship



# Keep Your Eye on the Prize











# Reading Suggestions

## Websites

[www.gottman.com](http://www.gottman.com)

## Books & Articles

Gottman, J. M. & DeClaire, J. (2002). *The Relationship Cure: A 5-Step Guide to Strengthening Your Marriage, Family, and Friendships*. Harmony, New York, NY.

Gottman, J. M. & Silver, N. (2015). *The Seven Principles for Making Marriage Work*. Harmony, New York, NY.

Gottman, J. M., Levinson, R. W. (2002). A two-factor model for predicting when a couple will divorce: Exploratory analysis using 14-year longitudinal data. *Family Processes Journal*, 41, 83-96.

Gottman, J. M., Levinson, R. W. (1999). What predicts change in marital interaction over time? A study of alternative models. *Family Processes Journal*, 38, 143-158.

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- *Stress Baby* <http://static1.squarespace.com/static/5488e918e4b022ce8f969e90/54d12860e4b0733d988c0d20/582dd042e4fcb5d9b44741c1/1479403497513/StressBaby.jpg?format=1000w>
- *High wire*: <https://cdn.powerofpositivity.com/wp-content/uploads/2016/09/high-risk-relationship-power-of-positivity.jpg>
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- *J. Gottman*: [https://cdn.gottman.com/wp-content/uploads/2015/12/John\\_TAT-Headshot-2.png](https://cdn.gottman.com/wp-content/uploads/2015/12/John_TAT-Headshot-2.png)
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- *Couple Talking*: <http://www.quemcrescemos.com.br/wp-content/uploads/2015/10/casal-conversando-imparcialidade.png>
- *Needs*: <http://www.cruxcatalyst.com/wp-content/uploads/needs.jpg>
- *Contempt*: <http://www.relationshipjourney.com/Blog/wp-content/uploads/2015/05/contempt-couple-small.jpg>
- *Wisconsin*: <http://bit.ly/2hJFFGs>
- *Piggy Bank*: <https://static.pexels.com/photos/164497/pexels-photo-164497.jpeg>
- *Blog post*: <https://jaxinthebox.com/2014/04/23/guest-blog-post-guys-your-wife-is-good-really-good-by-kevin-lahner/#more-1183>
- *Stonewalling*: <http://evome.co/stonewalling-1-surefire-way-to-destroy-your-otherwise-great-relationship/>
- *Timeout*: <http://www.seeds4thesoul.com/wp-content/uploads/2013/11/ref1.jpg>
- *Prize*: [https://cdn.theatlantic.com/assets/media/img/mt/2017/01/GettyImages\\_476064417-1/facebook.jpg?1485207556](https://cdn.theatlantic.com/assets/media/img/mt/2017/01/GettyImages_476064417-1/facebook.jpg?1485207556)
- *Friendship*: [https://cdn.gottman.com/wp-content/uploads/2016/08/3-Steps-to-Reconnect-When-You-Feel-Disconnected-From-Your-Partner\\_HL.jpg](https://cdn.gottman.com/wp-content/uploads/2016/08/3-Steps-to-Reconnect-When-You-Feel-Disconnected-From-Your-Partner_HL.jpg)
- *Retirement1*: <http://www.moneysense.ca/wp-content/uploads/2015/04/Couple-happy-retirement-beach-1024x568.jpg>
- *Retirement2*: [http://optimallyvibrant.com/wp-content/uploads/2016/10/elderlycoupleAA2\\_Large.jpg](http://optimallyvibrant.com/wp-content/uploads/2016/10/elderlycoupleAA2_Large.jpg)
- *Retirement3*: [https://static.boredpanda.com/blog/wp-content/uploads/2015/05/old-couples-having-fun-19\\_605.jpg](https://static.boredpanda.com/blog/wp-content/uploads/2015/05/old-couples-having-fun-19_605.jpg)
- *Retirement4*: [https://www.yourlifechoices.com.au/assets/images/australia\\_page\\_must\\_visit\\_attractions.jpg](https://www.yourlifechoices.com.au/assets/images/australia_page_must_visit_attractions.jpg)



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