



# 3 RELATIONSHIP BUILDERS

HERE'S WHAT YOU CAN DO NOW TO HELP & HEAL YOUR RELATIONSHIPS

01

CREATE LOVE MAPS

ASK OPEN ENDED QUESTIONS

02

FONDNESS AND ADMIRATION

NOTICE THE GOOD AND TALK ABOUT IT.

03

TURNING TOWARD

MASTERS REMAIN SENSITIVE AND OPEN 86% OF THE TIME. DISASTERS TURN TOWARD ONLY 33% OF THE TIME.

**gottman.com**

READ AND APPLY EVERYTHING HE WRITES



THINK-TIME.COM



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