

The 5:1 Ratio

[Adapted from The Gottman Institute]

Psychologist John Gottman's research has found that the best predictor of a happy and successful relationship is when there is a ratio of five times more positive interactions than negative ones.

TIP: Try to implement at least two positive interactions or behaviors in your relationship from the list below on a regular basis. Put them to use each time you find yourself in a negative interaction or expressing negative feelings.

Some "Positives" that contribute to a healthy and stable relationship are:

- Show interest
- Show affection
- Show your care and concern
- Lighten things up
- Be appreciative
- Listen so you can understand
- Be accepting
- Aim for more positive interactions

Some common "Negatives" to avoid:

- Taking critical potshots
- Giving disgusted looks
- Saying "I did not!" or "I am not!"
- Withdrawing
- Pushing your point of view
- Whining or complaining excessively

[Gottman's 5-1 Ratio.docx]