

The Four Horsemen (criticism, contempt, defensiveness, and stonewalling) predict early divorcing

5.6 YEARS AFTER THE WEDDING

(Gottman, J.M. 1994)



The average couple waits

6 YEARS

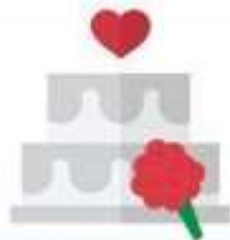
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Emotional withdrawal, the absence of positive affect during conflict discussions (shared humor, affection, empathy) predict later divorcing

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of all marriages that end do so in the first seven years.

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Stonewalling occurs when the listener enters Diffuse Physiological Arousal (DPA) and their heart rate exceeds 100 BPM.

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Dr. Gottman is able to predict with over

90% ACCURACY

which couples will divorce and which will stay together.

(Gottman, J.M. and Levenson, R. 2002)

69%

of conflict in relationships is about unresolvable, perpetual problems. 16% of these perpetual issues involve gridlocked couple conflict.

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85%

of stonewallers in heterosexual relationships are men.

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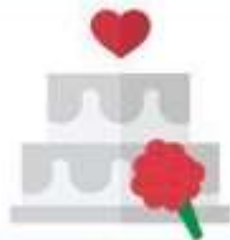
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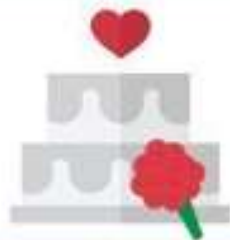
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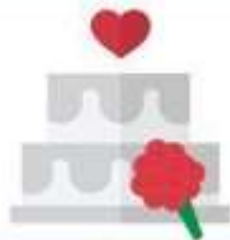
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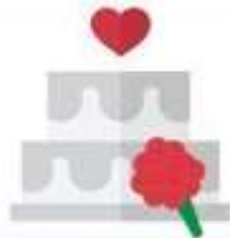
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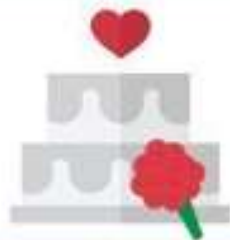
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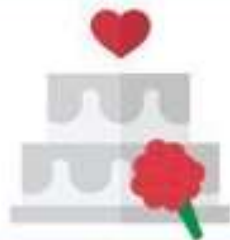
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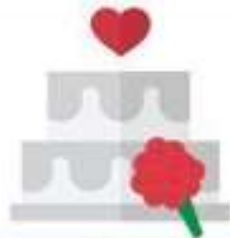
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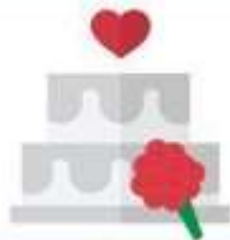
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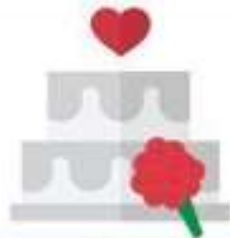
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Stonewalling occurs when the listener enters Diffuse Physiological Arousal (DPA) and their heart rate exceeds 100 BPM.

(Gottman, J.M. 1994)



Dr. Gottman is able to predict with over

90% ACCURACY

which couples will divorce and which will stay together.

(Gottman, J.M. and Levenson, R. 2002)

69%

of conflict in relationships is about unresolvable, perpetual problems. 16% of these perpetual issues involve gridlocked couple conflict.

(Gottman, J.M. 1994)



85%

of stonewallers in heterosexual relationships are men.

(Gottman, J.M. 1994)



5:1



0.8:1

Dr. Gottman reports that **stable marriages** have a 5:1 ratio of positivity to negativity during conflict, whereas in **unstable marriages** the ratio is 0.8:1.

(Gottman, J.M. and Levenson, R. 1999)



80%

of the time, women bring up issues in heterosexual relationships.

(Gottman, J.M. 1994)

Dr. Gottman has completed 12 longitudinal studies with over 3,000 couples. The longest couples were followed for

20 YEARS

(Gottman, J.M. 1994)

67%

of new parents experience a precipitous drop in couple satisfaction in the first three years of the baby's life.

(Shapiro, A.F. and Gottman, J.M. 2005)

Sources:

Gottman, J.M., and Levenson, R.W. "What predicts change in marital interaction over time? A study of alternative models." *Family Process Journal*, 38.2 (1999):145-58. Print.

Gottman, J.M., and Levenson, R.W. "A Two-Factor Model for Predicting When a Couple Will Divorce: Exploratory Analyses Using 14-Year Longitudinal Data." *Family Process Journal*, 41.1 (2002): 83-96. Print.

Gottman, J.M. *What Predicts Divorce? The Relationship Between Marital Processes and Marital Outcomes*. Hillsdale, NJ: Lawrence Erlbaum Associates, 1994. Print.

Shapiro, A.F. and Gottman, J.M. Effects on Marriage of a Psycho-Communicative Educational Intervention with Couples Undergoing the Transition to Parenthood, Evaluation of 1-year Post-Intervention." *Journal of Family Communication* 5.1 (2005):1-24. Print.

The Four Horsemen (criticism, contempt, defensiveness, and stonewalling) predict early divorcing

5.6 YEARS AFTER THE WEDDING

(Gottman, J.M. 1994)



The average couple waits

6 YEARS

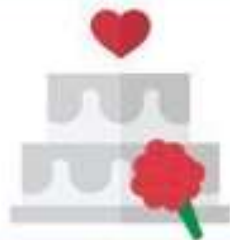
before seeking help for marital problems.

(Gottman, J.M. 1994)

Emotional withdrawal, the absence of positive affect during conflict discussions (shared humor, affection, empathy) predict later divorcing

16.2 YEARS AFTER THE WEDDING

(Gottman, J.M. 1994)



1/2

of all marriages that end do so in the first seven years.

(Gottman, J.M. 1994)

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