

## WHAT NOT TO DO:

Dr. John Gottman, a relationship expert, has done years of extensive research on couples.

He can predict with 90% accuracy which couples will succeed and which will fail.

Here is what he found:

### *What Leads to Divorce...*

- 1.) Criticism, Attacking Character
- 2.) Contempt, Disrespect, Sarcasm
- 3.) Defensiveness, Blaming
- 4.) Harsh Starts to Arguments
- 5.) Flooding: Overwhelming Partner
- 6.) Stonewalling: Withdrawing
- 7.) Failed Repair Attempts,  
Disconnection