

The Relationship Roadmap



Getting Ready For Your Roadtrip.

What kind of car are you taking?

- We not only want to be in love with our spouse, we want to bring out the best in each other so what marriage actually makes us better people.
- All the “upgrades” costs more of our time and energy.
- If you don’t take good care of your relationship, it might stop running altogether.

Let’s fuel up!

- You need a 5 to 1 ratio of positive interaction to negative interaction.
- For every negative interaction you have, you need 5 positive ones to get back on track.

Make your playlist! Set the Mood of your marriage

Positive Sentiment Override: positive feelings about each other & your relationship are so pervasive that

1. An atmosphere of optimism is created
2. Couples give each other the benefit of the doubt

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3. Couples are more likely to accept influence from each other

Negative Sentiment Override (NSO)

1. criticism: character assault
2. contempt: air of superiority
3. Emotional disengagement; marked lack of affection, shared humor, question-asking, active interest, excitement, joy, support, and empathy. This pattern was related to turning against bids for emotional connection (a negative style of everyday interaction) and lack of negative escalation in conflict.

NSO like a toxic mold that insidiously affects everything. We even negatively rewrite history.

Rebuilding your friendship is the only antidote for NSO.

Basic Maintenance: When your car gets overheated. Chronic Diffuse Arousal

- Increased heart rate,
- Decreased oxygen in the blood
- Increased cortisol
- Increased activation of the amygdala is part of the limbic system and is involved in the processing and expression of emotions, especially anger and fear.

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- Decreased activation in frontal lobe (the part of your brain that allows higher level thinking)
- Increased sympathetic nervous system
- Decreased parasympathetic nervous system

Trying to handle conflict when overheated does not work.

You are literally not in your right mind:

- reduced ability to take in information
- Increased defensiveness
- reduced ability to creatively problem solving
- Reduced capacity for empathy

When you are overheated:

- Pull over and cool down by controlling your breath.
- Get some physical space if needed
- Do not argue in your head! Your body does not know the difference.

Excess Baggage: Marriage myths

- Moms are experts and dads are never good enough.
- A good relationship is one without conflict.
- Conflict must be resolved.