

How to Keep Love Going Strong

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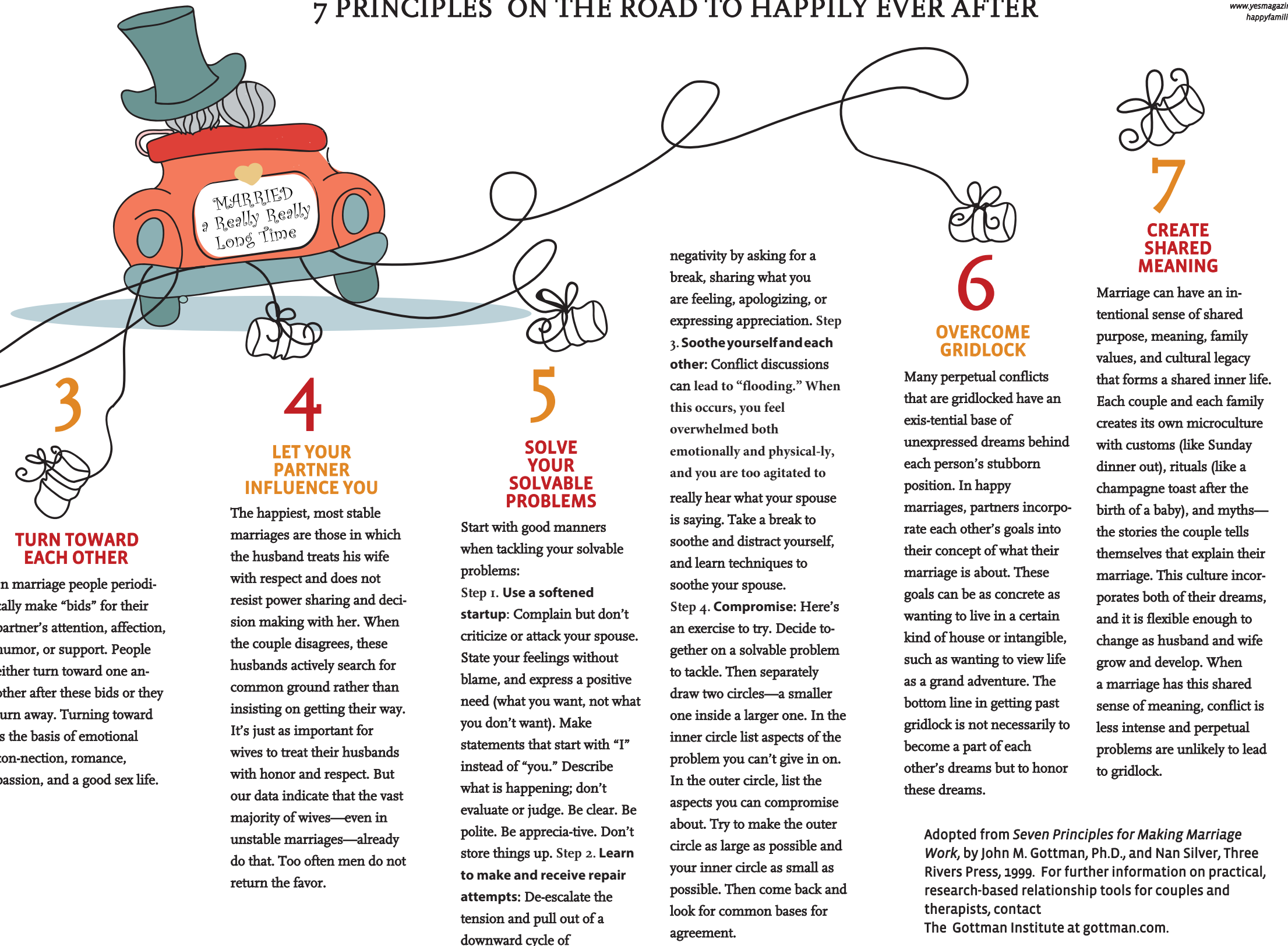
John M. and Julie Gottman

Why is marriage so tough at times? Why do some lifelong relationships click, while others just tick away like a time bomb? And how can you prevent a marriage from going bad—or rescue one that already has?

After years of research, we can answer these questions. In fact, we are now able to predict whether a couple will stay happily together after listening for as little as three hours to a conflict conversation and other interactions in our Love Lab. Our accuracy rate averages 91 percent. Gay and lesbian relationships operate on essentially the same principles as heterosexual relationships, according to our research.

But the most rewarding findings are the seven principles that prevent a marriage from breaking up, even for those couples we tested in the lab who seemed headed for divorce.

7 PRINCIPLES ON THE ROAD TO HAPPILY EVER AFTER



Adopted from *Seven Principles for Making Marriage Work*, by John M. Gottman, Ph.D., and Nan Silver, Three Rivers Press, 1999. For further information on practical, research-based relationship tools for couples and therapists, contact The Gottman Institute at gottman.com.

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