

Speaking the Truth in Love

“Instead, speaking the truth in love....” (Ephesians 4:15a)

The Four Horsemen of the Apocalypse: Warning Signsⁱ

1. Criticism (Attacks the character of the person)
2. Defensiveness (Attempt to ward off perceived attack)
3. Contempt (Greatest predictor of divorce; “I AM RIGHT”)
4. Stonewalling (Withdrawing)

Antidotes for The Four Horsemen

1. The antidote for criticism is to make a complaint without blame.
2. The antidote for defensiveness is to accept some responsibility, even if only for a part.
3. The antidote for contempt is to create a climate of appreciation and respect.
4. The antidote for stonewalling is to practice physiological self-soothing.

Four Keys to Improving Your Marriage

Strategy 1: Calm Down

Strategy 2: Speak Nondefensively

Strategy 3: Find ways to validate the other

Strategy 4: Over Learning: Try and try again

Doyle Hamilton, Pastoral Counselor

Roswell Counseling Center, LLC

www.RoswellCounselingCenter.org

ⁱ Taken from Dr. John Gottman’s research and book Seven Principles for Making Your Marriage Work