

GOTTMAN REPAIR PHRASES OS

Sourced from *Difficult Conversations*, Ch. 10

GOTTMAN REPAIR · 4 ANTIDOTES + 3 PHRASES

DC Playbook Ch. 10

01 · CRITICISM → "I" STATEMENT

Specific behavior, not character. "When X, I feel Y because Z."

Not "you always."

02 · CONTEMPT → APPRECIATION

Build daily appreciation practice.

Strongest dissolution predictor — fix is structural.

03 · DEFENSIVENESS → OWN A SMALL PART

Take responsibility for any piece before responding to the rest.

Genuine, not "I'm sorry but."

04 · STONEWALLING → TACTICAL PAUSE

"I'm getting overwhelmed. 30 minutes, back at 8."

Pause + return commitment, not silence.

05 · THREE REPAIR PHRASES — NEVER + "BUT"

"Came across wrong — can I try again?" / "Same team. Slow down." / "I hear I hurt you. Tell me more."

"But" instantly cancels the repair.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/gottman-repair
For the mechanism, the protocol, and citations.