

DAY 15

“The Four Horsemen of the Apocalypse predict an ailing marriage. Criticism, Defensiveness, Stonewalling, and Contempt. Contempt is the worst of these.” – John Gottman

Your task for today is to identify for yourself in what ways you may have engaged in the Four Horsemen at least once in your relationship. Use this list, and respond in the boxes below:

- 1) Criticism- to label, undermine, or devalue a person in some way.
- 2) Defensiveness – not taking responsibility for your own behaviors or actions; focus is put back on the other person.
- 3) Contempt – Sarcasm, eye rolling, and sighing.
- 4) Stonewalling – A refusal to communicate or cooperate – intentionally or unintentionally.

A time I engaged in **criticism**:

A time I engaged in **defensiveness**:

A time I engaged in **contempt**:

A time I engaged in **stonewalling**: