

## LANGUAGES OF LOVE

**Meta Emotions** is defined as how you “feel” about feelings. Your meta emotions often influence how you come to show and understand love– your **Love Language**.

**Words of Affirmation** – This language uses words to affirm other people.

**Acts of Service** – For these people, actions speak louder than words.

**Receiving Gifts** – For some people, what makes them feel most loved is receiving a gift.

**Physical Touch** – For this person, nothing speaks more deeply than appropriate touch.

**Quality Time** – This language is all about giving the other person your attention.

***Try this out:***

Look for ways that your partner shows love that may be different than yours. Try to mimic their language today.

***To Note:***

Physical touch and intimacy are not only relative to sex. Avoid making assumptions that physical touch “means” sex or that physical touch “leads” to sex. Although this can certainly be true, it is important to understand that the need for physical touch for some often goes beyond sexual acts.

**Intimacy is a form of trust. Trust is necessary for sexual intimacy.**

## PROBLEM AREAS

**Gridlock** – When couples struggle to manage ongoing disagreements with constructive conflict conversations.

69% of the problems identified within a relationship are considered perpetual. This means that majority of relationship issues are unsolvable. These **Perpetual Problems** are often a result of differing personalities, temperaments, values, or beliefs.

***The good news:***

You do not have to solve your problems to have a successful and happy relationship. The goal in managing gridlocked issues, is to create a healthy dialogue around these issues and continue to discuss them throughout the lifetime of your relationship.

## THE FOUR HORSEMEN

**The Four Horsemen** are the characteristics and behaviors identified in couples that lead to relationship demise and divorce

### Four Horsemen

Criticism  
Contempt  
Defensiveness  
Stonewalling

### Antidote

Softened Start Up – “I feel...about what... I need”  
Build Appreciation – look for the positives  
Take Responsibility  
Physiological Self-Soothing

## FLOODING - LISTEN TO YOUR BODY

**Flooding** – the term used by Gottman that describes Diffuse Physiological Arousal, occurs when you feel overwhelmed and threatened either verbally, emotionally, or physically. It is your body’s alarm system that helps you escape a perceived threat.

### Physiology of Flooding

The body goes into fight-or-flight mode.  
Adrenaline is produced and surges the body.  
Heart rate increases.  
Breathing quickens and becomes shallow.

Digestion slows.  
Blood pressure increases.  
Blood flow moves to organs for protection.

### Affects of Brain Functioning

*With less blood flow to the brain, you lack the ability to engage in executive functioning skills.*

Ability to rationalize decreases.  
Comprehension is negatively impacted.  
Sense of humor is lost.

Peripheral vision narrows.  
Ability to effectively manage emotions decreases.  
Problem solving skills decompensate.

### Signs of Flooding

You or your partner don’t feel heard by each other.  
You often say things you don’t really mean.  
You interrupt or talk over your partner.  
You use contempt towards your partner.  
You may feel like you are having a panic attack.  
You stonewall, withdraw, or shut down during conflict.  
You notice clenching of fists or grinding of teeth.

Your voice raises.  
You feel out of breath.  
You feel flushed during discussion  
You feel very defensive.  
Your heart races