

# *the* Gottman Seven Principles Program

## Class Syllabus

Class	Module	Date	Chapter(s)	Topic
1	A		1-3	The Research Foundation of the Seven Principles
2	B		4	Principle 1: Enhance Your Love Maps
3	C		5-6	Principle 2: Nurture Your Fondness and Admiration Principle 3: Turning Toward Each Other
4	D		7	Principle 4: Let Your Partner Influence You
5	E		8	Two Kinds of Marital Conflict: Solvable and Perpetual Problems
6	F		9	Principle 5: Solve Your Solvable Problems
7	G		10	Coping With Typical Solvable Problems
8	H		11	Principle 6: Overcome Gridlock
9	I		12	Principle 7: Create Shared Meaning Afterward: What Now?
10			–	Follow-Up Class (optional)