

Gottman Reflection Paper

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In the interview for the *True North Story* (2016), Dr. John Gottman, one of the most prominent psychologists of these days, discusses his latest book named *The Man's Guide to Women*. In the beginning, Gottman provided some insights into the factors that contributed to his decision to become a psychologist. Couple relationships and family interactions became his major field of study. After more than twenty years that the scholar devoted to the psychology of couples, he came up with several crucial determinants that affect men-women relationships.

To begin with, one must learn to listen and hear a woman. This is when attunement is essential, that is undivided attention, understanding, and empathy (Goleman, 2011). It is not about arguing, criticizing, or suggesting ways to solve the problem. It is crucial merely to hear and show interest and, thus, to establish an emotional connection. Besides, the thing that women look for in men is reliability. The meaning of reliability is that the man is exactly who he claims to be, and his words do not differ from the actions. It is also critical not to ignore the woman's emotions. When men say that a woman "falls into emotions," they do not mean joy, fun, play, humor, interest, excitement, adventure, thirst or passion (Gottman, Schwartz Gottman, Abrams, & Carlton Abrams, 2016). They do not mean positive emotions. The problem of men is not that a woman expresses feelings in general. The problem arises when the so-called negativity comes to the surface, for example, sadness, anger, disappointment, loneliness (Gottman, Schwartz Gottman, Abrams, & Carlton Abrams, 2016). In fact, such emotions men would prefer to bypass and mainly not to talk about them regularly. Moreover, Gottman argues that if the conflict has erupted, then the woman wants only one thing, which is to be listened to (Gottman, Schwartz Gottman, Abrams, & Carlton Abrams, 2016).

Being responsible is also essential in relationships between man and woman. Female anger stems from three leading causes: helplessness, injustice and the irresponsibility of other people. If a man does not listen to his woman, she starts to get angry because she feels helpless. If the former does not treat her like an equal, she feels injustice and, accordingly, becomes enraged. If the man does not take a fair share of the housework (the irresponsibility of others), a woman can also get angry. Adding adrenaline rendezvous would also help relationships. Rolling on a roller coaster, jumping on bungee or some similar adventure will add adrenaline rush. Psychological response to fear is an almost adequate reaction to stimulation. The right cerebellar tonsil is the part of the brain responsible for the perception of fear, also responsible for sexual arousal (Bradford & Meston, 2006). Both are sometimes easily confused. It is also worth mentioning the need for making the first kiss memorable. In general, every kiss should last at least six seconds. Gottman and his colleagues do not explain why precisely six, but they say that in this case the flow of oxytocin is activated, fear is weakened, and confidence is strengthened (Gottman, Schwartz Gottman, Abrams, & Carlton Abrams, 2016). Last, but not least, making friends with woman's friends is crucial. If one has entered into a serious relationship with a woman, then he should know that the connection with woman's friends should be established.

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