



**The Sound  
Relationship  
House**

**Create  
Shared Meaning**

Legacy, Values and  
Rituals of Connection

**Make Life Dreams Come True**

**Manage Conflict**

Dialogue for Perpetual Problems  
Six Skills for Solvable Problems

**The Positive Perspective**

**Turn Towards**

Build the Emotional Bank Account

**Share Fondness and Admiration**

**Build Love Maps**

Know One Another

# The Sound Relationship House

When working on building a sound relationship house, start from the bottom up. Build the foundation of Love Maps and work from there. The descriptions below are listed from top down to coordinate with the picture of the Sound Relationship House on the opposite side of this handout.

## Create Shared Meaning

Understand important visions, narratives, myths, and metaphors about your relationship.

## Make Life Dreams Come True

Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions and aspirations.

## Manage Conflict

We say “manage” conflict rather than “resolve” conflict, because relationship conflict is natural and has functional, positive aspects. Understand that there is a critical difference in handling perpetual problems and solvable problems.

## The Positive Perspective

The presence of a positive approach to problem-solving and the success of repair attempts.

## Turn Towards

State your needs, be aware of bids for connection and turn towards them. The small moments of everyday life are actually the building blocks of relationship.

## Share Fondness and Admiration

The antidote for contempt, this level focuses on the amount of affection and respect within a relationship. To strengthen fondness and admiration, express appreciation and respect.

## Build Love Maps

How well do you know your partner’s inner psychological world, his or her history, worries, stresses, joys, and hopes?