

**Review the articles** from The Gottman Institute's <u>Sound Relationship Workplace</u>. Then answer the following questions:

1. Who and what are the most important things in your personal life?

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2. How will your partners know when you're overwhelmed or stressed? How can your partners help support you during these times?

3. What personal and professional goals are most important to you? How can your partners help support you in these?

4. What could you do to provide more or better positive feedback to your partners?

5. In what kind of interactions could you more positively respond to bids for connection from your partners?

6. Think about a recent conflict with your partners. Was there any criticism, contempt, defensiveness or stonewalling involved? What can you do better in these situations?

7. What are your top 3-5 takeaways after doing this exercise?