





### **the five horseman of pdf**

**FOUR HORSEMEN OF THE APOCALYPSE** The four attitudes that most predict the dissolution of a relationship, especially in combination, are criticism, defensiveness, contempt and stonewalling (in order of least to most dangerous). Dr. John Gottman, a psychologist at the University of Washington, studied more than 2,000 married couples over two decades.

### **FOUR HORSEMEN OF THE APOCALYPSE**

The first step in effectively managing conflict is to identify and counteract The Four Horsemen when they arrive in your conflict discussions. Luckily, for every horseman there is an antidote, and you can learn how and when to use them below.

### **The Four Horsemen: The Antidotes - The Gottman Institute**

Here's Dora Lange and the 5 horseman (from a picture in the house of Dora Lange's mother). Here's the dolls assembled by Hart's daughters. What we're looking for are the 5 horseman, and the Yellow King who runs them (the Task Force). The detectives were not friendly to Cohle in the opening episodes.

### **Who is the 'True Detectives' Yellow King? Forget That: Who**

The third horseman is defensiveness, and it is typically a response to criticism. We've all been defensive, and this horseman is nearly omnipresent when relationships are on the rocks. When we feel unjustly accused, we fish for excuses and play the innocent victim so that our partner will back off.

### **The Four Horsemen: Criticism, Contempt, Defensiveness, and**

**The Four Horsemen of the Apocalypse** Although many of us believe that anger is the root cause of unhappy relationships, John Gottman notes that it is not conflict itself that is the problem, but how we handle it. Venting anger constructively can actually do wonders to clear the air and get a relationship back in balance.

### **The Four Horsemen of the Apocalypse - Turning Point Counseling**

**ABOUT THE PROGRAM** This program was designed as a way to build a solid operator base of fitness. We pulled material from these sources: Mark Twight (gymjones.com), Rob Shauls (mtnathlete.com), and Greg Glassman (crossfit.com), and Dan John (Google him). We combined the idea behind the Gym Jones 3 month operator fitness program, a lot of

### **ABOUT THE PROGRAM - the Pinnacle Self**

Gottman found that the presence of Criticism, Defensiveness, Contempt, and Stonewalling in a relationship can predict divorce and named these negative styles of communication as "The Four Horsemen of the Apocalypse".

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