

THE FOUR HORSEMEN OF THE APOCALYPSE IN RELATIONSHIPS AND HOW TO STOP THEM WITH THEIR ANTIDOTES

Criticism

Verbally attacking
personality or character

Gentle Start Up

Talk about your feelings using "I"
statements and express a
positive need

Contempt

Attacking sense of self with an
intent to insult or abuse

Build Appreciation

Remind yourself of your partner's
positive qualities and find gratitude
for positive actions

Defensiveness

Victimising yourself to ward
off a perceived attack and
reverse the blame

Take Responsibility

Accept your partner's perspective and
offer an apology for any wrongdoing

Stonewalling

Withdrawing to avoid conflict
and convey disapproval,
distance, and separation

Physiological Self-Soothing

Take a break and spend that time
doing something soothing and
distracting

Source: Unlocking Us Podcast with Brene Brown