



# Reclaiming Your Relationship Connection

---

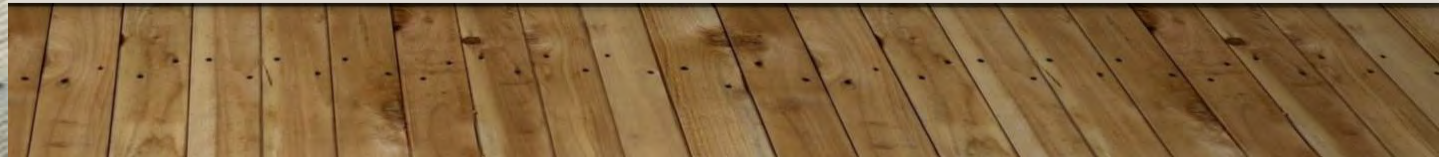
Presented by:

**Robin K. Schnitzler**

Marriage and Family Therapist

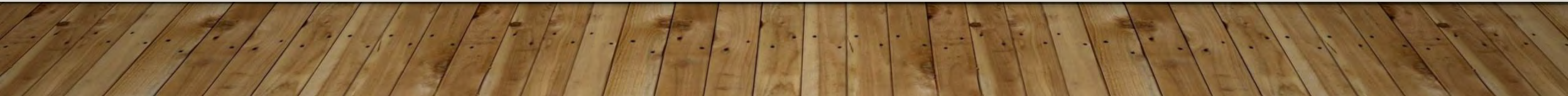
**Relationship Therapy of Madison, LLC**

Madison, Wisconsin



# INTRODUCTION

---



# TOPICS FOR TODAY

---

- ❖ How to Play Along
- ❖ Relationship Connection
- ❖ Relationship Disconnection
- ❖ The BIG Question
- ❖ **Gottman's Bids to Connect**
- ❖ Parting Gift

# HOW TO PLAY ALONG

---



- ❖ **Blue**      No
- ❖ **Orange**      Maybe or Tentative Yes
- ❖ **Pink**      BIG TIME YES

HINT: You can write these on your cards.

# RELATIONSHIP CONNECTION

---

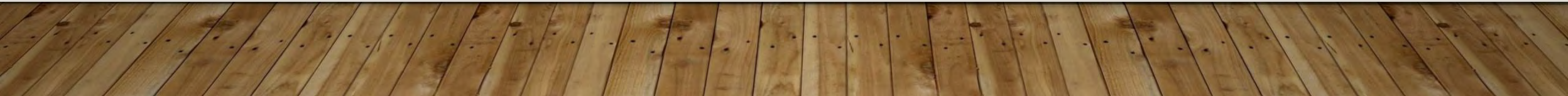
The Goal

# RELATIONSHIP **DIS**CONNECTION

---

The Present?

**GOOD NEWS !!**



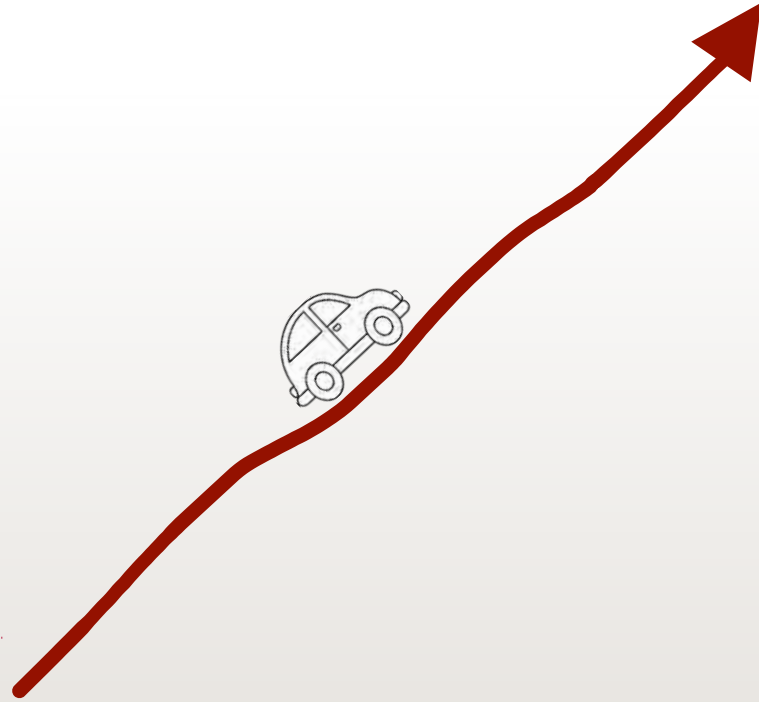
# THE **BIG** QUESTION

---

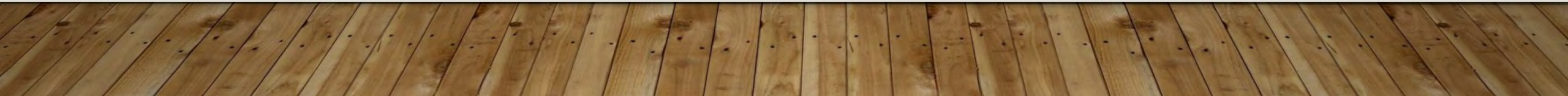
Are you willing?



Connection

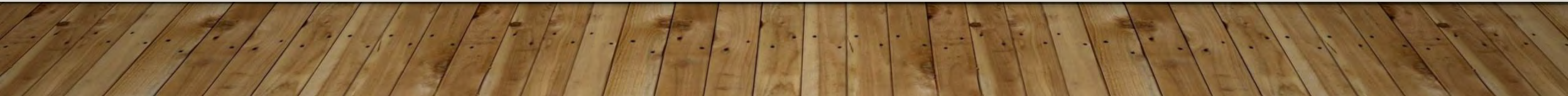


Disconnection



# GOTTMAN'S **BIDS** TO CONNECT

---



There are 3 ways you can respond to a **Bid**:

- **Turning Towards** (acknowledge)
- Turning Away (ignore or miss)
- Turning Against (reject)

## In a newlywed study:

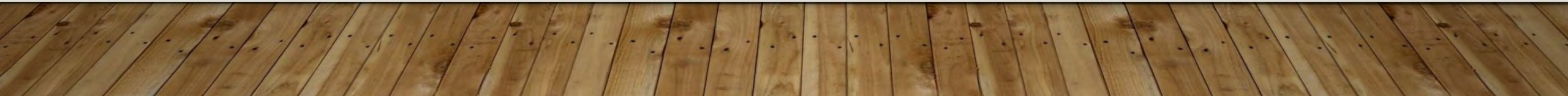
- ❖ Newlyweds who were still married 6 years after their wedding had **turned towards** each other **86%** of the time;
- ❖ Newlyweds who were divorced within 6 years after their wedding only **turned toward** each other **33%** of the time.

So, when we respond positively to a **Bid**...

...we are **Turning Towards** our partner.

**Turning Towards** is a tool for avoiding Conflict.

**Turning Towards** is a tool for growing CONNECTION.



# Creating Success with Gottman BIDS

## A. **Turning Towards**

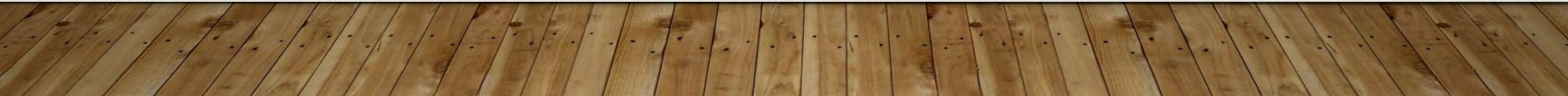
**RECEIVING AND RESPONDING TO BIDS**

**(This is the focus of our talk today)**

**B. PREPARING TO MAKE A BID**

**C. MAKING A PRACTICAL BID**

**D. MAKING A HEARTFUL BID**



# Turning Towards

## RECEIVING AND RESPONDING TO BIDS

---

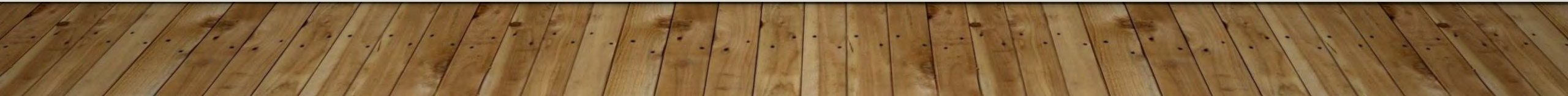
Learning Awareness

Being Curious

Gaining Clarity

Respond (Head)

Respond (Heart)

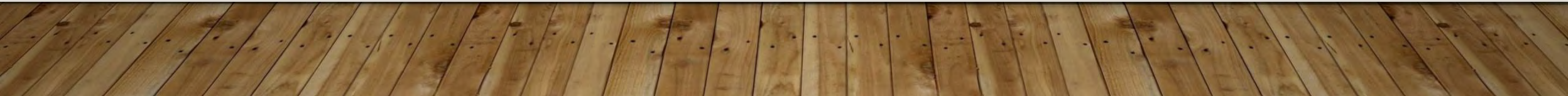




# Practicing with **Bids**

Research shows that **Turning Towards** leads to more **Turning Towards**.

It's a positive feedback cycle, **which you can create!**



# PARTING GIFT

---

Are you up for the challenge?

# References:

Assignment: Turning Towards by The Gottman Institute

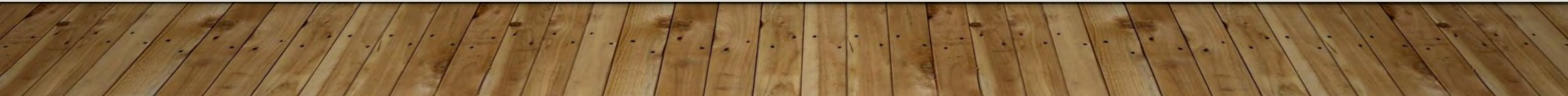
<https://www.gottman.com/blog/weekend-homework-assignment-turning-towards/>

T is for Turning by Zach Brittle, LMHC

<https://www.gottman.com/blog/t-is-for-turning/>

Want to Improve Your Relationship? Start Paying More Attention to Bids by Logan Ury

<https://www.gottman.com/blog/want-to-improve-your-relationship-start-paying-more-attention-to-bids/>





# CONTACT INFORMATION

---

**Robin K. Schnitzler**, Marriage and Family Therapist

**Relationship Therapy of Madison, LLC**

Madison, Wisconsin

- ❖ Email: [Robin@RelationshipTherapyMadison.com](mailto:Robin@RelationshipTherapyMadison.com)
- ❖ Phone Number: (608) 284-8865
- ❖ Website: [RelationshipTherapyMadison.com](http://RelationshipTherapyMadison.com)

