

Watch Out For: The Seven Horsemen¹

1. **Criticism** -Global complaining with blame (Proverbs 12:18)
2. **Invalidation**- Minimizing others thoughts, feeling and behaviors
3. **Contempt** -To insult/verbally abuse; attack the partner's core self or character
(Matthew 5:22)
4. **Escalation**- Using words, actions and tone of voice to increase intensity
(Proverbs 29:11)
5. **Negative Interpretations**- Seeing things through a negative filter (Luke 6:41-42)
6. **Defensiveness**- Reactive feelings and behaviors to something said
7. **“Stonewalling”**- Withdrawal and avoidance /gridlock (Ephesians 4:25-27)

With Negative Comments Aim For:

Complaints- Incident specific, with proper “I feel” statements
Use Feedback Wheel when speaking.

¹ Prep Inc and John Gottman