Dr. John Gottman's 7 Principles of Successful Relationships

1. Enhance your love maps. You know your partner's inner world, from life dreams to favorite movies, as a best friend would.

2. Nurture fondness and admiration. You have a positive view and deep appreciation of your partner, and express it.

3. Turn toward eachother instead of away. State your needs, be aware of bids for connection, and turn towards them.

4. Let your partner influence you. You shouldn't make important life decisions autonomously, as a single person would.

5. Solve your solvable problems. All couples have solvable and perpetual problems, but long-term couples solve those they can and understand there will always be perpetual problems.

6. Overcome gridlock. What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams with the goal of making peace with the problem.

7. Create shared meaning. Develop the big and small rituals that help build the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.