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Chapter 6 How Couples Build Trust with Attunement (pp 176-222) This chapter explains how couples get into the negative story-of-us switch by failing to “ attune. ” . It describes how research in my laboratory on “ meta-emotion ” in parenting and in a couples ’ relationship led to the discovery of the “ attunement skill set. ” .

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“ The Science of Trust ” is a bit more academic though, and ends up talking a bit less about relationships and more about relationship literature, exploring Sue Johnson, Shirley Glass, attachment styles etc. Gottman also gets very technical and somewhat lost around game theory, which felt a bit tangential to the relationship topic.

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Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the

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“ Converting a complaint into a positive need requires a

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mental transformation from what is wrong with one ' s partner to what one ' s partner can do that would work. It may be helpful here to review my belief that within every negative feeling there is a longing, a wish, and, because of that, there is a recipe for success.

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