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M. (2011) W. W. Norton & Company.
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.”

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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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Gottman integrates much of his previous work, extends it into the area of trust, mistrust, and betrayal, and challenges himself and his colleagues by creating a mathematical model to test and generate

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**Science of Trust, The: John M.
Gottman, PhD, J. Charles ...**

“The Science of Trust” is a bit more

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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

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explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times.

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1-22 of 22. “Converting a complaint into a
positive need requires a 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

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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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