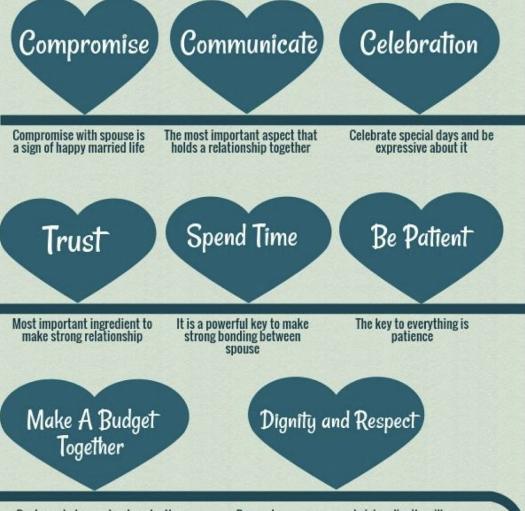
# The Christlike Husband

1 Peter 3:7



Which of these do you think are going well and which could do with improvements?

# Relationships don't have to be complicated

Join the millions of people strengthening their relationships with The 5 Love Languages®.



## Gottman Card Decks App

A relationship app from The Gottman Institute

See for yourself why millions of couples worldwide have benefited from The Gottman Institute's research-based approach to relationships. Inspired by the popular card decks from The Art and Science of Love weekend workshops for couples (now available virtually) this fun app offers helpful questions, statements, and ideas for improving your relationship.

Download to explore 14 card decks with more than 1,000 flashcards, tap the star to favorite a card, easily tab back and forth between All and Favorites, and access more free resources from The Gottman Institute.

The Gottman Relationship Adviser, the world's first complete relationship wellness tool for couples, takes the guesswork out of improving your relationship. Measure your relationship health with a research-based self-assessment, then receive a tailored digital relationship plan proven to heal and strengthen your connection.

For an in-depth analysis of your relationship health check out the Gottman Assessment, a virtual relationship evaluation tool for couples.

Check out our free relationship quiz for couples.

Get the free relationship app





### The 18 Early Maladaptive Schemas

#### **Domain I: Disconnection & Rejection**

1. Abandonment

2. Mistrust/Abuse

3. Emotional Deprivation

4. Defectiveness/ Shame

5. Social Isolation

#### **Domain II: Impaired Autonomy and Performance**

6. Dependence/ Incompetence

7. Vulnerability to Harm/Illness

8. Enmeshment/ Undeveloped Self

9. Failure

#### **Domain III: Impaired Limits**

10. Entitlement/ Grandiosity 11. Insufficient Self-Control/Self-Discipline

#### **Domain IV: Other-Directedness**

12. Subjugation

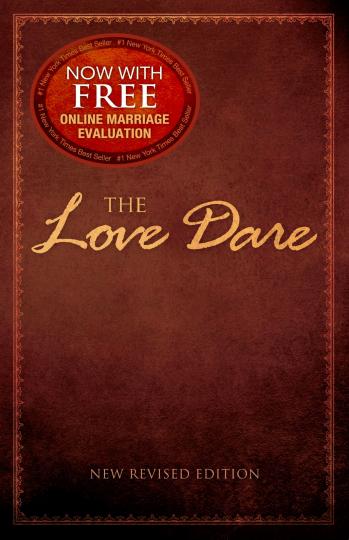
13. Self-Sacrifice

14. Approval/ Recognition-Seeking

#### **Domain V: Overvigilance & Inhibition**

15. Negativity/ Pessimism 16. Emotional Inhibition 17. Unrelenting Standards

18. Punitiveness





#### Parenting Assessment Marriage Evaluation

#### About the Evaluation

The point of this evaluation is not to get a score number, but to grow and learn. To make a choice. The choice to love. To keep working, believing, changing, forgiving. Continually getting better at loving your spouse well.

So once you've answered these few simple questions, take advantage of everything listed in your feedback report. And be sure to come back soon, as often as you like, to take the evaluation again and track your progress.

This test is just for you. So be honest. Be yourself. Let it feel like a fresh start.

Dare to love.

Take the Evaluation





