

# **CREATED FOR CONNECTION ROADMAP**

## **1. Recognizing the Demon Dialogues**

- a. The Vortex of Terror
- b. The Four Horsemen
- c. Complaining vs. Criticizing

## **2. Finding the Raw Spots**

- a. The Shapes Diagram
- b. Feelings Wheel
- c. Flooding

## **3. Revisiting a Rocky Moment**

- a. Reflecting Back
- b. Turning Towards
- c. Soft Start-ups
- e. Honesty → Conflict → Intimacy

## **4. Hold Me Tight – Engaging and Connecting**

- a. What Am I Most Afraid Of?
- b. What Do I Need Most from You?
- c. Emotionally Accessible, Responsive, and Engaged.
- d. Caring for the Heart

## **5. Forgiving Injuries**

- a. Repair checklists
- b. Forgiveness Conversation Guide

## **6. Bonding Through Sex and Touch**

- b. On Making Love
- c. Six-second Kiss
- d. Hugging until Relaxed

## **7. Keeping Your Love Alive**

- a. Six Magic Hours
- b. Gottman Card Deck

*The general outline and Forgiveness Conversation are from  
Created for Connection, by Sue Johnson & Kenny Sanderfer.  
The other tools are from The Gottman Institute and Jonathan Trotter.*