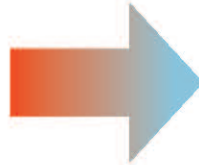


Stop the Four Horsemen with their Antidotes

CRITICISM



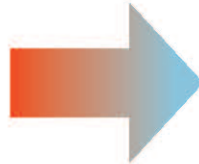
Use Gentle
Start Up

DEFENSIVENESS



Take
Responsibility

CONTEMPT



Describe Your Own
Feelings and Needs
Don't Describe Your Partner

STONEWALLING



Do Physiological
Self-Soothing