

# Today on The Gottman Relationship Blog:

## The Four Horsemen: Defensiveness

### Do not say...

“Yes, but...”

“You always...”

“What about when you...”

“At least I’m not...”

“You are overreacting...”

### Say...

“Yes, and...”

“I am listening...tell me more...”

“The part I agree with is...”

“I never thought of it that way...”

“I see what you are saying...”