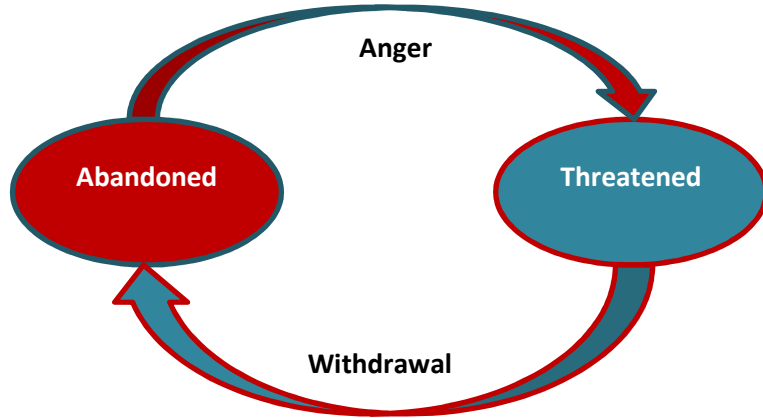


Typical Vicious Cycle



People with high self-esteem tend to need frustration to change;
 People with low self-esteem tend to need support to change.

Cold Verbal Abuse

- **Withholding**
- **Forgetting**
- **Denial**
- **Trivializing**
- **Discounting**
- **Countering**
- **Undermining**

"Crazy Making"

Hot Verbal Abuse

- **Yelling**
- **Name-calling**
- **Threatening**
- **Ordering**
- **Accusing, blaming, judging, criticizing**
- **Disparaging jokes**

Gottman: contempt is any statement or nonverbal behavior that puts oneself on a higher plane than one's partner.

4 Horsemen of the Apocalypse:

- Criticism (hot verbal abuse)
- **Contempt**
- Defensiveness
- Stonewalling (cold verbal abuse)

"Our best single predictor of divorce is contempt."

Grandiosity
 (a measure of contempt, not self-esteem)

