

The Antidote Swap

5 minutes a day, plus a weekly review. For keeping the four horsemen out.

1. **Name your slip.** “Today I slipped into ___ when...” Only your own.
2. **Say the antidote version.** “What I wish I had said was...” Partner: “Thank you for saying that.”
3. **One appreciation each.** Specific and small.
4. **Weekly, 20 minutes.** Which horseman showed up most for me? When? What helped? One thing to try next week. No scorekeeping.

The antidotes:

- Criticism: gentle start-up. “I feel... I need...”
- Contempt: appreciation. “Thank you for...”
- Defensiveness: take responsibility. “You are right about...”
- Stonewalling: self-soothe. “I need 20 minutes. Back at ___.”

From CoupleCareRoutine.com