

The Bagel Method In Relationships

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The Bagel Method is a technique developed by Julie and John Gottman to help couples in conflict find a true compromise--one that feels good to both partners. Offering a whole new way of approaching the "facts" of a fight, it involves mapping out your core needs and areas of flexibility so that you and your partner understand what's important and where there's room for flexibility. It is called the Bagel Method because the diagram literally looks like a bagel with an inner and outer circle.

Here are the steps:

1. In the inner circle, list all the aspects of an issue that you can't give in on. These are your non-negotiables.
2. In the outer circle, list all the aspects of an issue that you are able to compromise on IF you are able to have what's in your inner circle.
3. Now, talk to your partners about your inner and outer circle. Ask each other questions.
4. Compare both your "bagel" of needs.
5. Finalize the compromise (even if it's a temporary one that needs to be reevaluate later).

Flexibility is key when you can manage it. If all you do is say "No" to your partner, then it can make it difficult for your partner to feel safe and want to collaborate with you. The important thing is to feel heard and work with your partner as a team.

For more from the Gottmans and their recently published book "Fight Right--How Successful Couples Turn Conflict Into Connection", check out these blogposts:

www.coachmyrna.org/blog/fight-right

www.coachmyrna.org/blog/why-we-fight-the-way-we-fight

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html

