

Emotional Bid Recognition & Connection Handbook

Gottman's Micro-Interaction Science: Turning Toward, The 5:1 Ratio, and Daily Attunement

1. The Three Responses to Emotional Bids

Response Type	Verbal & Non-Verbal Action	Long-Term Relationship Predictor
Turning Toward (Positive Attunement)	Looking up from phone, making eye contact, acknowledging comment with interest.	86% stability rate. Deposits into emotional bank account; builds deep physiological safety.
Turning Away (Passive Neglect)	Remaining silent, continuing to look at screen, ignoring comment completely.	Strongest predictor of divorce. Breeds slow emotional erosion and loneliness.
Turning Against (Active Hostility)	Snapping, criticizing ('Can't you see I'm busy? Why are you interrupting me?').	Accelerates defensiveness, contempt, and chronic marital hyper-vigilance.

2. Recognizing Common Disguised Emotional Bids

Disguised Everyday Bid	Underlying Emotional Need	High-Attunement Turning-Toward Response
"Look at this funny video."	"Share a moment of humor and levity with me."	Pause, look at the screen, laugh together, and comment on the punchline.
Heavy sigh while looking at phone.	"I feel stressed or overwhelmed; please ask about my burden."	"You let out a big breath. Did something stressful pop up?"
"Do you like this new rug?"	"Validate my aesthetic effort and taste in our shared home."	"I love the texture. It makes the living room feel so grounded and warm."