

WISHES TO REALITY

Responding Effectively to Bids for Connection

Many of our clients come to us feeling stuck in their relationships, not knowing what they can do to change it. Frustration and hopelessness are common emotions couples experience when they feel misunderstood. Many of them are simply desperate to feel the genuine connection like they once had.

We've found that responding effectively to bids for connection is one of the most important skills a couple can learn to create small changes that lead to connection, security, and stability.

What is a bid for connection?

Dr. John Gottman refers to bids for connection as the day to day ways we reach out to connect with our partners. These bids can be presented overtly or covertly and can be shared either verbally or non-verbally.

How does recognizing bids help?

The importance of recognizing a bid, is that you will now view them as **opportunities to connect** with your partner.

When a bid is made, partners can respond one of three ways

1. **Turning Towards**
2. **Turning Away**
3. **Turning Against**

Dr. Gottman's research found that **Turning Towards** is a key factor in happy and successful Marriages. In simple terms, this means that you can do something today that will positively impact your relationship over the long haul.

However, as you look at your typical responses to your partner's bids, you'll identify what you are doing that potentially could lead to your relationship's demise.

On the worksheet that follows you'll find examples of minor bids which are made by a statement, a question, or a non-verbal expression. Use this chart to gain awareness of both your bids and your response to your partners bids, so you can

learn how to Turn Towards while also turning your wishes into reality.



LEARN HOW TO TURN TOWARDS

BID FOR CONNECTION	TURNING TOWARDS	TURNING AWAY	TURNING AGAINST
“Hey, can you come in here for a minute?”	“Sure, What’s up?”	“In a second, I almost have this game beat.”	“Can’t you see I am watching the game here!”
“Did you hear about the drama with that company?”	“Yes, how terrible. What do you think about it?”	Radio Silence	“You need to get off Facebook.”
“Check out that view”	“Wow that’s amazing!”	“mm-hmm” – Partner does not look up from reading	“Really, you had me look up for that?”
“I’m so sick of being overlooked at work.”	“How frustrating. I’m sorry they don’t see what everyone else sees.”	“Have you tried talking to your boss?”	“You need to build a backbone with those people.”
“I feel like a horrible mother.”	“Our children are lucky to have you as their mother.”	“Who ever said that?”	Partner rolls eyes
“I’m exhausted.”	“Anything I can do to help you feel more rested?”	“I know, me too.”	“You don’t think I’m tired?!”
Partner lets out an exasperated sigh.	“Are you feeling okay?”	What’s the matter with you?	“Oh, here we go, now what?”
Partner looks over and pats the couch	Partner takes cue and snuggles up	Sits next to partner and plays on their phone	“Maybe if you’d clean up, we’d have time for that.”
Partner comes behind you and wraps arms around you.	You embrace the hug	Continues to do the dishes without acknowledging	Pulls away - “I’ve got to get this done.”