

KNOW YOURSELF AND KNOW YOUR PARTNER

Love Maps – Knowing your partners inner world.

Try this out:

What is your biggest life dream?
What is the happiest moment of your life?
What is your favorite book?
Who were you closest to growing up?

What was your most embarrassing moment?
What is your favorite place to be?
What do you feel most insecure about?
What do you value most in your life?

BUILD A CULTURE OF APPRECIATION

Bids for connection – Any attempt from one partner to another for attention, affirmation, affection, or any other positive connection.

- Can be small or big, verbal or nonverbal
- Form of an expression, question, or physical outreach

Try this out: Look for your partners bids and make your own.

- Asking an opinion
 - “What do you think about the situation that happened at the store yesterday.”
 - “Do you like this dress?”
- Talking about the day
 - “Today was awful.”
 - “Oh my goodness, you will never believe what happened today...”
- Sharing a feeling.
 - “I’m so frustrated.”
 - “I am just absolutely exhausted.”
- Making a request.
 - “I want to do something tonight.”
 - “Can you help me with the dishes?”
 - “Come look at this.”

Turning Toward – responding lovingly to bids from your partner.

Research found couples that stayed married turned towards one another 86% of the time. Couples that divorced averaged only 33% of the time.

- Give your partner your undivided attention when they talk about work or their family.
- Verbally notice when your partner looks stressed or overwhelmed
- Tend to your partner's needs, both big and small.
- Join your partner or offer to help when you see them doing a task in the home
- Kiss your partner hello and goodbye.

KEEPING YOUR RELATIONSHIP IN THE POSITIVE PERSPECTIVE

Turning toward your partner's bids for connection, is making a deposit in your Emotional Bank Account. When you turn away from your partner, you make a withdrawal. Like an actual bank account, a zero balance is distressing, and a negative balance is a real problem.

Negative Sentiment Override – What happens when over time, all the arguing and conflict between you and your partner has built up for so long that you or your partner can no longer give each other the benefit of the doubt.

5:1 – The Magic Ratio – For every negative interaction during conflict, a stable and happy marriage has five (or more) positive interactions.

- Increase relationship satisfaction by increasing deposits or positive interactions and minimizing withdrawals or negative interactions.
- During conflict: 5 positive interactions to every 1 negative interaction
- During everyday life: 20 positive interactions to every 1 negative interaction

Identify bids and turn towards. Big or small, turning toward builds the positive perspective necessary for a thriving relationship!