

# DAY 6

“Every positive thing you do in a relationship is considered foreplay.” – John Gottman

Today, pay attention and look for the bids you may be missing and contemplate **why** you may be missing them. At the end of the day, list what you noticed may be keeping you from recognizing these bids. Share these with your partner.

What did you notice that may be keeping you from recognizing bids from your partner?