

Some Ways to Create Connection in a Relationship

Replace old behaviors with the new ones.

1. Show your family and friends how you and your partner are a team.	
2. Find joy in making your partner happy without keeping score.	
3. To feel connection, we need to express our feelings, good or bad. Help your partner feel safe to share with you by truly listening.	
4. Find the value in owning and repairing ruptures in the relationship.	
5. Ignoring a problem or keeping silence often festers wounds.	
6. Allow your partner to walk away. Have an agreement that you both will come back to resolve an issue. Get help if you need it.	
7. Understand that getting revenge is toxic for both you and your partner.	
8. Discover your partner's interests and play, listen, watch or do them together.	
9. Give each other undivided attention on a frequent basis.	
10. Ask yourself: Does my partner have the capacity to respond as I need right now? Are there emotional, cognitive or sensory issues in the way?	
11. Pay attention to reciprocity in the relationship. Is giving and receiving balanced?	
12. Find the things you love about your partner and let them know. Do it often.	
13. If you can't find an "automatic" response to tend to those you love, find a way to build it into your lifestyle and set expectations to spend time on it.	
14. Use I statements: "I feel (sad, hurt, scared, mad) instead of "You make me feel..."	
15. Ask yourself, "Is this battle worth my being right?"	
16. Joy can be found in any action. Find it in your shared responsibilities.	
17. Rather than get angry or threaten your partner, ask yourself what you are afraid of. Try being vulnerable instead.	
18. Slow down, soften your tone and words. Ask for time if you need it.	
19. Agree to the amount of money each can spend without collaboration.	
20. Know that what you know is not necessarily the truth, and that you may have blindspots. Be curious about them.	
21. If you are needing control, heal your fears about letting things go.	
22. Be curious and discover new activities and qualities together.	
23. Know and appreciate the different qualities in your partner that help you grow.	

