

Connected Couples Tips

PUT UP A GOOD FIGHT!

- How couples fight determines success or failure
- Drop any blaming, criticism, and need to be right
- Say how you feel, and specifically what you need
- Listen to understand feelings and not to react
- Take turns being the talker or the listener
- Both agree on when, how long, & a goal for tough talks
- Successful couples forgive often and quickly

TWO HEADS ARE BETTER THAN ONE

- Our brains are the only organs that do not self regulate, but need to be in connection with another for healing
- Connect by really looking at each other every day
- Hug, kiss, and snuggle often for happy bonding chemicals
- Support each other's dreams and get excited about the things your partner cares about

FOR BETTER OR FOR WORSE

- We often pick partners that challenge us in ways that are exciting at first and then drive us crazy in the end
- Relationships are actually there to help you grow
- Successful relationships have a ratio of 5 positive interactions for every negative one
- Notice and point out what you appreciate about each other
- Happy couples have flexibility, humor, respect, & affection
- Have fun & do those cheesy things you did in the beginning