

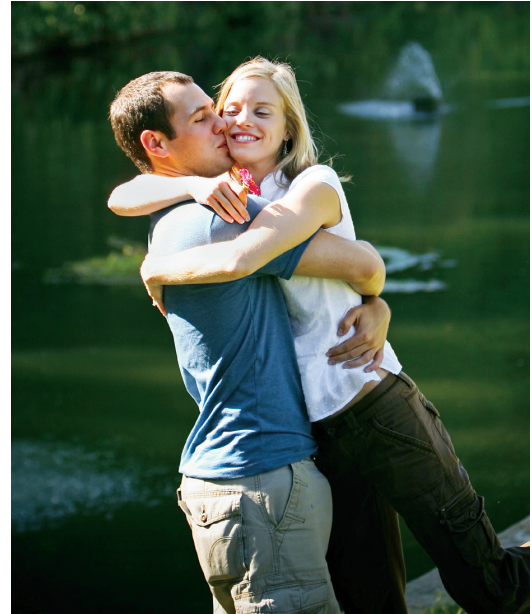


Showing Affection and Respect

Make Time for Togetherness

While big celebrations and vacations are special and can contribute to the relationship, healthy relationships depend more on everyday moments of connection and affection. Try to think of ways that you can show your partner your care in the midst of your daily routine.

- Make time to talk together everyday.
- Take a short evening walk together.
- Work together on a household project.
- Take the kids to the park.
- Learn to find small moments of caring for each other by being together and talking.
- Send “I love you” text messages.



Did you know that playing together as a couple helps to improve your communication?

Spending time together doing something fun helps couples to encourage each other and share about their day. Playing together can also make conversation lighter – just have fun and let loose!

Showing Compassion

One of the best ways to care for your partner is by showing compassion. Showing compassion involves trying to understand someone else’s perspective in order to love and care for them.

Another way to care for your partner is by understanding and respecting them. Accepting that some differences will not change or cannot change is a way to show respect and care. Every relationship has differences; instead of expecting your partner to change, learn to accept them for who they are and care for them unconditionally.

Knowing that you are loved is essential in a healthy relationship – let your partner know that you love them for who they are, not what they do.



Supporting your partner during difficult times

Every relationship experiences hard times. What counts is how you care and support each other during those times.

Ask your partner how you can best care for them. Whether it’s offering a big hug, helping out more around the house, or spending time listening while they share their frustrations, learning to care for your partner during times of struggle can be one of the most helpful ways to strengthen your relationship.

What makes your partner feel the most loved and appreciated?

- A warm hug?
- Hearing the words “I love you” or “I’m proud of you”?
- Being brought home a surprise gift?
- Spending uninterrupted time talking and sharing with each other?
- Coming home to a clean house?



You most likely have different ways of feeling and demonstrating love and caring. It’s important to share with each other what makes you both feel loved so that you know how to love each other.



Show “no-strings-attached” Affection

Learn to see each act of kindness toward your partner as adding to the relationship, rather than making a sacrifice. This helps to create a sense of joint effort to make the relationship better.

Don’t wait to show your partner how much you love them – do it without a reason. Be the first to make a deposit in your love bank by:

- Giving an affectionate hug
- Writing an encouraging note on the fridge
- Saying “I love you” as you leave the house

Instead of keeping track of how many “nice” things your partner has or hasn’t done for you before you do something for them, show them how much you care by being the first to demonstrate kindness.



Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90CT0151. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Health and Human Services, Administration for Children and Families.

www.hrmet.org

CRE-F2 ©2013