



## 8 Things to Try to Improve Relationships

Treat this like a menu, not a to-do list. Pick one thing to try at a time, focus on it for 3 to 4 weeks, then try something else.

### Admiration, Affirmation, Appreciation

Gratitude is healing for both the “thanker” and the “thanked.” At least once per day, admire, affirm, or appreciate through words, writing, or actions.

### Healthy Reunions

Every time you come back together after being apart for an hour or more, in the first 30-60 seconds: hug, kiss, ask each other, “How was ... (the gym, work, the grocery store, etc.)?” and give a short answer to that question. Try to make the kiss last at least 6 seconds.

### Share Feelings

You don't have to be gushing. Just share the two biggest feelings of the day before. They could both be good, both bad, or one of each. Share the feelings and the situations behind them.

### Share Dreams and Goals

You are unique individuals with unique dreams and goals. Healthy relationships learn how to honor each individual's dreams and goals, even when they seem like conflicting dreams and goals. This helps balance independence with dependence for healthier attachment.

### Co-Calming

When either one of you is overwhelmed, stop talking, make eye contact, put your hand out with your palm up. If safe, gently touch the back of your spouse or partner's elbow or hold their hand. Sit quietly together and take long, slow, deep breaths. Calming down together is better than calming down alone, when possible.

### Build Connection

This could be a date, but it can also be simpler than that. Get at least 30 minutes together without screens and without kids to talk, play a board game or card game, or just sit quietly together without distractions.

You may have to wake up before the kids, stay up later than the kids, or get a babysitter.

### Pray or Meditate Together

Engaging in your spirituality together is one of the best ways to bring together the benefits of sharing dreams and goals, co-calming, and building connection. Try one of these apps Headspace

(<https://www.headspace.com/>), Calm (<https://www.calm.com/>), or Abide (Judeo-Christian meditation, <https://abide.co/>)

### Volunteer Together

Find a cause that you both care about, and volunteer to serve that cause together.



# Efforts and Results Tracker

Use the tracker below to track how often you make efforts to heal, how well you do at those efforts, and the results you get. Ask yourself, "how can I do this more often?" or, "how can I do this better?"

**Remember that this is a menu, not a to-do list.**

Week #     

<b>Efforts</b>	<b>Frequency (times per week)</b>	<b>Quality (10 is best)</b>
Admire, affirm, or appreciate your spouse or partner with words, writing, or actions	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Have healthy reunions with your spouse or partner	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Share feelings with your spouse or partner	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Share dreams and goals spouse or partner	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Practice or use co-calming skills	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Build connection	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Pray or meditate together	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
Volunteer together	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
<b>Results in Relationship Satisfaction</b>	<b>Frequency (times per week)</b>	<b>Intensity (10 is best)</b>
I felt satisfied with our communication	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt satisfied with our openness	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt satisfied with our handling of conflict	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt satisfied with our level of affection	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt satisfied with our level of closeness	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10
I felt satisfied with our level of intimacy	0 1 2 3 4 5 6 7 +	0 1 2 3 4 5 6 7 8 9 10

Habits are not magical solutions that work for every challenge, they may not work for you if the challenges you are facing are severe or complex. If you do not get the results you want from this tool, you may need professional support.

Please call 360-558-7663 or go online to <https://restored.as.me/consult> to book a free consult.