

YOUR GUIDE: HOW TO BUILD CONNECTION

We've got 10 pieces of advice that will breathe new life into your relationship.

Let's dive in!



Our team of Registered Psychotherapists, Social Workers and Psychologist supervised therapists are dedicated to helping you and your partner reconnect and strengthen your relationship.

How to Build Connection

TIP 1: KEEP THAT BEST FRIEND BOND ALIVE

Remember when your partner was your ultimate best friend? Well, that connection shouldn't fade away. Even if you've been together for a while, treat your partner with the same care and consideration as you would your best friend. Watch how your relationship blossoms when you start seeing them through the best friend lens again.

TIP 2: SHOW SOME GRATEFULNESS

It only takes 8 seconds to leave a simple thank you note. Grab any scrap of paper or send a quick text to let your partner know you see and appreciate their efforts. Acknowledging each other's hard work goes a long way in nurturing your relationship. Make gratitude a habit.

TIP 3: RESPECT EACH OTHER'S UNIQUE WAYS

Respect doesn't mean you have to agree on everything. You can have different approaches to parenting, money, or even preferences in movies and food. The key is to never disrespect your partner for their differences. If there are important areas of contention, work together to find common ground respectfully. Remember, it's "more important to be interested in peace than justice!"

How to Build Connection (continued)

TIP 4: AVOID THE COMPARISON TRAP

Comparing your relationship to others is a surefire way to kill happiness and joy. Your relationship is unique, just like you and your partner. So stop the comparisons! Don't assume that Instagram-perfect couple is debt-free or that your parents' dream home came easily. Instead, focus on improving your relationship today compared to yesterday.

TIP 5: CARVE OUT QUALITY TIME

In our busy lives, it's easy to let our relationships take a backseat. Make a conscious effort to prioritize your relationship by spending dedicated time nurturing it. Just as business owners spend time working on their businesses, spend time working on your relationship. Ask each other what makes you happy and what needs improvement. Together, find solutions to any issues that arise.

TIP 6: NEVER STOP DATING

Whether you've been together for a year or five decades, make sure to set aside time for just the two of you. Mundane daily tasks can bog you down, so plan regular date nights. Get creative and explore activities beyond the typical dinner and movie. Laugh together, play games, visit friends and family, or take up a new hobby as a couple. Enjoy each other's company and relieve stress together.

How to Build Connection (continued)

TIP 7: TAKE CARE OF YOURSELVES

You can't run on empty. Just like a car needs fuel, you need to take care of yourself to give your best to others. Engage in activities that uplift and inspire you to be the best version of yourself. Exercise, read, learn something new—do whatever makes you feel alive. By doing so, you'll enrich not only your own life but also your relationships, especially with your partner.

TIP 8: SHARE RESPONSIBILITIES

Important aspects of your relationship, such as finances, sex, and parenting, should be shared responsibilities. Avoid leaving one partner solely in charge of any area. Discuss and tackle these important matters together. It might be uncomfortable at times, but remember that they affect both of you equally. Don't let one person carry the burden alone.

TIP 9: COMMUNICATE YOUR NEEDS

Your partner isn't a mind reader, so be direct about what you need. If you need help with house cleaning or fixing something, ask for it instead of silently resenting the situation. Avoid expecting your partner to guess what's weighing on your mind. Clear communication is key to a thriving relationship. By being straightforward about your needs, you empower your partner to support you effectively.

How to Build Connection (continued)

TIP 10: EMBRACE THE POWER OF MAKING LOVE

Ah, the most delightful tip saved for last. Making love is about more than just having sex. It's a beautiful, intimate act that requires time, energy, and effort. Treat it as a creative process where you both invest in creating something truly special. Physical touch and intimacy are powerful bonding agents, releasing oxytocin—the cuddle hormone—that deepens your connection. Make sure to prioritize this beautiful aspect of your relationship and enjoy it frequently.

Remember, if you find yourself struggling in any of these areas, it's completely normal. Relationships require effort and growth. So don't despair; instead, take these tips to heart and work on nurturing your connection. Your relationship is worth the investment!

Embrace these tips, and watch your relationship flourish like never before!

