

How to stay connected with your partner



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In

Instead of defaulting to 'fight or flight' responses, try these open-ended questions and phrases to navigate conflict and reconnect with your partner.

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"Tell me more"

This phrase is all about remaining curious about your partner while also being engaged with the things they're telling you, whether it's trivial workday drama or a serious dilemma.

"How would you like to feel?"

It's all about learning more about what your partner wants to feel and nurturing your love for them on a deeper level.

"How can I show up for you?"

It's all too easy to slip into scorekeeping with your partner.

The problem with this is the 'what have you done for me lately?' mentality, which can breed resentment.

If both partners flip the script and focus on 'what have I done for you lately?' then everyone's needs get met, but through the lens of abundance rather than scarcity...

Ask it often.

"Something I am struggling with right now..."

In the same way it's important to invoke curiosity within yourself about your partner, it's also important to let them know what's going on in your world.

They need to know how you're feeling. Understanding what's going on inside you helps them practice extra patience and resist the urge to take it personally if you're quiet or irritable.

"I am trying to understand your point of view"

Arguments are part of any romantic relationship, and the way you navigate them can either bring you closer to each other or draw you apart. Even if you don't agree with your partner's point of view, letting them know you're trying to understand can be massive in making progress.

We aren't meant to agree all the time, but it is important to try and understand your partner as best as possible so that you can meet in the middle and feel mutually supported. By getting through hard times, it makes the future more enjoyable because you're better at navigating hard times due to successfully conquering them in the past.

"It meant so much to me when you ..."

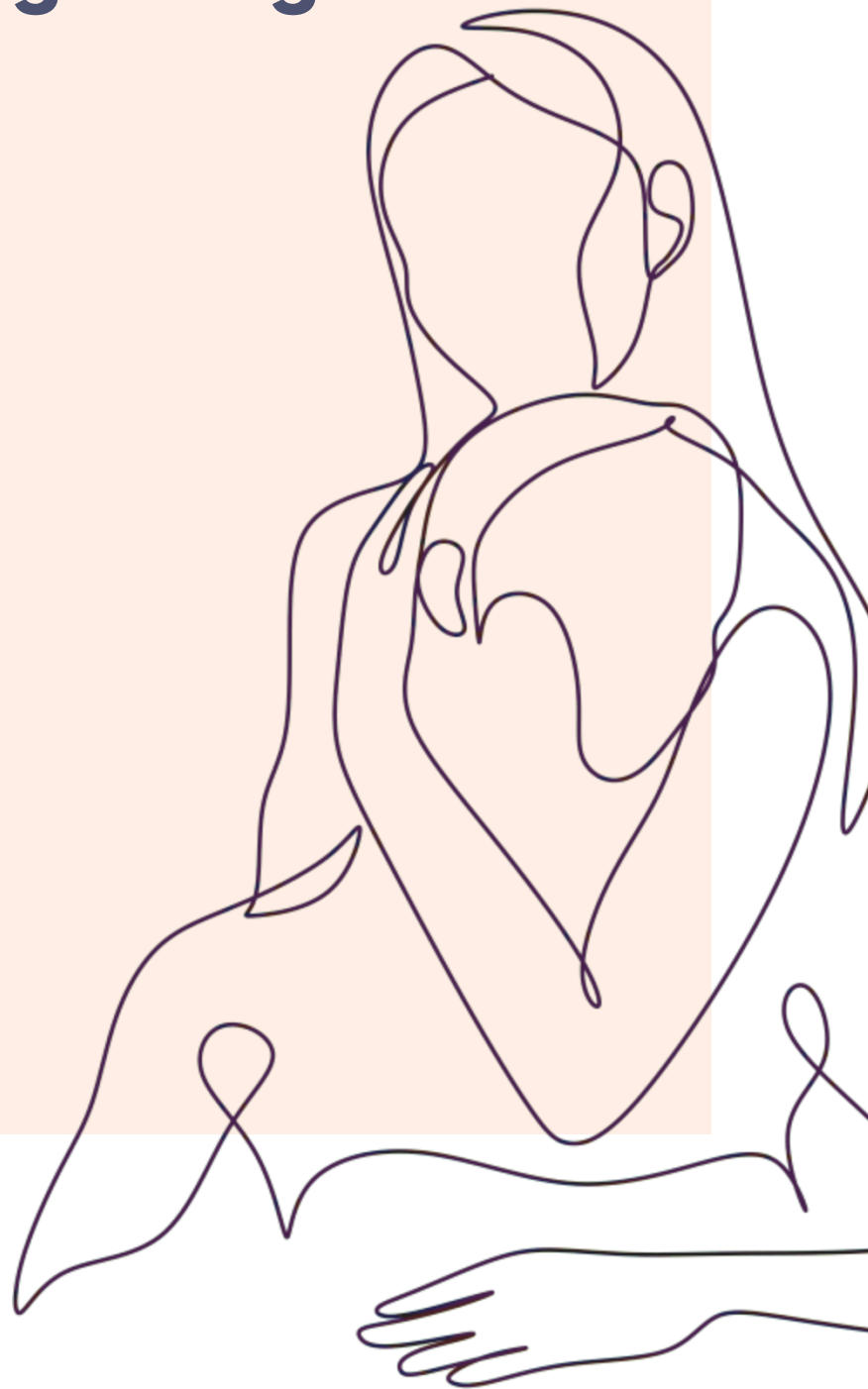
We are hardwired to look for what's wrong.

We benefit from practices seeing the best in those around us. What we focus on, we get more of, so bringing your attention to what you appreciate will help you get more of that. Gratitude practices like this cultivate positivity in intimate relationships.

Many of these phrases can be integrated into your conversations, but it's not a bad idea to come together on a regular — even scheduled — basis.

Feelings, interests and needs change constantly, so be intentional about consistently connecting with your partner so you can feel united, problem solve together.

**And don't forget little reminders
often about much you love and
care about one another keeps
the relationship growing and
flourishing.**



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