



### Gratitude Attitude

Relationships require a regular topping up of love, affection, affirming, etc.; such enhances the “emotional bank account” of the relationship and helps it to be more pleasant and connected on a daily basis and resilient for when things become a bit challenging. Many of us might run the risk of taking our loved one for granted while we get stuck in or familiar with the regular routines of daily living. Read the tips below and consider applying (more often) one or more on a daily basis. Perhaps share this page with your partner.

**Go Further:** Do something extra. If you are washing your car, wash theirs too. Doing the dishes? Why not clean the kitchen also. Go the extra mile to show that you care.

**Relax:** Offer your partner a massage, draw them a bath, put on some nice music—especially if they are feeling stressed or had a hard day.

**Admire:** Show your partner that you admire things about them. New things or old things—tell them, let them know that they still matter to you and impress you.

**Tells:** Our body language can reveal more than we think, and if your partner knows you well, they’ll especially see signs of disengagement, irritations, etc. Make an effort to smile more, laugh, touch your partner, have an open posture, and to literally turn towards them when talking.

**Interest:** Show that you find them interesting and want to know about their day. Engage in the conversation by having good eye contact, putting down the paper, book, or device, reflect back what they said, give encouragers (e.g., mm hmm, ah, uh huh), empathise.

**Thanks:** Strangely, many of us forget the simple things like manners; don’t forget to say “thanks” and “please”; maintain the respect for your partner who contributes to the relationship in many ways, e.g., maintaining a standard of order or hygiene in the home, providing for the home.

**Unexpected:** Surprise your partner with a cherished or simple gift, prepare their lunch, do their chore, leave a loving note, write them a song or poem.

**Devices:** Screen time is getting in the way of many relationships. Consider lessening the amount of time on devices and pay attention to your partner instead.

**Evening Off:** Give your partner a “pass” from normal duties. Perhaps they might want time alone or time elsewhere with you. Make it special and relevant to your partner, e.g., get favourite movie, go to favourite restaurant, go on favourite drive.

Complete the table below to help you enhance your gratitude for your partner.

Qualities that initially attracted me to my Partner include:	Qualities that I like in my Partner include:	I appreciate my Partner because:	Cherished memories with my Partner include:
1.			
2.			
3.			
4.			
5.			