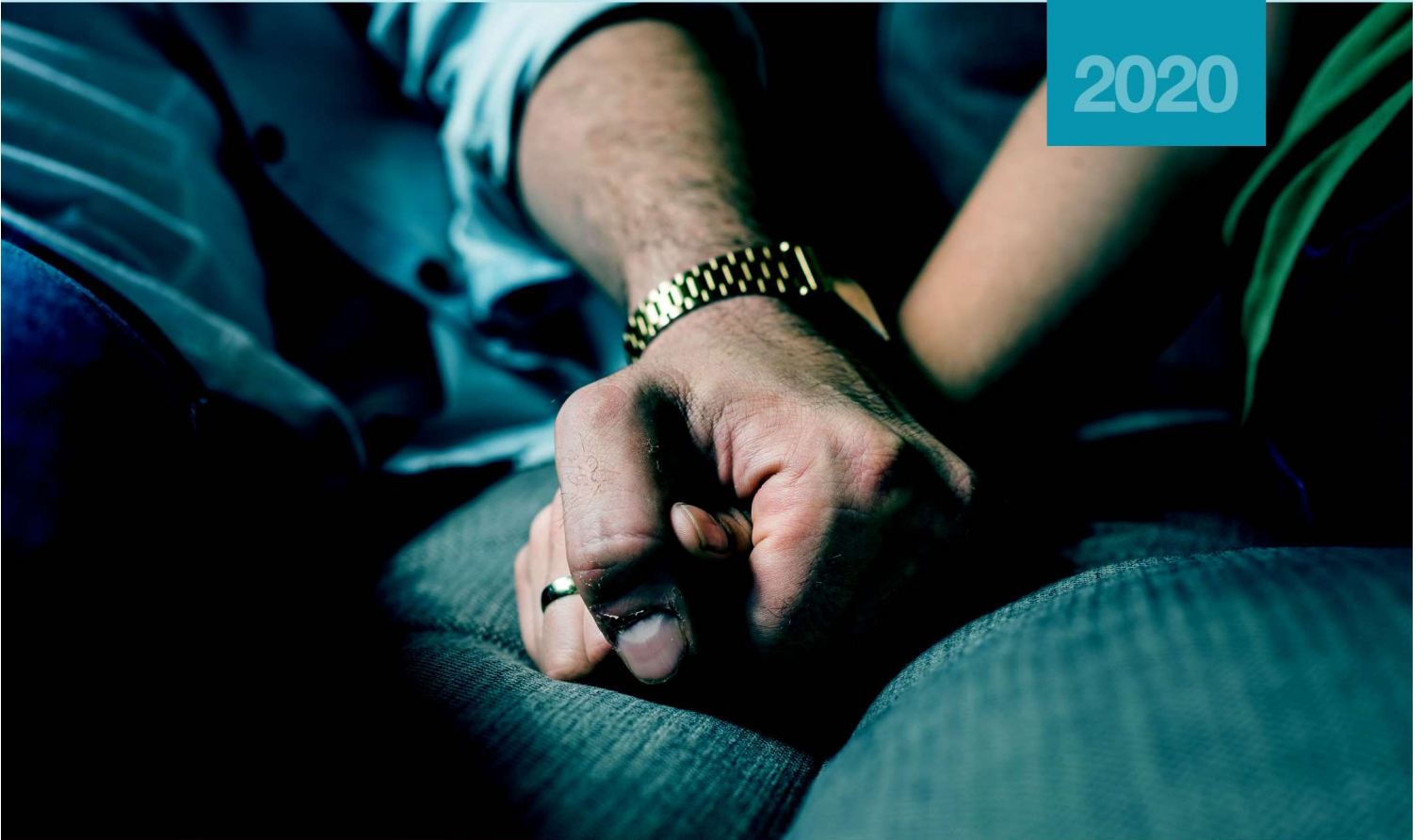


RELATIONSHIPS

2020



**Break the cycle
with gratitude**

Relationship Gratitude Tips

As a relationship ages, we may begin take our partner for granted. Practicing gratitude is a fast track to injecting positive feelings back into your relationship. Practice at least one of the following gratitude tips every day to show your partner appreciation and watch the quality of your relationship improve within weeks.

Show some interest

Ask for the specifics about your partner's day. Use active listening by making eye contact, showing that you're listening (e.g. saying "mhh-hm" or nodding), and paraphrasing what your partner says. Try to understand what a day is like in their shoes.

Give a compliment

Remember to compliment your partner, just like when you first met. It doesn't matter if you've complimented them 1,000 times. It still matters.

Surprise!

Who doesn't love a surprise? Plan a date, give a small gift, pack their lunch with a loving note, or complete a chore that your partner usually does. Even a small gesture can show your appreciation.

Help them relax

If your partner is stressed, give them a relaxing evening. Draw a warm bath with candles and Epsom salts, and offer a back rub without the expectation of anything in return.

Give an evening off

Many people cherish alone time, although it can be hard to come by. Surprise your partner with a personalised evening off. Get their favorite meal and some treats, rent a movie they love (or get something for a hobby they enjoy), and leave them be.

Chore-up

Don't just do the dishes—clean the kitchen. Fill your partner's gas tank, and wash their car. Do something you don't have to, just to show you care.

Mind your manners

"Thank you" and "please" are important, even when someone has been doing your laundry for 10 years. Try to catch your partner being helpful, just so you can express your gratitude.

Body language

Our bodies can say more than we realize. Even if you don't mean it, your partner will notice if you're always scowling. Make a point to smile, laugh, and touch your partner.



DISCLAIMER

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