

How to Connect with your Partner?

Episode 1: Connection

Agenda:

1. How to Connect
 - a. Chit Chat
 - b. Appreciate
 - c. Having fun
 - d. Stop social media
2. Stick to facts

Listen to the video first before completing the exercise below.

Exercise 1: What does connection mean to you? If you have to describe connection what is it?

A. Chit Chat

Chit Chat for connection.

I can almost guarantee that one of the reasons why you don't feel connection with your partner any longer is because you have lost the ability to chit chat with them.

Chit chat is to spend some time and rediscover your partner. Ask them questions that will give you insight as to what is going on in their lives. The reason for this is to strengthen the bond.

It's not going to be easy and it's going to take some time but you need to sit in each other presence without any distractions and start talking. The more often you do it the easier it becomes.

Have some fun with this and get to know each other again. Here are some ideas to investigate:

- To Learn about your partner's needs and desires. Links with session 6 Goal setting
- Know your differences
 - o Is your partner a morning or evening person?
 - o Is your partner task or time driven?
- What type of holidays would your partner like to go on?
- Discover how your partner handles conflict - do they attack or retreat?

Keep all hairy conversation to another day. There is a session for that.

I had a few couples say that they have nothing to say and are not going to be able to do this.

I have included a list of question that might help. Questions to start you talking:

- Is your favorite food still pizza?
- Or colour still green?
- Remember that time.....
- How was your day? Then remember what that person has said and ask them again the next day. Slowly creating a conversation platform

Slowly you can build on your chit chat to have long meaningful conversation and build the connection.

B. Appreciate each other

Voice *daily* why you appreciate each other. So, Say things like: “Thanks for making dinner”, “Thanks for fetching the kids.”, “I love the way you handled that”, or “You ability to xxxxxx has always impressed me”.

Try and do this daily at least once. However, this practice should be something that you continue to do for the rest of your life.

Exercise 2: List 5 things that you appreciate about your partner:

C. Have fun together

Plan to have fun. Set out to have fun together. The older we get the more we seem to forget about having fun. Or even how to have fun.

Exercise 3: Discuss and write down fun things you can do as a couple. Refrain from drugs and drinking. Good old-fashioned fun.

Exercise 4: Ask yourself privately: How do you serve the relationship? Tricky question right.

Exercise 5: How do you think your partner wants or need you to serve the relationship?

Social media

Reminder to turn it off. There is a live person in front of you. Often social media is fake.

Stick to facts

Why are you in this relationship?

Action Steps

1.	Get your calendars out and add the date to watch the video.
2.	Plan to chit chat daily for a minimum of 5 minutes. Turn off all social media and just be in each other presence and chit chat.
3.	Express your appreciation daily.
4.	Get your diaries out and have fun.
5.	Turn off social media.