

FINDING YOUR WINNING STRATEGIES



You and your partner can use these effective, practical strategies to nurture and protect your relationship. Reviewing them together and talking about which winning strategies you've mastered and which you want to try more often is a good place to start. Putting them somewhere you'll see often, like the fridge, can also help you internalize them.

#1. Advocate for what you want

To have a strong and connected relationship you need to fight for what you want, dare to rock the boat, and make your needs clear.

#2. Speak to make things better

To improve a situation or make a repair you need to speak from love and move from complaining to requesting.

#3. Listen to understand

You need to be curious and focus on connecting, not objectivity or agreeing.

#4. Respond with generosity

You have to be giving and take responsibility where you can.

#5. Cherish what you have

You must seek to appreciate, celebrate progress, and reclaim space for your relationship.