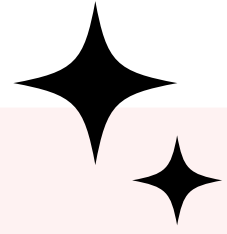


CONNECTION RITUALS



GREETINGS

WARM REUNION IDEAS

- *A long hug at the door*
- *Smile when they walk in*
- *Putting your phone down*
- *Walking over to greet them*
- *Saying, "I'm glad you're here."*
- *Taking 60 seconds before logistics*
- *Make warm eye contact before speaking*

RECOGNITION

WAYS TO SHOW APPRECIATION

- *Thank you for bringing levity into our life.*
- *Thank you for being so thoughtful.*
- *Thank you for helping us loosen up.*
- *Thank you for being so patient earlier.*
- *Thank you for noticing details I miss.*
- *Thank you for working so hard for us.*
- *Thank you for bringing more playfulness.*

How to Be a Supportive Partner When You're Both Exhausted

Debbie Cherry, LMFT