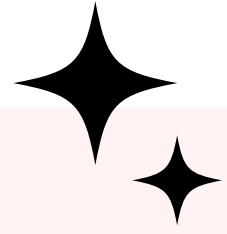


# CONNECTION RITUALS



## SALUTATIONS

### 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*

## YES TO BIDS

### WAYS TO TURN TOWARD

- *Look up when they walk in the room.*
- *Watch the thing they're excited to show you.*
- *Listen to the story, even if you're tired.*
- *Take them up on the walk.*
- *Show interest in something they care about.*
- *Match their excitement for a moment.*
- *Let yourself be pulled into playfulness.*

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

*Debbie Cherry, LMFT*