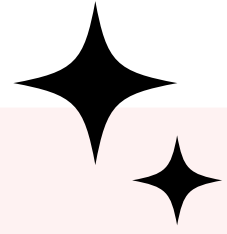


# CONNECTION RITUALS



## 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

- *I admire how much you keep showing up.*
- *Thank you for handling that today.*
- *I appreciate how hard you're working.*
- *I noticed how patient you were earlier.*
- *I love the way you take care of us.*
- *I really appreciate you doing that.*
- *I love how thoughtful you are.*

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

*Debbie Cherry, LMFT*