

Keeping Check on Your Connection

<p>First:</p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 10px auto; background-color: black; color: white; display: flex; flex-direction: column; justify-content: center; align-items: center;"> <p style="margin: 0;">Getting to Know Me – So I Can Connect with You</p> </div> <p style="text-align: right; margin-top: 10px;">✓ or X</p>	<p>The questionnaire in the first unit was meant to help you get in touch with what you need emotionally. Remember, your spouse can't know how to take care of you emotionally unless you know what you need <i>and</i> communicate that with him/her. If you're feeling disconnected or distressed about how you've been responded to, first check if you know what you want. Then ask yourself whether you have communicated this with your spouse – clearly, directly and respectfully.</p>
<p>Second:</p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 10px auto; background-color: black; color: white; display: flex; flex-direction: column; justify-content: center; align-items: center;"> <p style="margin: 0;">Making Each Other Feel Cherished</p> </div> <p style="text-align: right; margin-top: 10px;">✓ or X</p>	<p>Attending to Your Gift Registries -It's your job to make sure you are working on making your spouse feel cherished. You do this by giving things you know are in their "language". If you are feeling disconnected, first, check whether you are giving to the degree you want to be given to. Then, if you are, but you're feeling like your spouse is not, try making a gently request or observation. Ask if everything is ok, and reflect that you are missing that connection.</p>
<p>Third:</p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 10px auto; background-color: black; color: white; display: flex; flex-direction: column; justify-content: center; align-items: center;"> <p style="margin: 0;">Bids for Connection</p> </div> <p style="text-align: right; margin-top: 10px;">✓ or X</p>	<p>Having kavana/intention – Are you seeing everyday interactions, , as connection? Of course you want more connection than just simple back and forth, but are you recognizing these as significant when you each participate? Making Bids – Are you making bids for connection? Engaging your spouse in little ways with the intention of having a connection? Turning Towards - Are you responding to your spouse's everyday interactions with an attitude of connection?</p>
<p>Fourth:</p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 10px auto; background-color: black; color: white; display: flex; flex-direction: column; justify-content: center; align-items: center;"> <p style="margin: 0;">Rituals of Connection</p> <p style="margin: 0;">Family Culture and Values</p> <p style="margin: 0;">Shared Goals</p> </div> <p style="text-align: right; margin-top: 10px;">✓ or X</p>	<p>The whole is greater than the sum of it's parts – Remember, when you work on Rituals of Connection (bonding), Family Culture and Values (identity) & Shared Goals (commitment), you're working on, and connecting to, something that is larger than just your one on one relationship. Those things will bring you to a different level of feeling connected.</p>

