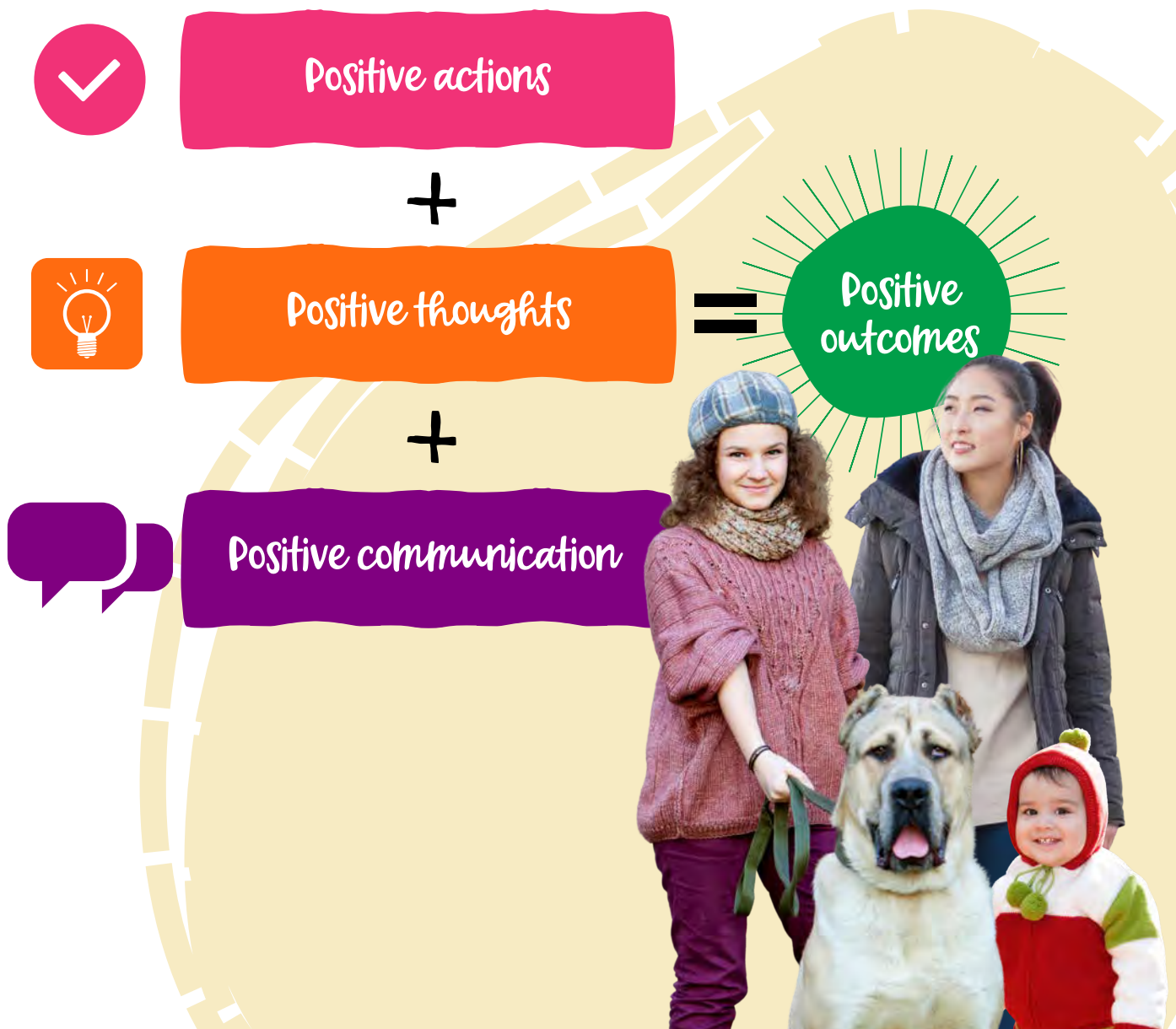


Keeping the positivity

Even the happiest and most settled couples have moments of challenge and negativity. Some behaviours can make negative names more challenging and difficult. There are a few things that you can do to keep the positivity.





To stay positive you can try:

- laughing together
- supporting each other
- showing interest in each other
- listening to each other
- being grateful
- giving thoughtful gift
- hugging and being affectionate
- sharing positive memories



Thinking positive thoughts, such as:

- what brought you together in the first place?
- what keeps you together now?
- what good times have you had together?



Keep the dialogue positive by:

- starting sentences with "I..."
- paying each other compliments
- seeing things from each other's point of view
- being good to yourself
- avoiding criticism, contempt, defensiveness and shutting down

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