

5 Ways to Improve Connection in Relationships

We all know that often, over time, intimacy can fade between a couple and passion begins to disappear. Eventually feelings of togetherness and genuine affection can even morph into bitterness and resentment.

There are ways however to increase that feeling of connection between you and your partner, and make sustaining it a priority. Here are 5 powerful ways to get started.



1. Say Thank you for something Every Day

Show your partner how much you appreciate and value her or him. There are countless little ways to do this. It could start with something as simple and sincere as: “I really appreciate you making coffee. Thank you.”

2. Give Your Partner Your Full Attention at Least Once Per Day

Do this without looking at your Facebook feed, messing around with your smart phone or side-glancing at the TV. Drop what you’re doing when your partner wants to talk with you and focus all of your attention (and interest) on her or him by making full eye contact.

3. Be the First to Apologize for Your Role in Any Disconnect

Saying “I’m sorry” is not easy if you feel wronged, but you can say, “I want you to know, I’m sorry for my part last night and I love you.” There is no reason to defend yourself. You have said enough.

4. Show More Compassion and Consideration for What Your Partner is Going Through

A little kindness really does go a long way. You have no idea about the stress that replays itself in your partner’s mind. Try to understand what’s going on for her or him and show a little warmth.

5. Lighten Up and Be More Playful

Most disagreements and misunderstandings are little things that get blown out of proportion. Keep matters in perspective, find something to laugh about together and let a little fun cut the tension. There is no value in holding grudges.

When you focus on affection, togetherness, genuine feelings of caring- physical touch and heart-felt appreciation towards your partner, almost any relationship repair is possible. Strong communication skills are valuable, but only once healthy connection is in place.

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