

Family Life Coaching

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MONTH: SEPTEMBER

FONDNESS & ADMIRATION

B I N G O

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|-------------------------------|---------------------------------|--|---|--|
| Take responsibility | Ask for a break when flooded | Catch your partner doing something right | Ask about your partner's day | Turn towards a bid |
| Show affection | Sign up for the Marriage Minute | Self-care | Share 1 positive trait about your partner | 20-second hug |
| 5:1 Ratio during conflict | Say "thank you" | FREE | Listen without interruption | Have a stress reducing conversation |
| Create a ritual of connection | Six-second kiss | "I feel ___ when ___ and I need ___." | Download the Gottman Card Decks App | Ask: "What can I do to make you feel loved this week?" |
| Celebrate an accomplishment | Share a compliment | Do 30 DAYS TO A BETTER RELATIONSHIP | Make intentional time together | Share what you feel grateful for |

The Gottman Institute