

Suggestions for Building a Lifelong Friendship



- **Partings:** Know one interesting thing that will happen to your partner during the day. Hug or kiss (for 6 seconds) before parting.
- **Think about your friend:** Fix your partner firmly in your heart during the day. Develop some phrase, mantra or gesture to remind you of him or her during your day.
- **Reunions:** Do the six second hug or kiss. Each person takes 10 minutes to talk about his/her day. Give support and understanding.
- **Play together:** Kiss, hold, grab, and touch each other. Play is good. Have a date, even if it is only to be alone for a few minutes together.
- **Respect and admiration:** Show a sincere appreciation for each other. Find some way every day to genuinely communicate affection and appreciation toward your partner. Listen to what your partner has to say without trying to “fix it.” Sometimes its best to just listen.
- **Build love maps:** Learn more and more about what makes your partner tick, learn what is important to him or her. Think of great questions to ask your partner.
- **Turn toward each another:** Pay attention to each other; become truly aware of your partner. Pay attention to him or her. Look deeply into each other’s eyes.
- **Aftermath of a fight:** When you have a disagreement, let the dust settle, take responsibility for your part in it and your feelings, talk about how to do better next time.



Build a Home with Heart

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