



Employee Assistance Program
800.728.9444

Many divorces happen because couples highlight conversations that keep **anger, resentment and lack of forgiveness** alive.

One question that pops out a lot is **'How do you connect with your spouse?'**

Connections can help protect couples separating.

Here's are a few things that I want you to keep in mind:

1. **Create an environment** where your partner can share honestly and freely. Then ask questions for better understanding so they feel heard, seen and known. Ask about their hopes, their stressors, their goals etc. with NO judgement.
2. **Build a strong culture of appreciation, affection and respect.** Each time these three are implemented your spouse will automatically feel emotionally connected to you.
3. **Accept every opportunity for connection.** So instead of living in numbness, shift to living with your eyes wide open. Look at every interaction and see how you can connect with one another, especially during those times where you could get defensive.

Ex: Your Wife Says the Following: "I'm so tired of having to pick the kids up every day, sometimes I want a break you know". (***You heard, you never pick the kids up, I'm the only one who does anything.***)

What she means is: Will you please pick the kids up? I'm a little tired today?

So instead of responding to what you heard, respond to what she's saying at the core.

This will take work yes, but it will eventually draw you together because needs are being met and arguments are decreasing.

Use these 3 tips for the next 14 days during this pandemic!

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