



guide to love





This free PDF shows you 5 words to say to your partner tonight to immediately improve your relationship and create intimacy

HERE ARE YOUR 5 WORDS TO MAKE YOUR RELATIONSHIP SOAR

————— **“I’M COMPLETELY LISTENING TO YOU.”** —————

Love and laughter go together. What we suggest with our LAUGH acronym below is to connect with your partner—really connect—by saying these 5 words and then follow through on them by telling him/her in advance what you’re going to do.

————— **L**ISTEN **A**CKNOWLEDGE **U**NDERSTAND **G**RATITUDE **H**OPE —————

HERE IS A SCRIPT THAT YOU CAN PERSONALIZE AS YOU WISH:

“I’m completely **listen**ing to you. I know that sometimes I’m distracted by devices and outside events, but I’ve set aside _____ [fill in the time period] 1 hour; ½ an hour, to sit with you to **listen** and really hear what you have to share.

I **acknowledge** that I hear you—without judgment—by offering active listening feedback.

Putting myself in your position, knowing you as I do, I **understand** what you’re saying.

I’m **grateful** that you trust me to share your thoughts and feelings, and that we’ve taken the time to talk.

Because this is the New Year, I have **hope** for us and our connection. I hope we will take time each day to savor and cherish one another.



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