

## **BOOSTING YOUR RELATIONAL POSITIVITY RATIO**

### **Count the blessings in your relationship.**

Try for 3 times each week.

Transform ordinary events into blessings.

### **Count the kindnesses you extend toward your partner. Notice his or her reactions.**

In addition, select a Kindness Day each week in which you step up your kindness to a new or higher level. For example, weed your neighbor's garden, volunteer at a soup kitchen, participate in a local sing-a-long in an extended care facility.

### **Visualize your future successes as a couple.**

As you imagine, linger over every detail.

Share the visualization experience with your partner.

### **Cultivate healthy distractions.**

Keep a list of the things each of you do individually to get your mind off your troubles.

Which of those can you do together?

### **Establish gratitude rituals for your relationship.**

For example, share the things for which you're grateful each night before bed, give thanks together before a meal, throw a small celebration to honor one another's successes and accomplishments.

### **Devise ways to increase your experiences of inspiration, wonder, humor, awe, and hope in your partnership.**