

Fanning the flame...



...in your relationship.

MORE...

Quality Time
Clarification
Expression of Feelings
Compromise
Meeting the other person's needs
Alone time without the children
Positive Acknowledgement
Looking at the present
Appreciation
Quiet time
Listening
Forgiveness
Compliments

LESS...

Assuming
Working overtime
Having to have things your own way
Taking the other person for granted
Thinking of only yourself
Arguing over petty things
Less Giving Advice
Dwelling on the past
Holding Grudges
Complaining
Rushing
Critical
Insults

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