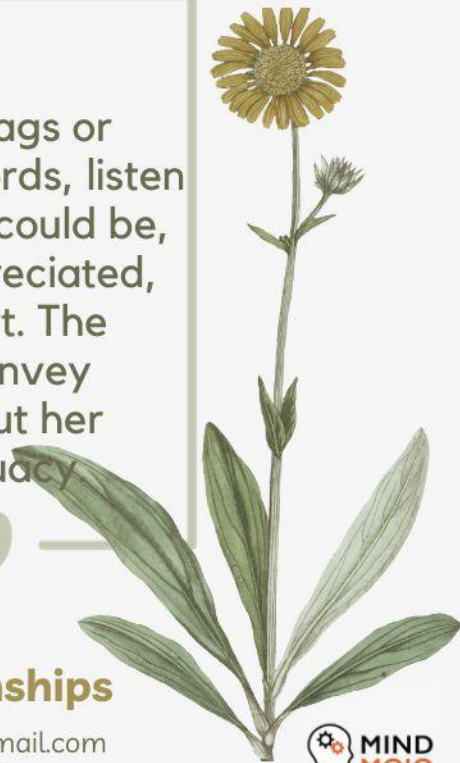


“

Day 1

When a woman 'complains, nags or finds fault'; more than the words, listen to the underlying feelings. It could be, feeling overwhelmed, unappreciated, disrespected, not valued, hurt. The words are merely a tool to convey these feelings. It is more about her feelings than a man's inadequacy.

”



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### **Day 2**

**When a man retreats after a conflict and becomes silent, leave him alone. He is trying to solve it in his head by being quiet. Don't take it personal. That's how men solve their challenges, in their heads. He will be back. Women want to talk and solve. Wait till he is back. He hasn't left. Don't go behind him. He's just sorting himself.**





### Day 3

Women voice their concerns out loud. That is their way of solving issues. When men hear this, do not offer advice. Simply listen. Women don't need advice, just a listening ear. They will find their own solution unless they ask specifically for it. Men think to solve and will talk only if they need advice. Women talk to solve, vent out and forget it.

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## Day 4

When a man does not remember to do an errand or task that was requested, the woman sees it as her work not getting done (which is required to finish her other tasks or have a conducive work space at home). If it is repeatedly ignored, then it is felt by her as disrespect and her not being valued. It erodes into the relationship. To a man it may seem an unimportant matter, for a woman it is felt as not being valued or respected.



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## Day 5

We all have different love languages. We may love and see love in any of the following: acts of service, gifting, words of affirmation, quality time, physical touch. Give love in the other person's language.

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## Day 6

There are 3 stages to a woman's responses:

1) she will fight and complain when she knows things are not working. 2) she will fall silent and go indifferent. She has given up on the relationship. 3) She is planning her exit. Women do not leave all of a sudden. They would have planned their exit for months and years. So if she fights with you, then there is still hope.

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## Day 7

Do not blame your partner for what his or her family has said or done. Your partner has no control over the words or actions of their family members. During conflicts, do not mention the families. Address the issue between the two of you instead of allowing or dragging 3rd persons into a conflict.



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## Day 8

If something irritates you, like a toilet seat or how the other person squeezes the tooth paste out of a tube, ask your self “would this matter in 5 years?” Pick your conflicts, pick only that would actually matter in years to come



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## Day 9

Everyone has a rebound time, after a conflict. Some will be okay after a few minutes, some a few hours, some a few days. It is different for everyone. The key is to shorten the length as the years roll by. Silence is also violence.

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Day 10

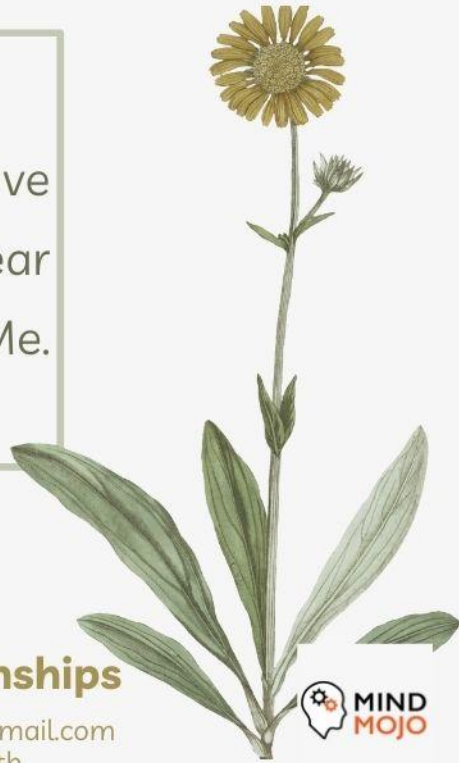
Yours is not the only way to do something, be it doing the dishes or driving a car. Every person has a logic in doing things, even the youngest member in the family (children) has. If others repeatedly do things their way, before jumping the gun, ask them what their logic for doing it differently from you is. It could even be a better way. And its ok to learn another way. If not, it is ok to let go too.

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“  
Day 11  
Six needs for couples - Love  
Me, Like Me, Help Me, Hear  
Me, Hold Me, Have Me.  
(Karpman)  
”



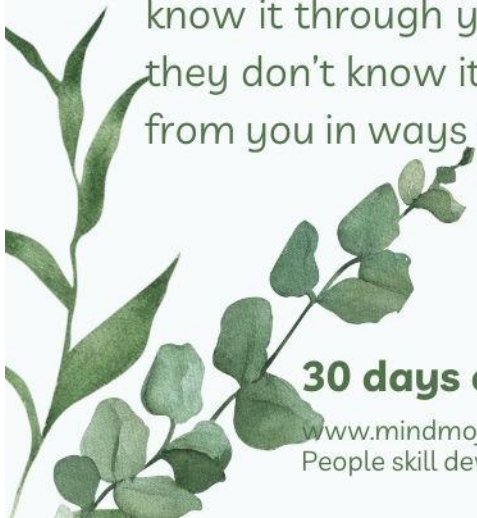
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## Day 12

“If you can’t kiss me, at least kick me.” If you can’t give positive attention to the other person, they will try to take it from you in negative ways. A human’s basic need is their knowledge that they are alive in the other person’s life. They have to know it through your actions and responses. So, if they don’t know it in positive ways, they will get it from you in ways that are not healthy.



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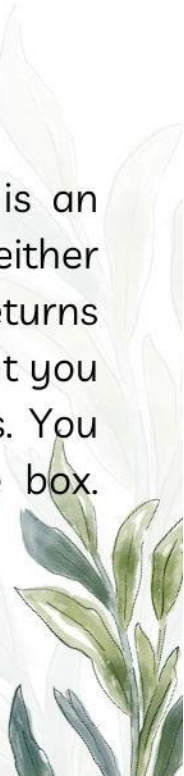


## Day 13

Every word we speak and every action we do, is an investment into the relationship box. We can either make or break a relationship. You will receive the returns on that investment years later. Choose wisely what you put into that box. Speak and act with awareness. You can only take out what you have put into the box. Nothing more, nothing less.

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## Day 14

Things we can do to increase bonding - have meals together, at least once a day; go for a walk together, pray together, watch a movie together, listen to music together, sit in silence together, travel together, explore a new hobby or exercise together, laugh together, share stories from each other's lives, listen, give a massage when the other is tired, cook together, thank each other, play board games or some silly games, snuggle, flirt with each other, send a text for no reason, kiss.



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## Day 15



There is only one way to change someone else's behavior, that is, by changing OUR own response to their behavior stimulus. Whatever behavior gets the attention, gets repeated. So pay attention, give attention, appreciate, acknowledge when the other gives any desired behavior. That desired behavior will get repeated when you give it attention.



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## **Day 16**

You have activities you like and people you love. Don't insist that your partner like the same activities and love the same people just cos they are with you. Do not blackmail them emotionally to participate in those activities and love those people to prove their love to you. Let them be and you just be. Have your own lives and then come together to share the joy of being together.

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## Day 17

Instead of asking questions and making the other person defensive, state what you want. Be direct.

Questions: why can't you come on time? why can't you do it this way? Why can't you be more responsible?

Statements: Please be on time. Please do it this way. Please be responsible.



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## Day 18

Emotional nutrition for every human being: 30 minutes of undivided attention, having a face to face conversation without the distraction of gadgets, television, social media or anything else. Looking at each other's faces, listening without asking why. Yes, just 30 minutes out of 1440 minutes in a day.

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## Day 19

You may not agree with them but making someone feel seen, heard and understood is the loudest way to love them.

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## Day 22

Two key components in a relationship : kindness and respect - to self and your partner.

To self - Standing up for oneself and ensuring we are treated with respect. If we don't stand up for ourselves, no one else will.

To the other - We agree to disagree, live and let live. Be kind and respectful in words and actions.

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Day 21

A question we can ask after a conflict to self and the other  
“what can I do to make this better?”

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Day 20



What are your non negotiables? What would be the one or two things that you cannot compromise on? What is your deal breaker in a relationship? Convey it to the other person.



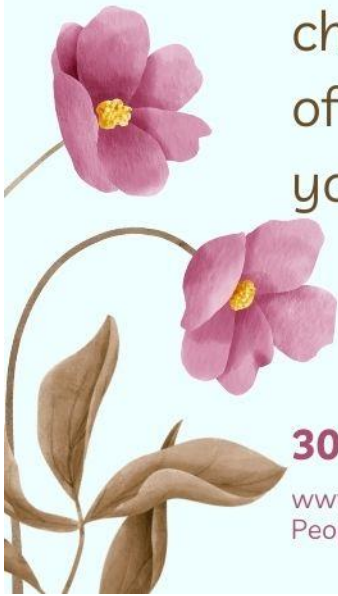
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## Day 23

In any relationship, you need to choose between the discomfort of saying 'no' or feeling bitter if you don't.



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## Day 24

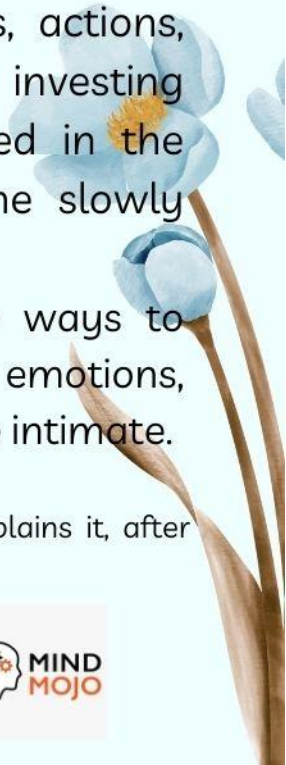
Research shows that the direction of an intimate relationship is led by men; by his words, actions, behavior and attitude. Women start off investing more of her and when it is not reflected in the behavior of her partner, towards her, she slowly stops investing.

Men can learn to unlearn and learn new ways to validate, empathize, be vulnerable, show emotions, accept her influence in his life, be close and be intimate.

\*\* Not a personal opinion. John Gottman, in his book explains it, after researching 1000s of couples.

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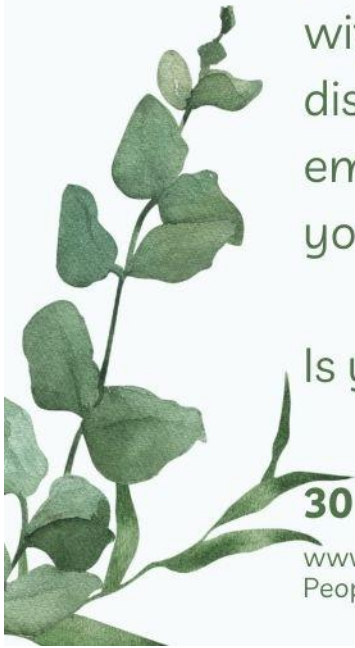
Day 25

Are you a safe space for your partner? Can your partner talk to you without your getting defensive, dismissive or being without empathy? Is your partner scared of your reaction?

Is your partner a safe space for you?

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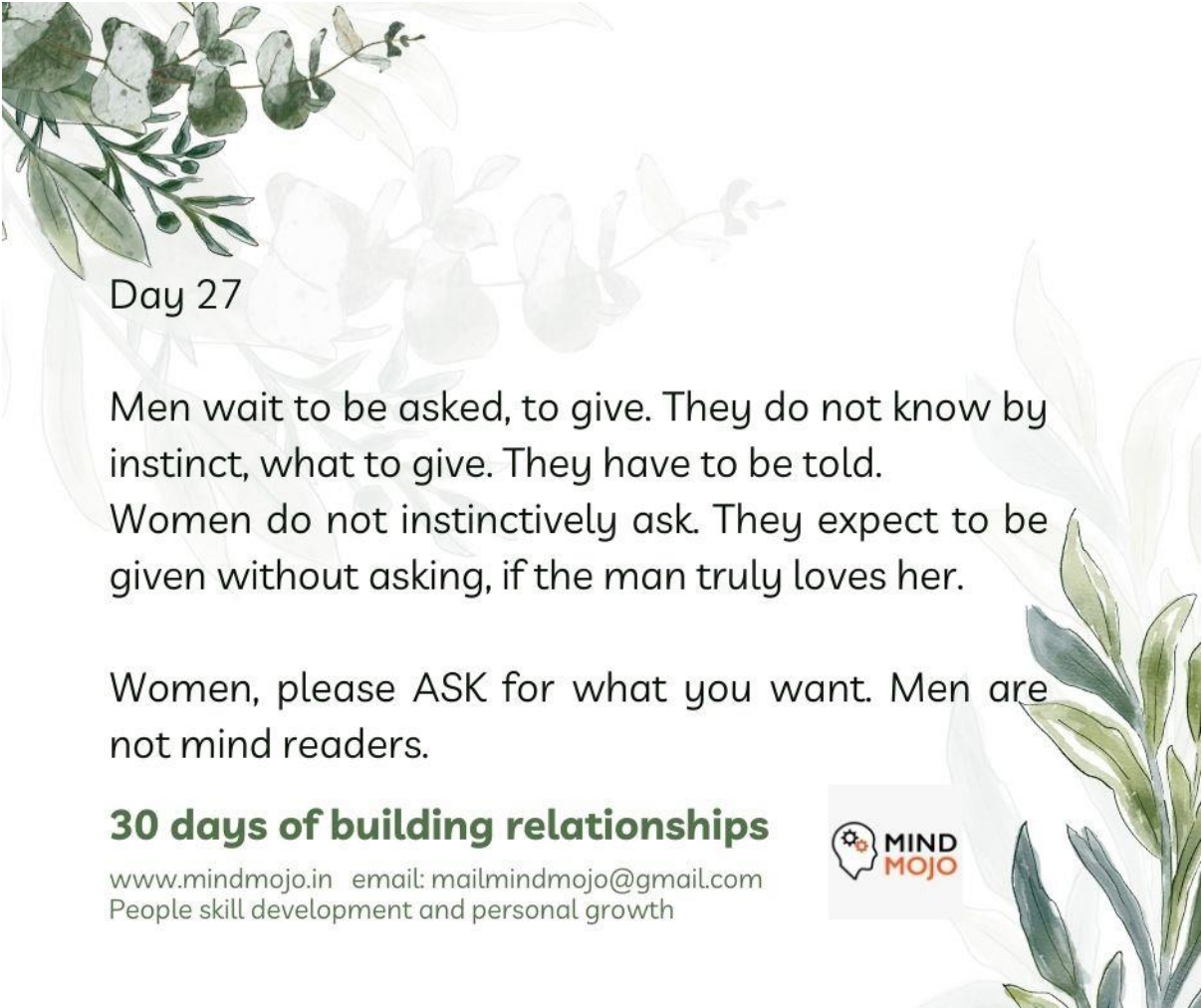
Day 26

Negative feedback to be given only for the words or actions used by the person, and never for the person. It should only be for the doing and never for the being.

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Day 27

Men wait to be asked, to give. They do not know by instinct, what to give. They have to be told.


Women do not instinctively ask. They expect to be given without asking, if the man truly loves her.

Women, please ASK for what you want. Men are not mind readers.

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Day 28

She fights to be heard. He fights to be free. By supporting her need to be heard, he enables her to let him be free.

- John Gray

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## Day 29

Never use the words 'always' or 'never'. Eg: you always do it this way or you never do this.

Instead give specifics - when you did this particular thing, this is how i felt.

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Day 30

Use 'I' statements instead of using 'you'. Own your own feelings. Instead of saying 'you hurt me', say 'I felt hurt'. No one can hurt you without your permission.

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