



SHARE



Develop and Maintain Your Friendship

One of the most important parts of a relationship is the friendship you have with each other. **SHARE** is about working together as a team, finding common interests, and enjoying each other's company. As a couple, you are constantly learning together, experiencing things together, and facing challenges together. **Just remember, a strong foundation of friendship will help you weather any storm.**



Fostering 5-minute Connections

- **Cuddle at the most important time of day.** Set the alarm five minutes early and cuddle with your partner in the morning. It can help keep you feeling close all day long.
- **Before you leave home, ask your partner if anything special is going on that day.** This lets your partner know that you are interested in him or her and care what's going on in their life. If something special is happening for your partner, check in with him or her during the day or in the evening.
- **Share what you like about each other.** Do this daily and do it frequently. Look for excuses to praise your partner. Don't take each other for granted. Your partner will feel loved and be more willing to work through any differences you may have.
- **Do small acts of kindness for one another.** Send your partner a card or e-mail just to say you love him or her, bring home a special treat, or do a chore that your partner usually does. The kindness you show to your partner will almost always be returned, and serving your partner will strengthen your bond.
- **Talk about the stresses and successes of your day.** Spend 5 minutes when you get home from work talking with your partner about the stressful things you may have experienced. Don't attack your partner with it; just share it with him or her. If you get the stress out of the way first, you will be able to enjoy the rest of your time together.



Get Creative!

Anniversaries are a big deal. Remember them and make them special. In addition to wedding anniversaries, couples can also celebrate the anniversary of your first date, the first time you kissed your partner, or the time you knew you were in love.

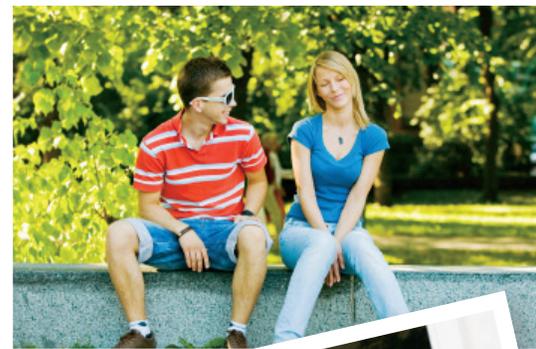
Did You Know?

Partners who show that they are committed to each other and who put the couple relationship before other relationships or disruptions are happier in their relationship than those who don't.

What and how much partners share with each other greatly affects the quality and value of their relationship. Partners who share common interests and values, are open and honest with each other, and invest in the friendship will be happier in the relationship. Couples who share more, argue less!

Couple Traditions that Strengthen the Relationship

- **Share Intimacy.** Plan romantic and intimate times with your partner.
- **Share Spirituality.** Shared religious or spiritual activities are a wonderful way to grow together as a couple.
- **Happy Anniversary!** Be creative with the anniversaries you celebrate and the ways you celebrate him or her.
- **“I Love You” Codes.** Develop subtle or indirect ways of letting your partner know you love him or her.
- **Frequently Connect With Your Partner.** Use brief phone calls, texts, or e-mails to connect with your partner throughout the day.
- **Do Your Partner’s Favorite Thing.** Let your partner know you care by doing one of his or her favorite things together.
- **Think Partner First.** Think about and do the things that will show your partner that he or she is your #1 priority.
- **Have Couple and Family Meetings.** Businesses meet often to talk about profits, losses, and strategic planning. Invest time in your relationship to yield the same benefits.



Maintaining Friendship

- Being supportive
- Spending time together
- Being willing to resolve problems together
- Accepting influence from one another
- Sharing thoughts and feelings
- Trusting each other



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