

Feeding Your Relationship: Small Things Often

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Dr. John Gottman, author of “Seven Principles for Making Marriage Work,” coined a phrase “small things often,” which means feeding your relationship with positive words, actions and gestures in the smallest of ways. What does this mean for you and your partner? Here are some ideas:

- Say please and thank you
- Call on your way home from work, just to say hi and “I’m on my way.”
- Hold the door for her/him
- When you pass in the hall, give a wink, a small kiss or a smile
- Leave a post-it on the mirror for him/her to find
- Make his/her coffee without being asked

The point is, to rebuild the positivity or fondness in your relationship often does not take a big, overly romantic gesture. These small gestures, from a genuine and sincere place, mean that we are committed for the long-term. If I’m intentionally doing small things daily to show my partner I appreciate and care about them, more positivity and devotion is fostered and communicated than one big thing every few years could ever accomplish.

Learn more and listen to the podcast for “Small Things Often” from The Gottman Institute at [**www.gottman.com**](http://www.gottman.com).