

# Relationship Gratitude Tips

As a relationship ages, we sometimes take the things we love about our partners for granted. Practicing gratitude is a great way to show your partner appreciation, while improving the quality of your relationship. Practice at least one of the following gratitude tips every day.

## **Show interest in their life.**

Ask for the specifics about your partner's day. Use *active listening* by making eye contact, showing that you're listening (e.g. saying "mhh-hm" or nodding), and paraphrasing what your partner says. Try to understand what a day is like in their shoes.

## **Give compliments.**

Remember to compliment your partner, just like when you first met. It doesn't matter if you've complimented them 1,000 times. It still matters.

## **Surprise them.**

Who doesn't love a surprise? Plan a date, give a small gift, pack their lunch with a loving note, or complete a chore that your partner usually does. Even a small gesture can show your appreciation.

## **Help them relax.**

If your partner is stressed, give them a relaxing evening. Draw a warm bath with candles and Epsom salts, and offer a back rub without the expectation of anything in return.

## **Go above-and-beyond with chores.**

Don't just do the dishes—clean the kitchen. Fill your partner's gas tank, and wash their car. Do something you don't have to, just to show you care.

## **Mind your manners.**

"Thank you" and "please" are important, even when someone has been doing your laundry for 10 years. Try to catch your partner being helpful, just so you can express your gratitude.

## **Give an evening off.**

Many people cherish alone time, although it can be hard to come by. Surprise your partner with a personalized evening off. Get their favorite meal and some treats, rent a movie they love (or get something for a hobby they enjoy), and leave them be.

## **Be mindful of body language.**

Our bodies can say more than we realize. Even if you don't mean it, your partner will notice if you're always scowling. Make a point to smile, laugh, and touch your partner.