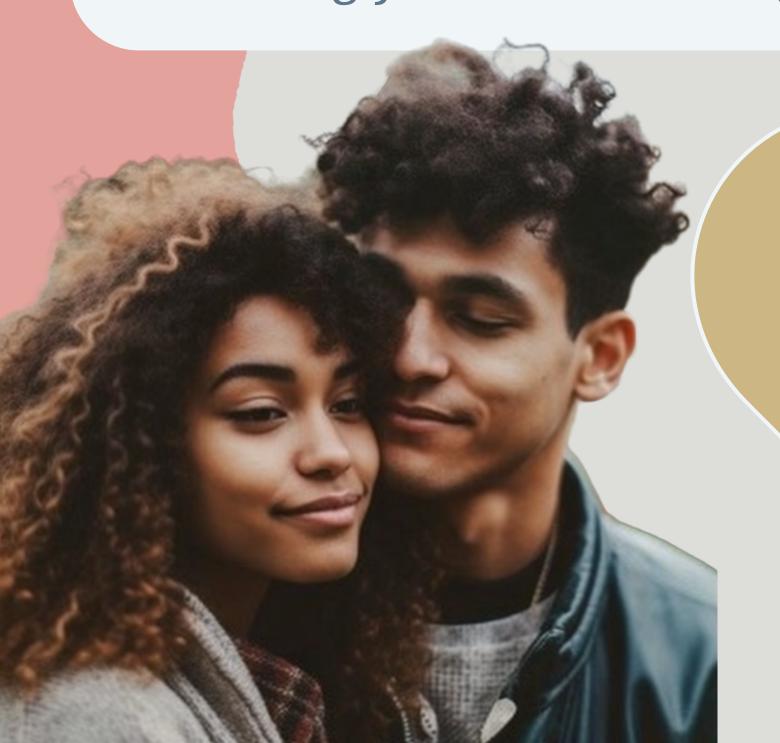
### COUPLES



# GRATITUDE

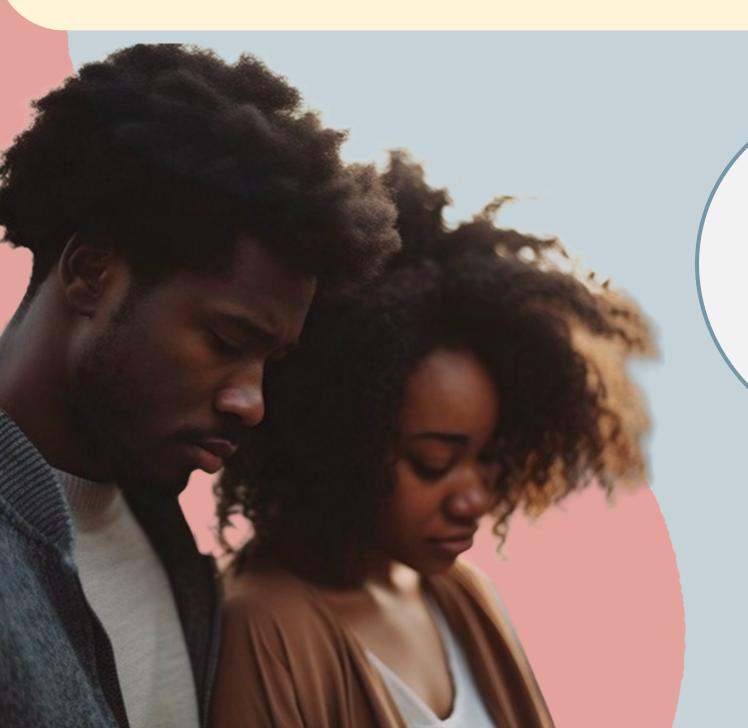
- 1. Express appreciation for your partner's efforts, no matter how small they seem.
- 3. Acknowledge their value in your life.
- 4. A simple 'Thank You' can work magic, making your bond stronger.



Let's sprinkle it daily!

## REGRET

- 1. Mistakes are stepping stones towards growth.
- 2. Learn to express regret and be accountable for your actions.
- 3. Humility fosters trust, opening the gateway to a more meaningful bond.

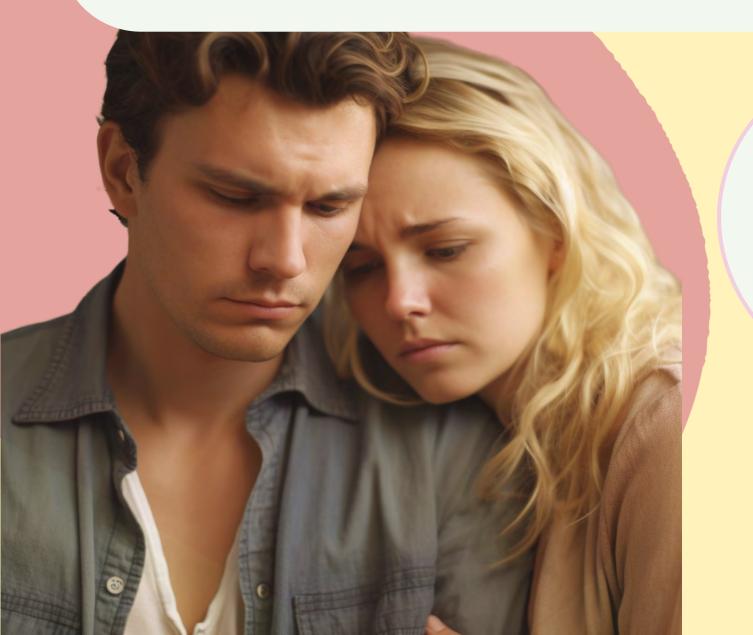


Stumble, fall, but rise again stronger.

#### UNVEIL

# HURT

- 1. Open your heart, let your feelings flow.
- 2. Communicate your feelings in a non-accusatory way, inviting your partner to empathize with your emotions.
- 3. Remember, it's not about blaming, but about understanding each other better.



It's OK to express hurt.

### ASK FOR

# HELP

- 1. Don't shy away from asking for help.
- 2. Trust in your partner's ability and willingness to support you.
- 3. Remember, you are on the same team
  - strength lies in unity.



Let's grow stronger, together!

### JUST

# LISTEN

- 1. Listen with the intent to understand, not just waiting to reply.
- 2. Make eye contact, read body language, and focus on your partner's emotions.
- 3. Tune in, connect, and feel understood.



Let's connect on a deeper level!