

WAYS TO CONNECT DEEPLY

@heaven4thethehome.com



START WITH LAST THINGS FIRST

Brush your lips and noses against each other's when you first get up, when you greet in the morning, when you walk through the door, before you doze off to sleep — let love begin and end your day. Practice a good kiss, not just a quick peck.

LOOK AT EACH OTHER IN THE EYES

Stop what your hands are doing and cup each other's faces. Stare away from the screen, and lock into each other's souls. Then look for the bare, the unspoken, the hidden pain.



TELL ME WHAT I CAN DO BETTER?

This ought to be the mantra for every conflict resolution. Begin with humility – they pay. Know that love trumps even when every conceivable wall is built to shut you up and out.

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HEAR ME OUT BUT DON'T FIX ME UP

The secret of what every woman (even the angry ones) wants to hear?

"Empathise with me but don't solve my problem for me. Tell me it's complicated, but I'm NOT complicated. My life may be messy, but I am NOT a mess."

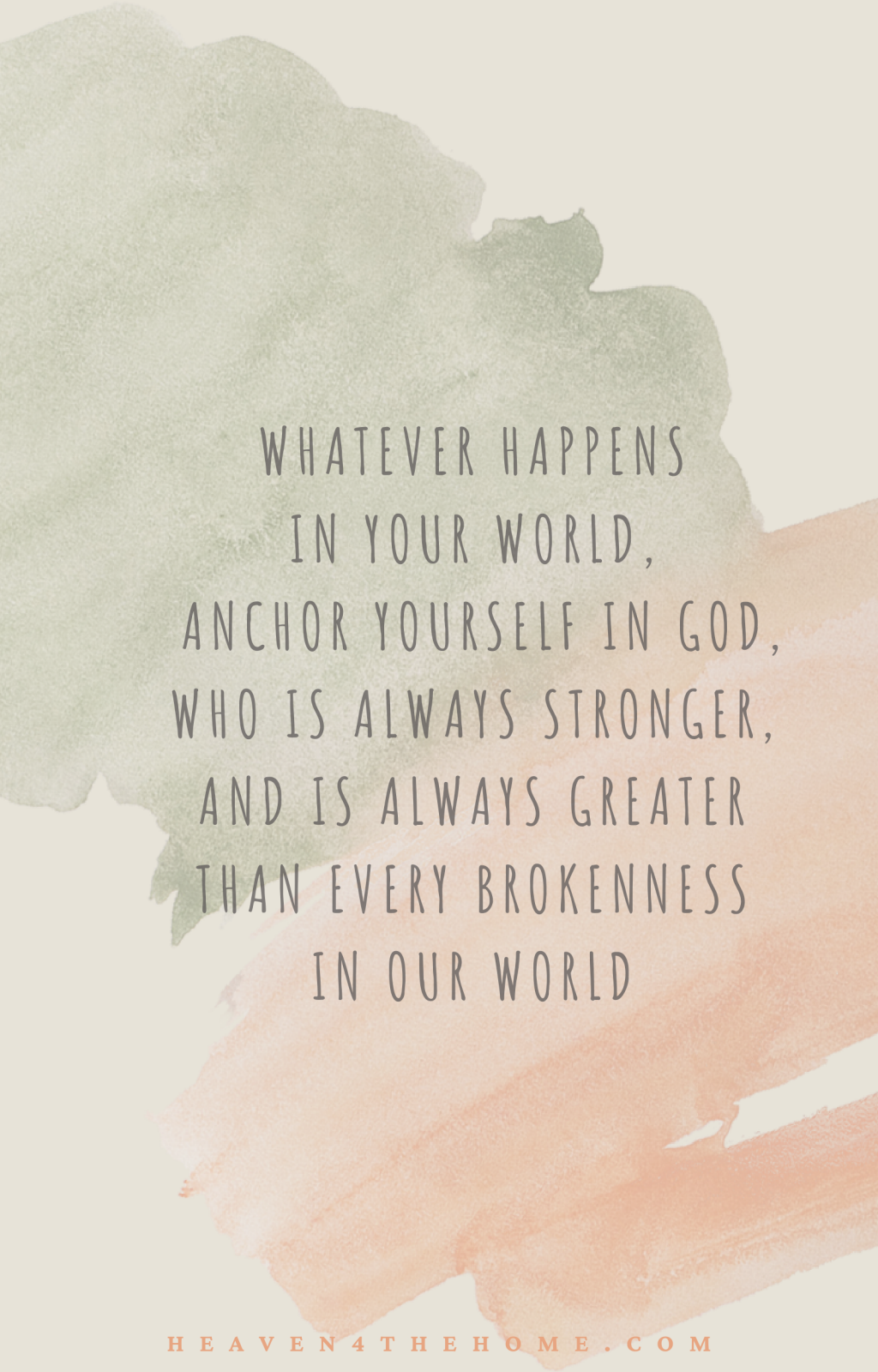
LOVED - WARTS AND ALL

Practice this in a fight: tell each other that you're safe with each other and that you are a base to land for each other. Rub each other gently with this healing balm: "I love you just the way you are. You are perfect FOR ME just the way you are."

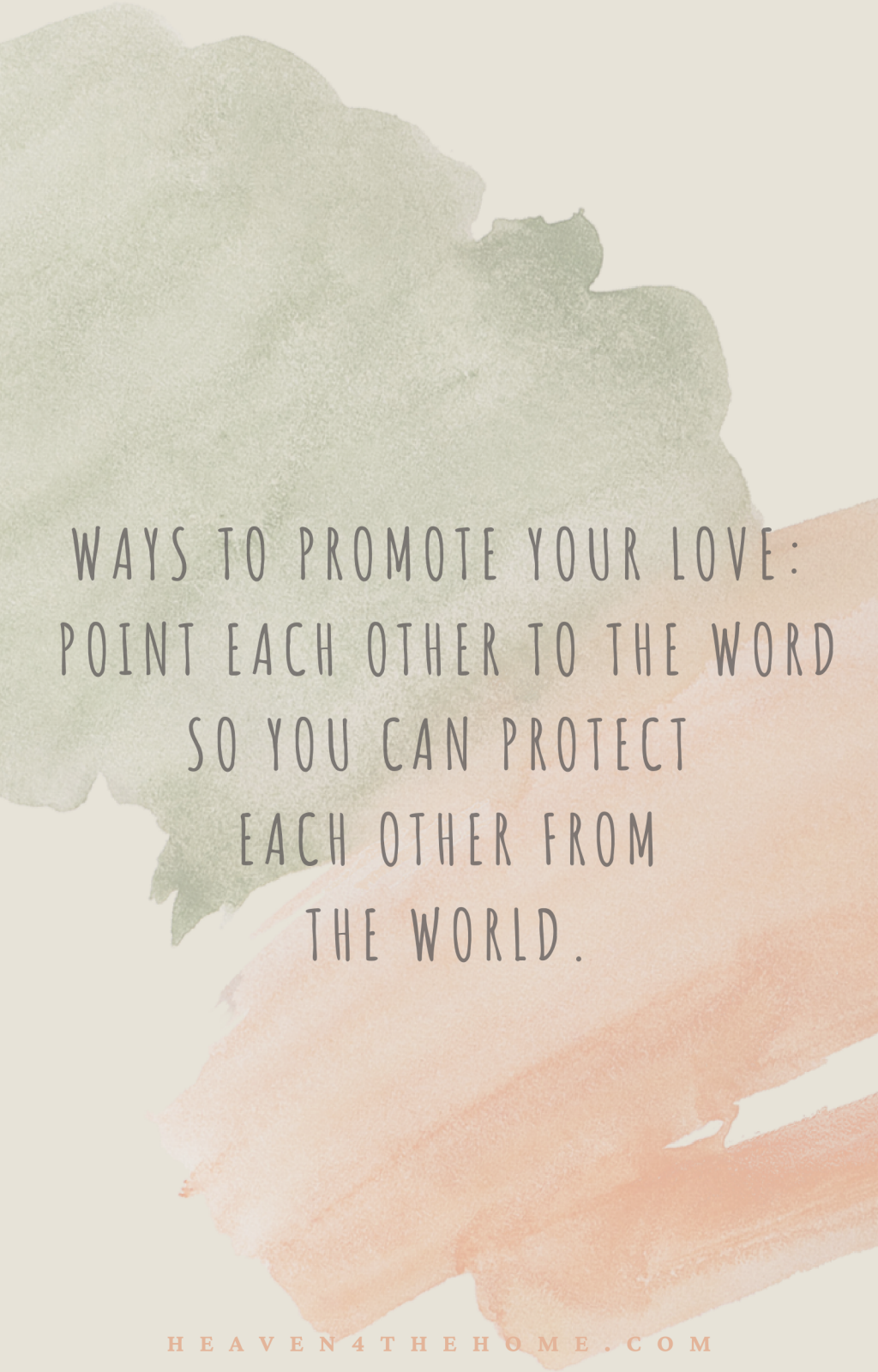


DON'T WALK OUT ON US

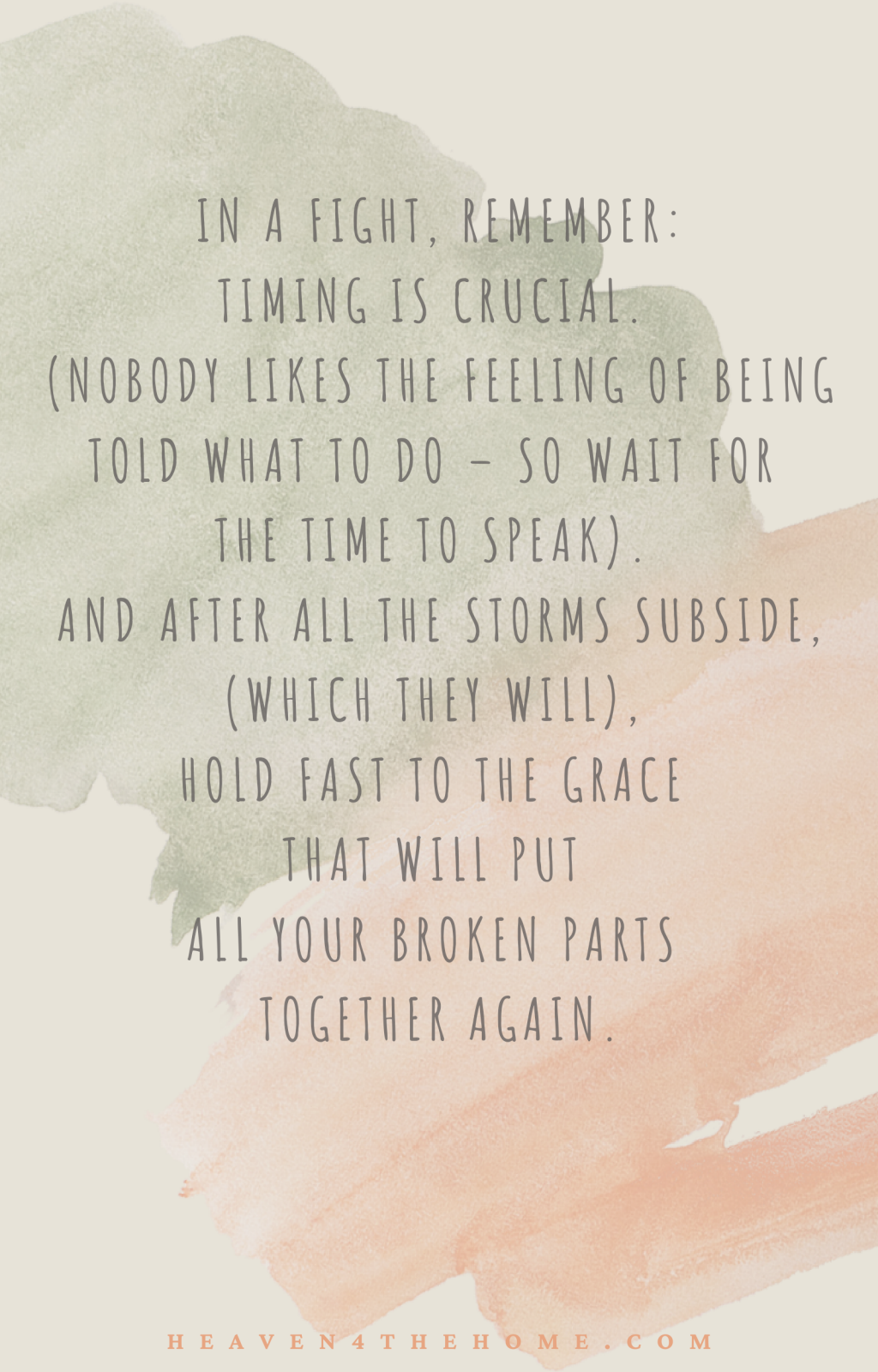
Don't let the sun go down when you're still angry — try sleeping and holding hands after a fight. Wake up to see who's still got the hands? — be the first to say: I forgive you...[break the ice, steal the smile]

The background features two large, overlapping watercolor washes. The top wash is a muted sage green, and the bottom wash is a warm, terracotta orange. The edges of the washes are soft and blended, creating a textured, artistic feel.

WHATEVER HAPPENS
IN YOUR WORLD,
ANCHOR YOURSELF IN GOD,
WHO IS ALWAYS STRONGER,
AND IS ALWAYS GREATER
THAN EVERY BROKENNESS
IN OUR WORLD



WAYS TO PROMOTE YOUR LOVE:
POINT EACH OTHER TO THE WORD
SO YOU CAN PROTECT
EACH OTHER FROM
THE WORLD.



IN A FIGHT, REMEMBER:
TIMING IS CRUCIAL.

(NOBODY LIKES THE FEELING OF BEING
TOLD WHAT TO DO – SO WAIT FOR
THE TIME TO SPEAK).

AND AFTER ALL THE STORMS SUBSIDE,
(WHICH THEY WILL),
HOLD FAST TO THE GRACE
THAT WILL PUT
ALL YOUR BROKEN PARTS
TOGETHER AGAIN.