

HOW CAN *partners* RECONNECT?

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I often hear the question, “How can I improve my connection with my partner?” Let’s face it; life can become overwhelmingly busy, causing us to unintentionally neglect the people who are most important to us. Between work, family, friends, and the demands of daily life, connecting with your partner may have been put on the back burner. Below, I’ve listed a few ideas to help you rejuvenate your bond with your partner.

Disconnect & Reconnect

It’s important to put down your phone. We’ve all been guilty of it—spending time with our partners while both of us are glued to our phones. Even though you may think you’re spending time together, you’re not fully giving each other your undivided attention. Trust me, I’m guilty of spending excessive time scrolling Facebook myself. I am making a personal commitment to my partner to spend more time connecting and less time browsing.

Compliment Away

Don’t underestimate the power of compliments. Take the time to express to your partner what they excel at and how they have helped you. Instead of focusing on criticism, practice fondness and admiration. Show appreciation and say thank you frequently. Be the first to apologize and forgive. Show genuine curiosity about your partner’s interests. These efforts will help rekindle the affection between you.

Create Rituals

Try establishing rituals that you can both anticipate and enjoy. It can be as simple as setting aside 15 minutes daily to reconnect. Dedicate time for meaningful conversation to strengthen your relationship. Additionally, prioritize date nights. You’ll deepen your emotional connection by engaging in activities together as a team and finding something you both enjoy.



It’s essential not to sweat the small stuff!

Communication is key in your relationship—discuss everything openly. Create a list of goals you want to achieve and pursue them together as a team. Don’t expect your partner to be a mind reader; clearly communicate your needs and express your feelings. Show kindness and be gentle with one another. Celebrate small milestones and sprinkle humor into your daily lives. And remember, put down the phone.