

# 30 Connection Points for Couples

Research suggests that small emotional connections between partners add up to big time relationship satisfaction. It is like making steady deposits in a bank account and watching your savings grow. For those of you who would like some creative inspiration, here are fifty things you can do to quickly connect with your spouse. Pick the ones that work for you. Use them as a starting point to establishing your own Connection Points

1. Make sure your kisses last at least six seconds. Every now and then go for a full minute.
2. Feed each other any favorite finger food.
3. Stick a love note in a lunch box, purse or pocket.
4. Send funny and/or romantic cards by snail mail or e-mail.
5. Learn how to give a great foot massage.
6. Wash each other's hair. Watch the movie *Out of Africa* for pointers.
7. Set your alarm for five minutes earlier than usual to cuddle.
8. Smile every time you greet each other.
9. Get silly with each other and laugh out loud together.
10. Grab your partner for a spontaneous dance when a favorite song comes on the radio or stereo.
11. Make eye contact when you talk.
12. Hold hands.
13. Leave a wonderful voice mail message on their phone.
14. Text a love note.
15. Send a love e-mail every day for a week.
16. Leave little love notes in unexpected places like inside his running shoes.
17. Send a funny photo on your phone.
18. Ask about each others' days.
19. Listen with 100% attention.
20. Give a one-minute shoulder massage.
21. Bring home great take out for just the two of you.
22. Snuggle on the couch.
23. Spend for five minutes outside together just to look at the stars..
24. Notice and comment about something your spouse does that you like.
25. Say thank you.
26. Say you're welcome.
27. Write a love note on the bathroom mirror.
28. Tell a joke.
29. Leave a flower.
30. Offer to help.