



Encouraging Relationships Newsletter

A Publication by Kim Fredrickson, Coach www.EncouragingRelationships.com

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Encouraging Relationship Tip of the Day!

Building Emotional Closeness in Your Relationships, Part 1

All of us long for evidence that others care about us and what we are feeling. We must share that information with one another through our words and our actions...or they will never know. Our emotions, desires, and thoughts toward the other person must be expressed outwardly.

Recent research has shown that having an emotional connection in a relationship is **essential for a healthy and satisfying relationship**. You can learn a relatively simple way of building and staying emotionally connected. *It's easier than you think!*

What is Emotional Closeness?

Emotional closeness is a connection when the “real you” feels and experiences an emotional bond with another person. When you feel emotionally close to another person you will sense that:

- Both your heart (feelings) and mind (thoughts) have been heard and understood

- You feel accepted and seen for who you are
- You experience interactions with another person that fill up your emotional tank
- You feel loved in ways that are meaningful to you

What Breaks Down Emotional Closeness?

There are several types of interactions that break down the development of emotional closeness. Some of the ways include:

- Criticism (this sends people away...not closer)
- Busyness (when we are too busy to listen, play, laugh, and spend time together, emotional closeness does not take place)
- Out of Control anger and yelling (this has to do with safety...no one can draw close when we are frightened)
- Punishment...as opposed to using Logical Consequences (punishment can feel shaming and damage the development of emotional closeness)

What Builds Emotional Closeness?

Part One: There are lots of ways. It is usually a great idea to ask your friend, spouse, child, or parents, “What are the ways that cause you to feel emotionally close to me?” or “When do you feel the closest and most loved by me?”

It is great to ask...we get a much higher success rate when we ask instead of guess. When we guess we usually do what we like, not out of selfishness, but because that is what we are most aware of. Take a risk and ask those close to you...you’ll be glad you did, you’ll probably get some great responses, and they will feel loved that you even asked. **Give it a try today!!!**

This closeness is essential for relationships to survive and thrive.

For more help & hints, check out my **NEW WEB SITE** at www.EncouragingRelationships.com

I have this information plus a whole lot more on CD's:

Building Emotional Closeness in Your Marriage

Building Emotional Closeness with Your Children

These are great to listen to while driving, exercising, walking, or just taking time for yourself.

I wish you Encouraging and Close Relationships!

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ABOUT THE AUTHOR

Kim Fredrickson, M.S, Life, Parent, and Relationship Coach is the author of many popular CD's and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationship Tips like these, visit her site at www.EncouragingRelationships.com

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