



Encouraging Relationships Newsletter

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

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Encouraging Relationship Tip of the Day!

About 2 weeks ago I sent you a newsletters on **Building Emotional Closeness in Your Relationships – Part 1**. We looked at how we accidentally can shut down emotional closeness, as well as some ways to begin building emotional closeness in you relationships.

Recent research has shown that having an emotional connection in a relationship is **essential for a healthy and satisfying relationship**.

Let's take a look at **Part 2** in our series:

Some of the ways people feel emotionally connected to one another is through **certain emotional interchanges** practiced regularly. Some examples include:

- **Eye Contact**...this connection is so important!
- **Physical Touch** (hand holding, hugs, patting, back rubs, wrestling, etc)
- **Focused Attention** (a chunk of time spending time listening fully as opposed to doing two things at once, planning your rebuttal, trying to “fix” the situation the person says, etc)

- **Responding to what the other person has shared with Validation and Empathy** (this means letting them know you heard what they said...both the thoughts and the feelings, and that you care about them and what they are going through)

Here's a "Must-Have" Tool to Jumpstart Emotional Closeness in Your Relationships:

One very important way is to reach out to the other person with **"bids for connection"**. This term means to reach out to the other person in ways that he/she feels emotionally connected to you. This could be something as simple as a smile, getting the other person coffee, a quick phone call or voice mail saying you are thinking of them, or a pat on the back as you walk by. This "bids for connection" are an essential part of an emotionally close and encouraging relationship.

Another important way is to **respond back when the other person extends a "bid for connection" to you**. We often miss these subtle ways of reaching out and connecting. If we ignore these "bids" for long, pretty soon the person will stop making them. It would be like if you are on the tennis court to play a game, and the other person refuses to hit the ball back to you. After a while, you just leave the court and go home.

When the other person reaches out to us we have three choices:

- We can **Move Toward Them**, and respond positively back
- We can **Ignore Them**
- We can **Push Them Away**

The only response that builds emotional closeness is the first one. How about risking today to reach toward that person you desire more emotional closeness with? Why Wait...Reach out now!

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!

Kim Fredrickson, Coach

www.EncouragingRelationships.com

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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