

DR JOHN GOTTMAN'S LIST OF MINOR BIDS FOR EMOTIONAL CONNECTION

01. Pay attention to what I say.

"How do I look?"

"Did you see that squirrel?!"

02. Respond to simple requests.

"Could you take Pooh for a walk?"

"While you're up, can you grab the salsa?"

03. Help or work with me.

"Let's help Grandma outside."

04. Show interest or active excitement in my accomplishments.

"Do you like my drawing?"

"How were the cookies?"

05. Answer my questions or requests for information.

"Phoebe's on the way, can you give her our address?"

06. Chat with me.

"Let me tell you what happened when he came back..."

07. Share the events of your day with me.

"What've you been up to?"

08. Respond to my joke.

"Did you hear the one about...?"

09. Help me de-stress.

"I've been cooking all day, I'm so tired."

10. Help me problem solve.

"Greta wants to go on a walk but my foot hurts."

11. Be affectionate.

"Come cuddle with me while I read."

12. Play with me.

"Let's get the chess board!"

13. Join me in an adventure.

"Do you want to explore the woods tomorrow?"

14. Join me in learning something.

"Let's go to that cooking class!"