

The Fabulous Five

The Fabulous Five are small habits which don't need more than 30 sec of your time and will fill up your emotional bank account every day and keep it full.

It is the daily little things that we do or don't do which make the difference between a happy and an unhappy relationship.

1. Compliments

Compliment your partner every day and always include a compliment on his or her physical appearance. Make them unique. Notice something different you like about them every day and make this your focus. That will establish trust: knowing that you are liked and seen how different and special you are. How often should you compliment? If you are choosing true compliments you will always appear authentic and can't make enough. If this is really hard for you: Start with one and really mean it.

2. Politeness

Always treat each other with respect, kindness and politeness! Thank each other for the things they do, take nothing for granted. Thank you for hanging the washing, getting the kids to school, working so hard, doing the taxes, providing for us, keeping fit and lean for me...

3. The Kiss

One really romantic kiss every day. Make it special. Find out, how they want to be kissed. Start where you are and make it better and more passionate.

4. The Greeting

Greet each other the first time you meet each other in the day and make this greeting special. Greet in a new level. With love and attention. Find out how they want to be approached. It could be a smile or a touch, if you are not a morning person :)

5. Say Sorry

Admit mistakes and apologise to your partner as soon as you notice you hurt their feelings or did something wrong, even you think they gave you every good reason to behave like this. Avoid "but" apologies. "Sorry, I shouldn't have done this but you made me do it", is not a heartfelt apology. There is no excuse for bad behaviour. No matter what. Own your actions.

But: If you receive an apology, receive it the way it was presented and show your partner that you accepted it. You might not get the apology of your dreams but this should be good enough. Don't criticise it!

We are not perfect, we will make mistakes and might even hurt each other, but every bad behaviour can be outbalanced with 5 kind and loving gestures. Negatives tend to stick longer and stronger with us but that way you make sure your emotional bank-account is filled again.

Don't get discouraged if you don't get immediate result or your partner does not respond in the same way. Do it anyway and keep doing it. Our courage to vulnerability and to show up for our partner is very powerful. Chances are very good that they will respond with love. Sometimes they will test you for a few weeks to see, if this is real and not a trap. Keep loving.

Elke and Sven of the School of Love Berlin