



Psychology Week 2024

13th - 19th May

Pathways to Peace and Wellbeing

In your Intimate Relationship

1. Be open to a different story

You only know your point of view. Even if you think you can mindread and anticipate what your partner will do next, you don't know before you listen.

2. Own your part in a disagreement

It's easy to see what your partner does. What do you do? Nothing – ignore, disengage? That is doing something. Complain, demand? What do you really need but are afraid to ask for?

3. Create rituals: launch and land together

Initiate opportunities for connection. Wake up kiss. Good night hug. Having a cup of coffee or tea together. Anything else?

4. Voice your appreciation

Notice and acknowledge what your partner does that makes you smile. It's nice to say and helps to encourage them to do it more.

5. Accept your partner is frustrating

It's true because they are human. They change their mood, act out, contradict themselves, and so do you, because you are also human.

Find out more local and online events at:
psychology.org.nz/public/psychology-week