

Constructive Conflict

**Softened Startup
Practice Self-Soothing
Repair & De-escalate
Dialogue about Problems
Tolerance of Differences
Art of Compromise**

**Deep Friendship
Build Love Maps
Fondness & Appreciation
Turn Toward Connection Bids
Accept Your Partner's Influence**

Friendship/Intimacy

**Rituals of Connection
Finding Common Ground
Make Life Dreams Come True
Shared Activities
Shared Goals/Purpose**

Shared Meaning

The Positive Perspective

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