

CLOSENESS QUADRANT

Behaviors that Lead to Experiencing More Closeness

<p>My behaviors (actions, thoughts, feelings) that lead to <u>my experience</u> of more closeness with my partner:</p>	<p>My behaviors (actions, thoughts, feelings) that lead to <u>MY PARTNER experiencing</u> more closeness with me:</p>
<p>MY PARTNER'S BEHAVIORS (actions, thoughts, feelings) that lead to <u>my experience</u> of more closeness with my partner:</p>	<p>MY PARTNER'S BEHAVIORS (actions, thoughts, feelings) that lead to <u>MY PARTNER experiencing</u> more closeness with me:</p>

Note: How do I know when my partner is feeling closer to me? Are there verbal or nonverbal messages? Have you asked? And how do I know when I'm feeling closer to my partner? Your knowing may come via body sensations, feelings, and actions, as well as your thoughts.

Also, an interesting dialectic to be alert to...when/how does individual independent activity promote more overall closeness between the two of you?