



**The Sound  
Relationship  
House**

**Create  
Shared Meaning**

**Make Life Dreams  
Come True**

**Manage Conflict**

- Accept Your Partner's Influence
- Dialogue About Problems
- Practice Self-Soothing

**The Positive Perspective**

**Turn Towards Instead of Away**

**Share Fondness and Admiration**

**Build Love Maps**

- Know One Another's World

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