

Make the small things count

When it comes to building a deep connection and intimacy with someone, it is often the little things that matter the most, the thoughtful small moments. This is especially true in your intimate and important relationships, where small everyday moments can be building blocks for intimacy, empathy, and radical acceptance.

In the context of understanding their partner, men need to prioritize the thoughtful small things even more. While romantic gestures might be appreciated, they don't necessarily translate into a deep empathetic understanding of what your partner needs. Instead, it is the small everyday thoughtful gestures that can make a person feel truly empathized with and deeply loved. So how can we prioritize these small thoughtful acts in our relationships? Here are a couple of ideas.

Listen deeply; the key to empathy with someone is to actively listen to what they have said and what they mean. This means giving them your full attention, responding thoughtfully, and showing them that you are engaged in the conversation through empathy, radical acceptance, and belief in them. By actively listening to your partner, you can gain an insight into what they value, what they need, and what makes them experience happiness.

Appreciation is so important to affirm. Showing appreciation with small thoughtful gestures can make the person feel loved, valued, believed, and seen. Whether it is a compliment, a thoughtful gift, an invitation to do something together, or simply taking time to listen beyond the words, small acts of kindness and generosity go a long way to building a deep connection. Imagine that they matter first, before thinking of yourself.

The greatest gift is your presence. One of the most important things you can do to show that you care is to give your full attention. To be present in the moment means putting down your phone, turning off the television, and focusing solely on the person you care about and that you're with. By being fully present, you begin to show that they are valued, that they are heard, that they are believed, and that they are seen. It demonstrates that they are important to you.

Making these small thoughtful moments in your relationship can make a big difference on how they understand that they are valued and loved. By prioritizing these tiny thoughtful acts, you can build a deeper connection and show that you truly care. Remember, this is not about large, flamboyant gestures, although they can be helpful at times, but the small thoughtful moments that make up your day, your life. Focusing on these thoughtful acts, you can show your partner that you are truly valuing them. Each act is a way of saying, "I am here for you, dear one."