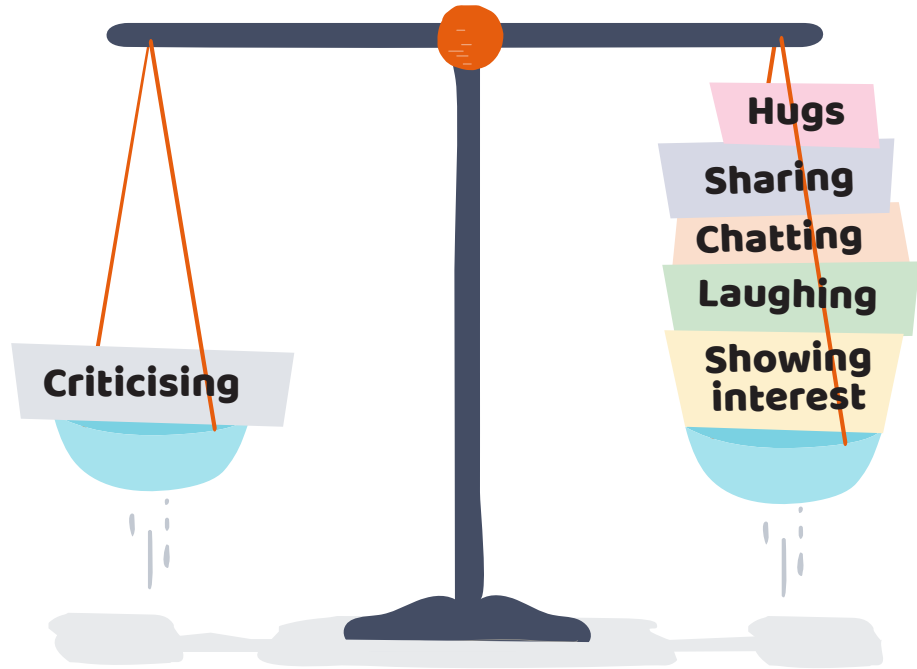


Getting on Better (2023)

The magic ratio



- ➔ How many positive moments does it take to balance each negative moment?
- ➔ Flip the card to find out.



The magic ratio

Even the happiest couples have negative moments. Sometimes you might find yourself snapping, criticising, shouting, or blaming. What would it take to balance this out? Relationship experts tell us that for every **one negative moment**, you need **five positive moments**.

For each negative interaction with your partner:

- Criticising.
- Trying to win.
- Blaming.
- Name-calling.
- Sneering.
- Sarcasm.
- Shouting.
- Being defensive.
- Talking over each other.



You need to try to have five positive interactions:

- Hugging.
- Sharing.
- Chatting.
- Laughing together.
- Supporting each other.
- Showing interest.
- Listening.
- Being grateful.
- Thoughtful gifts.



Start practicing the magic ratio:

- a) Think about your relationship.
- b) What positive things could you do for each other?
- c) What can you do to show you care?

