

Getting On Better

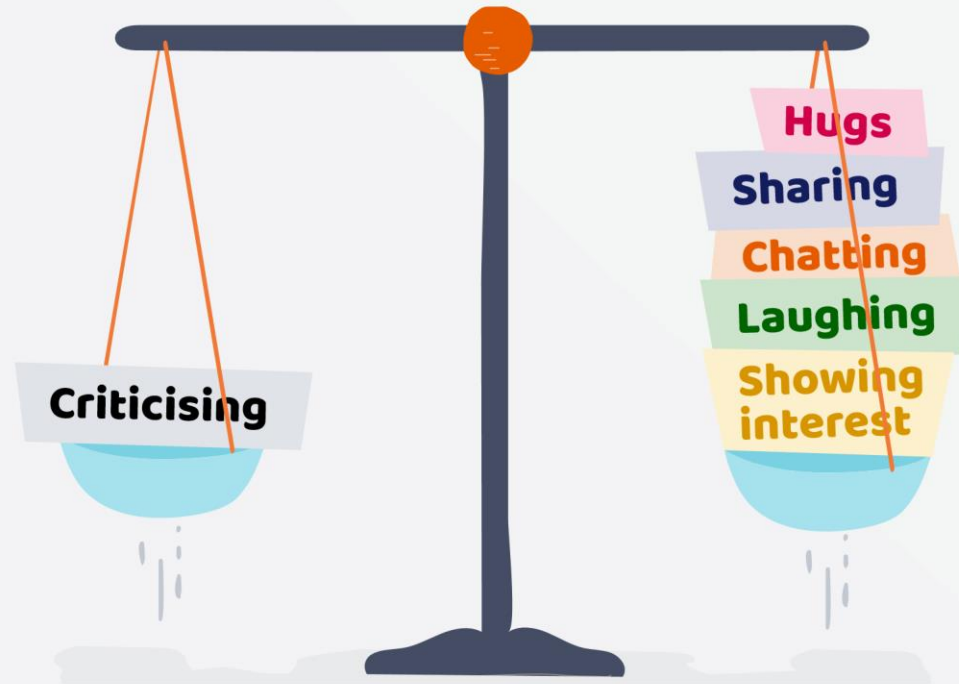
The magic ratio: for parents

Wiltshire Council



How many positive moments does it take to balance each negative moment?

Flip the card to find out.



The magic ratio: for parents

Even the happiest couples have negative moments. We snap and criticise. We shout and blame.

What would it take to balance these out? Relationship experts tell us that for every one negative moment, you need five positive moments.

So, for each time you have one negative moment with your partner:

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

You need to have five positive moments:

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

Now to start practicing with the magic ratio:

Think about your relationship.

What positive things could you do for each other?

What can you do to show that you care?