

10 Cups of Connection

Our research has shown that all of us have a longing for belonging and want to feel connected, close, and loved by our spouse. This activity was designed as a way for couples to better understand what things are most important in their relationship for strengthening your relational connection.

Both spouses should read through each of the 10 “Cups of Connection” and rate each one on a scale ranging from 1 (*Not Very Important*) to 5 (*Extremely Important*) as a way of feeling close, connected, and committed. Then share with your spouse the actions that are most important to you.

(Some people find that all 10 areas are a “5”, while others feel closer with certain actions – everyone is different!)

KINDNESS

1 2 3 4 5

You feel close and connected when your partner is especially kind to you. You feel special when you discover he/she has done random acts of kindness for you, or says things to you that are kind. When he/she is generous or kind, you feel like you belong, and feel loved and more committed.

GRATITUDE

1 2 3 4 5

You feel close and connected when your partner expresses gratitude and appreciation for things you have done, whether it is around the house, with your children, or working hard at your job. You enjoy hearing expressions of thanks for even small things you do.

AFFECTION

1 2 3 4 5

You feel close and connected when your partner shows physical (but not necessarily sexual) affection, such as snuggling, hugs, kisses, a backrub, or even just holding hands. You feel close when there is romance in your relationship. You love to hear expressions of affection from words such as “I love you” to notes, texts, or other forms of non-verbal communication. Affection brings you closer together.

AWARENESS

1 2 3 4 5

You feel close and connected when your partner is aware of what is happening in your life. You love when he/she asks about your day, your stresses, your joys, and your goals. You enjoy feeling his/her support in your activities, achievements, and accomplishments. You love when he/she is aware of and helps you with something that is important to you.

HUMOR

1 2 3 4 5

You feel close and connected when you and your partner can laugh and have fun together. Smiling, joking, laughing, and being playful brings you together and makes you love your partner even more. Inside jokes are an important part of your relationship and you feel close when you enjoy humorous experiences together.

SACRIFICE

1 2 3 4 5

You feel close and connected when your partner serves and sacrifices for you. You feel loved and valued when he/she gives up something and puts you first in their life. When he/she shows their loyalty and commitment to you by serving or sacrificing for you, you feel special, and it strengthens your relationship.

FORGIVENESS

1 2 3 4 5

You feel close and connected when your partner is quick to forgive you and doesn't hold grudges. When he/she shows understanding, mercy, and compassion when you make mistakes, you feel closer, loved, and valued.

TIME TOGETHER

1 2 3 4 5

You feel close and connected when you and your partner spend time together. You love it when your partner makes it a priority to spend time with you, and even makes the plan to spend time with you. Date nights, alone time, or finding time to focus on each other helps you to feel more committed and strengthens your friendship.

MEANINGFUL CONVERSATION

1 2 3 4 5

You feel close and connected when you and your partner spend time talking about important things, including hopes, dreams, goals, and your future together. You feel closer and feel comfortable sharing personal things or private feelings and feel loved because you can open up about anything and he/she is understanding. Talking about meaningful things makes you feel closer with your partner.

SEXUAL CONNECTION

1 2 3 4 5

You feel close and connected when you and your partner engage in sexual activities. Sex brings you together in a special way and is viewed as a way of staying close, feeling loved and valued for you. You really enjoy the special bond that brings you closer together during sex.