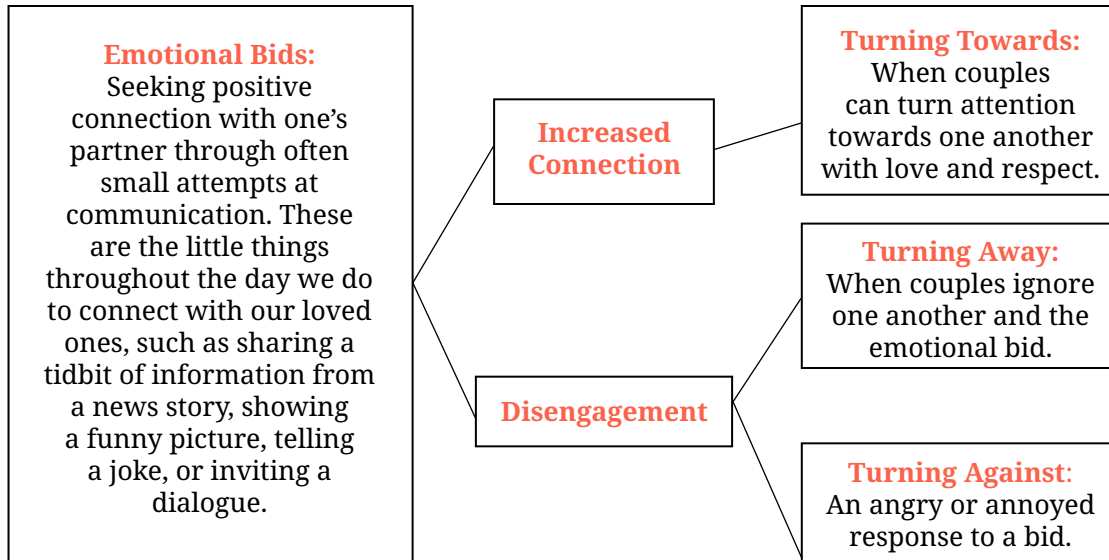


# EMOTIONAL BIDS AND THE 5:1 RATIO



## Examples of **Emotional Bids** and **Turning Towards** Responses

### **Listening to what your partner says and chitchat:**

Person 1: *Look at the clouds! That one looks like a dog!*  
Person 2: *Show me where!*

### **Offering assistance when asked:**

Person 1: *Can you give me a hand with this?*  
Person 2: *You got it! How can I help?*

### **Fulfilling day to day requests:**

Person 1: *Can you take out the trash?*  
Person 2: *Sure thing!*

### **Collaborate with one another:**

Person 1: *How would you handle this problem with my coworker?*  
Person 2: *I might try to...*

### **Take your partner's side:**

Person 1: *Pat is driving me crazy!*  
Person 2: *Sounds like Pat needs to give you a break!*

### **Be self-care oriented with one another:**

Person 1: *Today has been the longest day of my life!*  
Person 2: *Sounds like we need to hop in a bubble bath, I'll grab the candles!*

### **Play and have fun together, be adventurous:**

Person 1: *I have been feeling so cooped up today*  
Person 2: *Let's go for a walk and bring a picnic*

### **Share affection:**

Person 1: *Will you snuggle with me while I drink my tea?*  
Person 2: *I'll bring a cozy blanket*

### **Learn together:**

Person 1: *I want to learn how to bake a soufflé*  
Person 2: *Let's research recipes, I've never tried that before*

### **Answer questions:**

Person 1: *What time is it?*  
Person 2: *Two o'clock*

### **Share excitement, even over small accomplishments:**

Person 1: *I finally finished responding to all my emails*  
Person 2: *Nicely done!*

### **Share little things about yourself and your day:**

Person 1: *What's new with you?*  
Person 2: *I've started reading a new book*