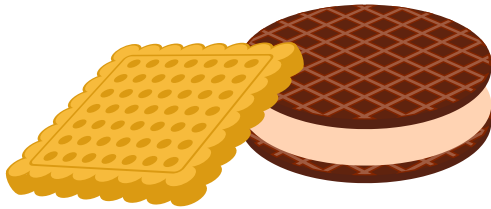


Getting on Better (2024)

The importance of small gestures



- ➔ **Small acts of kindness can make a big difference to your relationship.**



- ➔ **Kindness and thoughtfulness are important in long-term relationships. Regularly doing nice things for your partner without being asked, like making them a cup of tea, can mean more than big gestures or presents as it shows you care about them.**

The importance of small gestures

Let's use the example of making your partner a cup of tea.
Regular small gestures like this can:

...help you feel connected



Small acts of kindness can help you stay connected by demonstrating your interest and devotion to your partner, and can be more meaningful than grand gestures.

...show you care



Doing little everyday things for your partner can remind them you care about them and are thinking of them, especially when life is tough and they have a lot on their mind.

...build intimacy



Over time, regular gestures can build intimacy between you and your partner. Knowing the way your partner likes their tea reinforces how well you know them and that they are important to you.

...be a way of saying sorry



It can be hard to apologise. Doing something small but familiar can be a way of saying "sorry" after an argument and opening up the conversation with kindness and attention.

