Three L’s and a T

Discover the link between connection and motivation.

Science has now how interpersonal connection can create motivation. Research shows that there are some specific things that can improve relationships.

**Look:** Focus on being 100% with the person you are talking with by looking them in the eye (not glaring at them). The next time you talk with someone focus on connecting with him or her by consciously looking him or her in the eyes at least 5 times (notice the color of their eyes).

**Listen:** Most lonely people are surrounded by hundreds of people and even have several close relationships, yet are lonely. The goal is to enter into the person’s world and experience it for a moment and let them know that you are there with them. As stated above, ask at least 3 questions to show a real interest and use validation without the need to solve their problem. The greatest psychological need we have is to be understood. Listen to understand.

**Laugh:** Smiling and laughing have a direct connection to building positive relationships. Make a point to smile and laugh with people (not at them). This is perhaps one of the quickest methods to building strong bonds with another person.

**Touch:** During the conversation make sure (if appropriate) to touch the person with a handshake, pat on the back, high-five, etc. Research shows that this goes a long way to solidify a relationship. Be cautious, some people do not like being touched.

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Accessibility, Responsiveness and Engagement Questionnaire
From: Hold Me Tight: Seven Conversations for a Lifetime of Love (2008)
Dr. Susan Johnson

Read each statement and circle T for true and F for false. To score the questionnaire, give one point for each “true” answer. You can complete this questionnaire to reflect on your relationship on your own. Or you and your partner can each complete it and then discuss your answers together in the way described after the questionnaire.

From your viewpoint, is your partner accessible to you?
- I can get my partner’s attention easily. T / F
- My partner is easy to connect with emotionally. T / F
- My partner shows me that I come first with him/her. T / F
- I am not feeling lonely or shut out in this relationship. T / F
- I can share my deepest feelings with my partner. He/she will listen. T / F

From your viewpoint, is your partner responsive to you?
- If I need connection and comfort, he/she will be there for me. T / F
- My partner responds to signals that I need him/her to come close. T / F
- I find I can lean on my partner when I am anxious or unsure. T / F
- Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. T / F
- If I need reassurance about how important I am to my partner, I can get it. T / F

Are you positively emotionally engaged with each other?
- I feel very comfortable being close to, trusting my partner. T / F
- I can confide in my partner about almost anything. T / F
- I feel confident, even when we are apart, that we are connected to each other T / F
- I know that my partner cares about my joys, hurts, and fears. T / F

If you scored 7 or above, you are well on your way to a secure bond and can use the book Hold Me Tight to enhance that bond. If you scored below 7, this is a time to focus on using the conversations in this book to strengthen the bond with your partner.

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