

★ **Show Appreciation.**

Small, caring gestures can show support & love.

★ **Equality.**

Balance of workload is important to avoid frustration & resentment.

★ **Time for you.**

Self care is crucial- we all need space!



★ **Resolve Disagreements.**

Make time to reconnect & discuss the situation.

★ **Affection.**

Shows care & love.
PDA isn't for everyone so show affection in a way that suits you!

★ **Is this your person?**

Can you see a future with them?