

★ Show Appreciation.

Small, caring gestures can show support & love.

★ Time for you.

Self care is crucial- we all need space!

★ Equality.

Balance of workload is important to avoid frustration & resentment.



★ 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?