

How to Make Big Deposits Into Your Spouse's Emotional Bank Account

In the book *The Science of Happily Ever After*, the author reveals that numerous studies show about 70 percent of our daily interactions with our spouses are positive.

On top of that, we each have a natural desire to share in the accomplishments, happiness, and moments of good fortune of our spouses.

When we're jazzed about what jazzes them, it's like a deposit into their emotional bank account. And when we blow those opportunities, it's like a withdrawal.

It might be a small thing like sharing a teacher's comment about your child, getting all the daily chores done, or a flock of birds sighted in your back yard. Or it could be something big, like getting a promotion or bonus.

Here's the thing. Whether big or small, when your spouse shares a bit of their good news with you, it's like them making a "bid" for your attention and affection.

When you accept their bid for your approval and respond with enthusiasm and interest, it builds intimacy in marriage in a way few other things can do.

So next time your spouse shares some good news, drop everything and give an enthusiastic response.

Until every church disciples every man...

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