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## How About a Snack?

### Thoughts of the Month: August 2008

Have you noticed the explosion of snack items in recent years in our society? There are hundreds of kinds of power bars and energy drinks available these days. Those gas station shopping marts are comprised almost entirely of snack products.

In a healthier realm, the 14 diet plans I have tried have all recommended eating smaller portions more often throughout the day...including snacks.

Now...let's talk about your connections with your partner..."How about a SNACK?"

Some leave our workshop and report that they cannot find the time for having dialogues with each other: "The kids need attention"; "The bills need to be dealt with"; "I am too tired"; "He/she is too tired"; "The cat peed on the rug."

How about providing sustenance to your relationship Space throughout the day with a series of **SNACKS**?

**S** - Small  
**N** - Nectar (of)  
**A** - Appreciation (and)  
**C** - Connecting  
**K** - Kindness

That's right! **JUST DO IT!** A small nectar of appreciation and connecting kindness is just what your partner needs to know they are cared for and that you want to be connected to them...regardless of what "opportunities" may be showing up in your Space! It will produce amazing results:

1. It will soften whatever negative feelings they (or you) may be having.
2. It will make your day go better...trust me!
3. It will prepare and soften you both for the tougher conversations.
4. It will provide something nice to remember when you are apart and trying to get through the day.

A loving Email...a five second kiss...a genuine hug...an "I love you" phone call...a small appreciation...making your partner a sandwich...a cup of coffee...

You get the Idea!

Now, I am not naïve here. I can hear some of you saying, "What if I don't feel like being affectionate and kind with the b..... or that as...?" OK...so what? That's life! You signed up for it...and ***hired your partner for it!***

You can always find some genuine way to connect if you give your lizard a coffee break! A polite "Thank you" is a good start. "Please" is always a nice word.

If you are not up for a kiss, then just look into your partner's eyes for a second and say, "Hi." Just putting your hand on your partner's shoulder can speak volumes and mend arguments.

Find your own acceptable and honest way of connecting...**BUT FIND WAYS TO DO IT AND ENJOY THE RESULTS!**

*With great encouragement and hope,*  
David and Donna

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