

tell it like it is

WE TEND TO ASSUME
 THAT PEOPLE KNOW
 HOW WE FEEL, BUT
 WOULDN'T YOU RATHER
 JUST LET THEM KNOW?



- I'm proud of you when...
- It makes me sad when...
- I appreciate your...
- I need you to know...
- I hope you always remember...
- I can't wait for you to...
- My hope for you is....
- My favorite memory of you is...

FOR ADDED BENEFITS, DO IT IN PERSON WHILE MAKING EYE CONTACT AND HAVE YOUR PARTNER SAY IT BACK TO YOU. IN ADDITION TO SAYING KIND THINGS, WE ALSO NEED TO LEARN TO RECEIVE

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