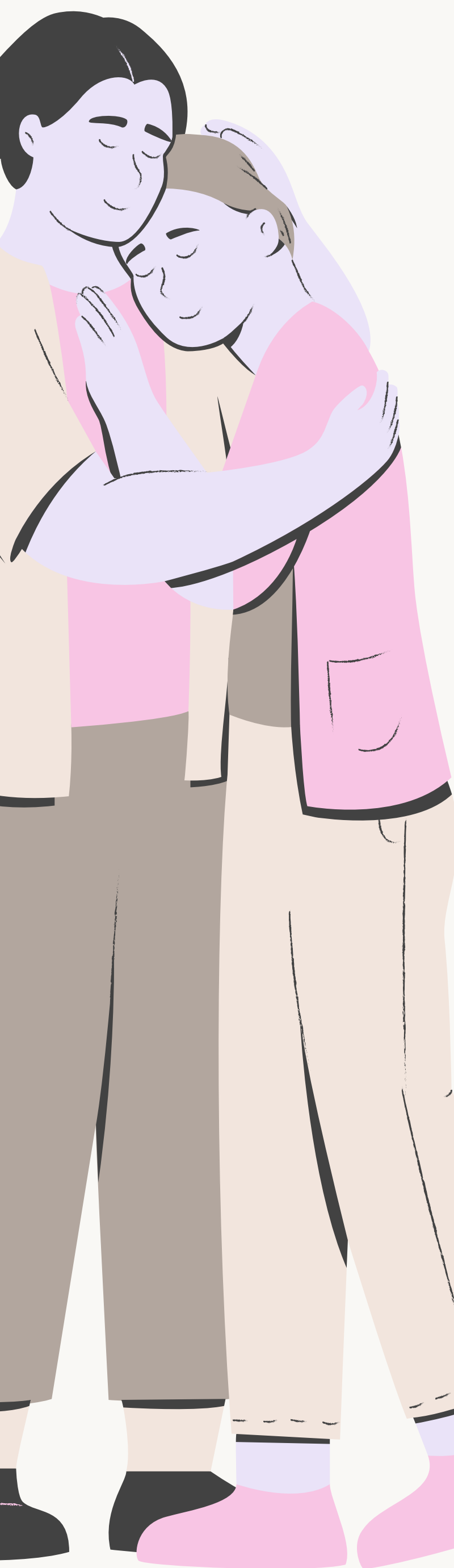


# 20:1 MAGIC RATIO

## A SECRET FOR LONG LASTING LOVE



### WHAT IS THE MAGIC RATIO?

For every one negative interactions we have with a partner or child, we should have 20 positive interactions. When a relationship is within or above this ratio, it's stable and happy.

### POSITIVE INTERACTIONS

Praise, appreciation, good conversation, or compliments. Positive affection like hugs, kisses, and snuggles. Spending time together. Expressing empathy, validating feelings, and listening.

### NEGATIVE INTERACTIONS

Complaints, criticism, name-calling. Yelling or harsh tones. Ignoring a partner or child. Rejecting attempts or requests for affection, conversation, or time together. Conflicts and missed opportunities for connection.

### DURING CONFLICT

During conflict the ratio drops to a 5:1. That means even during conflict we're experiencing more caring responses than harsh ones.

### OUT OF BALANCE

If you're struggling to get back in ratio or you're not sure how to increase your positive interactions. Reach out to a professional for help!