

RENEW Method.

Relationship Skills and Concepts:
A Five-Pillar System

Redefining Love Through Intentionality



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A New Model For Flourishing Relationships and Marriages

The 5 Key Pillars of the RENEW Method

1. Reconnect: With Daily Purpose & Commitment
2. Embrace: Interpersonal & Couple Emotional Growth
3. Navigate: Conflict With Clarity & Compassion
4. Elevate: Communication, Trust, & Intimacy
5. Work: Intentionally To Care & Love Each Day

About RENEW

Over the course of my 30+ years as a therapist, coach, and relationship strategist, I've worked closely with hundreds of couples, each bringing their own unique story, their own struggles, and their own deeply held beliefs about what love should look like. While every relationship is indeed unique, one profound truth has remained consistent throughout my practice experience: being "in love" is not what sustains a lifelong partnership. The romantic ideal that true love is effortless, that soulmates magically find each other and ride off into a conflict-free sunset is not only unrealistic, it's often the very misconception that leaves couples disillusioned, disconnected, or quietly suffering in unmet expectations. What keeps a relationship thriving, meaningful, and resilient isn't chemistry or chance. It's the daily, intentional investment of time, emotional skill, courage, and a shared purpose. **Lasting love is almost always intentionally built. The couples who thrive under relationship and life challenges are those who commit to the practice of intention-based growth, even when it's difficult, unfamiliar, or uncomfortable.**

"RENEW IS NOT ABOUT FIXING ANY RELATIONSHIP. IT'S ABOUT DISCOVERING AND BUILDING WHAT'S POSSIBLE BETWEEN PARTNERS THROUGH COMPASSION."

The RENEW Method: Skill-Based Couples Methodology

Relationships hold immense potential. At their best, they become sources of profound connection, joy, and meaning, allowing increased shared intimacy, purpose, and shared dreams. Yet relationships can also be profoundly challenging. The same intimacy that allows us to feel seen and loved can expose us to misunderstanding, disappointment, and emotional discomfort. When relationship conflict and ruptures become reoccurring and or go unrepaired, when trust is broken, or when patterns of mis-attunement happen, caring and love can shift into a state of increasing strain marked by stress, resentment, high conflict, and loneliness or even the dissolution of the relationship. Relationships are dynamic and can and do struggle which can sometimes cause fracture under pressure if they aren't intentionally developed, continually nurtured, and compassionately repaired.

The Power of Effort And Skill-Based Practice in Relationships

Some couples hope to stumble into the perfect relationship and marriage while other couples intentionally build their relationship, day by day with focus and skill. The Renew framework can help you explore and reframe the idea of “finding the right person” into “becoming the right partner”. A flourishing relationship and or marriage is not defined solely by fleeting happiness or emotional intensity but shaped by ongoing virtue, daily connection, and meaningful partnership. Rather than chasing the illusion of soulmate destiny, successful couples actively co-create a marriage that is rich in compassion, forgiveness, purpose, commitment, education and skills.

“THE GRASS IS ALWAYS GREENEST WHERE YOU WATER IT”!

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The Thrive-RENEW Relationship Method and Intention-Based Love (IBL) provides educational, skill-based guidance to couples. These innovative frameworks offer structured habits and systems that help couples move beyond reactive or dysregulated patterns toward intentional and empowered connection. RENEW is an interactive relationship training that helps couples learn and practice daily skills, concepts, and strategies such as kindness, honest communication, and a shared vision that nurtures intimacy, rebuilds trust, and turns conflict into clarity and growth. RENEW and IBL teach us that love is a skill-based ecosystem to be cultivated, not just a feeling to be experienced. The RENEW program challenges us to love not only with our hearts but with the full engagement of our minds, the integrity of our values, and the consistency of our habits, creating a relationship that is resilient and designed to thrive.

“HEALTHY ENDURING RELATIONSHIPS ARE BUILT BRICK BY BRICK AND CHOICE BY CHOICE. BEHIND EVERY VIBRANT, FULFILLING PARTNERSHIP IS AN INTENTIONAL RELATIONSHIP ECOSYSTEM THAT CONTINUES TO EVOLVE OVER TIME.”

Unique Among Over 1 Billion Relationships Across The World

Research estimates over a 1 billion married couples and countless more cohabiting or long-term partners worldwide and every relationship is a distinctive system. A dynamic ecosystem shaped by a combination of personal histories, values, cultural backgrounds, emotional needs, communication styles, attachment patterns, and shared experiences. This is why a partnership should not be compared, replicated, or replaced. While universal truths exist in the science of love and connection, the application of those insights should be tailored to your specific relationship. This is also why what works brilliantly for one couple may feel misaligned or ineffective for another relationship that may create anxiousness and misunderstanding

RENEW Method: Relationship Tools, Skills & Strategies Collection

1. **RENEW Method:** (1) Reconnect with Daily Purpose & Commitment (2) Embrace Interpersonal & Couple Emotional Growth (3) Navigate Conflict with Clarity & Compassion (4) Elevate Communication, Trust, & Intimacy (5) Work Intentionally to Care & Love Each Day
2. **Intention-Based Love (IBL):** Couples should focus on love as daily intentions, practices & choices.
3. **GIVE Communication Skills:** (CBT/DBT Skills) (1) Gentle (2) Interested (3) Validate (4) Easy Manner.
4. **STAR and Window of Tolerance** (CBT/DBT Skills/Self-regulation) Stop/Pause then Think/Assess Needs before Acting or Responding to partner or family or a challenging situation.
5. **Important Relationship Intimacy Domains:** Important Relationship Intimacy's: (1) Emotional-Trust (2) Intellectual/Values (3) Physical-Non-Sexual Touch (4) Sexual (5) Communication and Conflict (6) Financial (7) Experiential (8) Spiritual.
6. **Couple Communication Styles:** Positive Communication Styles: (1) Active Listening (2) "I" Statements (3) Gentle Startups (4) Empathy and Validation (5) Collaborative Problem-Solving (6) Positive Repair Attempts (7) Time-Outs & Self-Soothing. Negative Communication Styles: (1) Criticism & Contempt (2) Defensiveness denying responsibility (3) Stonewalling and Shutting Down (4) Blaming and Accusations (5) Passive-Aggressive Sarcasm or Mockery.
7. **Couple Love Languages:** (1) Words of Affirmation (2) Quality Time-Undivided Attention (3) Receiving Gifts (4) Acts of Service (5) Physical Touch.
8. **Couple Attachment Styles:** (1) Secure Attachment (2) Anxious (Expectant-Preoccupied) Attachment (3) Avoidant (Independent -Dismissive) Attachment (4) Fearful-Avoidant (Disorganized) Attachment.

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RENEW Method: Relationship Tools, Skills & Strategies Collection

9. Rumination Reset Method & Thinking Styles: Negative Overthinking & Worry (1) Intrusive Thinking (2) Brooding Rumination. Positive Thinking (1) Deliberate Action Thinking (2) Reflective Rumination.

10. Dialectical Behavior Skills (DBT): (1) Mindfulness (2) Distress Tolerance (3) Emotional Intelligence EQ/Regulation (4) Interpersonal Effectiveness (5) Wise Mind (6) Radical Acceptance (7) Opposite Action (8) Problem Solving.

11. Gottman Method Skills: (1) Build Love Maps (2) Share Fondness and Admiration (3) Create Shared Meaning (4) Turning toward partner Bids (5) Emotion Coaching (6) Conflict Management (7) Repair Attempts (8) Gentle Startups Expressing a Need Without Blame (9) The Magic Ratio: 5 to 1 positive to negative interactions.

RENEW Method: Mission and Vision

The frameworks, tools, skills, and concepts in the RENEW Method are designed to help you as individuals and as a couple shape and strengthen your one-of-a-kind relationship. There is no universal formula for ensuring a thriving partnership; instead, the most powerful progress happens when you honor your individuality while developing meaningful shared values and practices as a couple. Ultimately, you are not building a copy of someone else's relationship, you are creating your own unique partnership with the goal of supporting each other thought a lifetime. Through evidence-based strategies, emotional education, and daily practice, the RENEW Method helps partners transform love from a feeling into a living practice that fosters safety, intimacy, and shared meaning.

We envision relationships where couples see love not as something that happens, but as something they create deliberately and consistently. Relationships should not be defined by avoidance of conflict or fleeting romance, but by mutual growth, emotional attunement, deep trust, and shared purpose. Through the RENEW framework, we aim to cultivate partnerships that flourish across a lifetime.

6 Core Principles of Flourishing Relationships

"THRIVING RELATIONSHIPS ARE A PRODUCT OF PURPOSEFUL AND PROGRESSIVE PRACTICE. BY TREATING LOVE AS AN ACTIVE SKILL TO BE CULTIVATED, COUPLES ARE INCREASINGLY EMPOWERED TO TAKE OWNERSHIP OF THEIR RELATIONSHIP HEALTH."

1. Love Is a Practice, Not just a Feeling: Lasting love is an active choice and system of skills and habits. It's built on a foundation of daily actions and consistent effort, not just on momentary emotions or initial infatuated chemistry. This principle highlights that love, like any other valued skill, requires deliberate practice and refinement to grow and flourish over time.

2. Move Beyond the "Soulmate Myth": Focus and commit to avoiding waiting for destiny to deliver a perfect, effortless partnership. The belief in "a perfect match" can lead to ever increasing disappointment and a lack of intention or commitment to improving the relationship. Instead, focus on becoming the "right partner" and co-creating a meaningful life together. True partnership is about building something together, not just finding something that may or may not work out.

3. Prioritize Skill-Based Effort: Strong relationships are not built by chance. They are cultivated with deliberate skill-based practices like effective communication, conflict resolution, consistent acts of kindness, developing a greater sense of shared meaning. These skills are learned, practiced and refined over time.

4. Adopt a "We/Us-First" Partnership Mindset: A flourishing relationship is not about personal satisfaction alone. It's about shifting from an individualistic "What do I get?" mindset to a shared "What do we build together?" perspective, centered on mutual growth, shared couple identity and a unified purpose.

5. Focus on Shared Purpose and Meaning: Happiness is a result of developing a strong partnership, not its initial goal. Flourishing couples build a progressive life together rich in meaning, shared purpose, and a strong sense of belonging, which in turn leads to increasingly greater satisfaction. This principal highlights that pursuing a purpose beyond individual happiness is the key to a deeply fulfilling connection.

6. Intention-Based Love (IBL): Flourishing, authentic relationships aren't passive; they're intentionally practiced and refined. IBL treats love not as a static state but as a living, dynamic ecosystem that requires consistent and deliberate practice. Intention is the unifying force that helps you show up on purpose in both ordinary and challenging moments. Over time, these deliberate choices create emotional safety, deepen trust, and make your intimacy more resilient than ever before.

RENEW Relationship Equation

The five RENEW pillars are more than key skills and strategies, they are the foundational framework of a healthy and progressive partnership. The **RENEW Relationship Equation** $(R+E+N+E+W) \times IBL = RE$ supports couples in building a healthier and more robust relationship by transforming daily actions into purposeful reoccurring habits. **The five RENEW pillars: Reconnect, Embrace, Navigate, Elevate, and Work** represent essential skills, strategies, and structures of a healthy partnership and provide a shared language that empowers partners to co-create a thriving relationship ecosystem together. The Renew framework recognizes that each pillar influences the others, creating a powerful feedback loop where small, intentional actions influence progressive growth and build resilient and connected relationships.

$$(R+E+N+E+W) \times IBL = RE \text{ (Relationship Ecosystem)}$$

"THE RENEW FRAMEWORK CAN HELP YOU EXPLORE AND REFRAME THE IDEA OF "FINDING THE RIGHT PERSON" INTO "BECOMING THE "RIGHT PARTNER".

A Blueprint for Building Lasting Love

The RENEW Method: Relationship Skills and Concepts: A Five-Pillar System

The RENEW framework provides a five-pillar system for building a strong and dynamic relationship. It moves couples from passive interaction to an active, intentional partnership.

R - Reconnect With Purpose & Commitment: Don't let the challenges of daily life weaken your connection and commitment to each other. This pillar is about intentionally creating opportunities, habits, and systems to reconnect. It's about remembering your shared "why" and restoring the emotional closeness that keeps your love not just surviving but thriving. It's the regular check-in that says, "I see you and I choose you, again and again."

Why it Matters: Initial passion can fade, but a vibrant relationship isn't built on fleeting feelings; it's built on daily, conscious acts of support and caring. **This skill shifts your focus from the passive idea of "finding a perfect match" to the empowered reality of actively training to become the right partner.** It gives you the power to take ownership of your relationship's health, moving beyond a hope that things will magically improve toward a commitment and plan to making the relationship better.

Examples:

1. **Create Morning Rituals:** Start the day with a simple gesture, like a hug, a shared cup of coffee, or expressing gratitude for something small your partner did.
2. **Schedule Intentional Time:** Plan a weekly date day or night or a half-hour of uninterrupted conversation to truly reconnect, away from daily distractions.
3. **Use Affirmations:** Regularly use small moments to recommit to your partner with phrases like, "I'm so glad we're doing this together," or "I'm grateful to be on this journey with you."

E - Embrace Interpersonal & Couple Emotional Growth: A healthy relationship can be an incredible catalyst for individual growth. This pillar focuses on cultivating emotional intelligence and taking personal responsibility for your development and actions. It's about having the courage to be vulnerable and the willingness to do the inner work that contributes to a healthier "us." Your growth can strengthen the foundation of the relationship.

Why it Matters: A flourishing relationship isn't just about two people co-existing; it's a dynamic system for mutual growth and fulfillment. This pillar teaches that each partner has the intention and responsibility to actively shape and build the relationship. By focusing on your own emotional and interpersonal development, you foster a proactive mindset of shared accountability, which in turn strengthens the entire partnership. Instead of waiting for the other person to change, you lead by example, creating a powerful foundation for relationship enhancement.

Examples:

1. Practice Self-Regulation: When you feel overwhelmed or triggered, take a mindful pause before reacting. This practice prevents old unsupportive habits from impacting your relationship.
2. Own Your Part: In an argument, take responsibility for your conflict contribution without blaming your partner. A simple phrase like, "I'm sorry for raising my voice," can de-escalate tension and open the door to true resolution.
3. Invest in Your Own Healing and Interpersonal Skills: Actively work on your emotional triggers or past trauma. This demonstrates a deep commitment to the health of the relationship and removes the expectation that your partner should "fix" you.

N - Navigate Conflict With Clarity & Compassion: Conflict in relationships is inevitable and can be a normal outcome if the conflict is treated as an opportunity for growth and relationship enhancement. Conflict isn't always a sign of failure; it can be an opportunity for deeper connection. The key to a strong relationship isn't avoiding disagreements but learning to handle them constructively. This pillar is about approaching conflict with empathy and a shared goal of finding a collaborative solution, turning a point of friction into a moment of growth and understanding.

Why it Matters: All relationships experience disagreement and conflict. The difference between those that struggle and those that flourish isn't the absence of conflict but the proactive system for intentional repair. This skill transforms conflict from a destructive force into an opportunity to deepen understanding and strengthen the couple's bond. By facing difficult conversations and situations with courage and a commitment to learn, adjust, and repair, the couple can build a powerful form of intimacy that comes from knowing they can weather challenges as a team.

Examples:

1. Practice Accountable Communication: Take ownership of your part in a disagreement. Use phrases like, "I'm sorry for how I reacted," or "I didn't handle that the way I wanted to."
2. Employ Active and Reflective Listening: Before responding, actively listen to your partner and repeat back what you heard them say. This ensures you've understood their perspective and shows them they've been heard. For example, "So, what I hear you saying is..."
3. Seek to Understand, Not to Win: Seek to approach a disagreement with the primary goal of understanding your partner's viewpoint, not of proving that you're right. This simple shift in mindset can completely change the outcome of most conflicts.

E - Elevate Communication, Trust, & Intimacy: This pillar is about building a secure and safe environment for authentic trust and intimacy to flourish. It's about deepening intimacy in all its forms such as emotional, intellectual, physical, and sexual etc. through honest, respectful, and attuned interactions.

Why it Matters: True intimacy isn't just about feeling close; it's about each partner feeling seen and understood. This pillar teaches that deep, secure connections are built on two key skills. Relational mindfulness is the practice of being fully present, listening with your entire attention, and seeing your partner without judgment. Relational responsiveness is the key next step: it means showing your partner you've heard them by acting on what you've learned. When your actions consistently match your intentions, you build a powerful sense of trust and safety, allowing for a deeper form of vulnerability and intimacy to flourish and grow.

Examples:

1. Practice Attentive Listening: During conversations, put away your phone and other distractions. Maintain eye contact and use open-ended questions like, "What was that like for you?" or "Tell me more about that," to invite deeper sharing.
2. Respond with Action: If your partner mentions they've had a tough day, bring them their favorite drink or snack without being asked. Small, responsive actions like this validate their feelings and show you care.
3. Designate "Intimate" Time: Set aside specific times for "non-transactional" communication and interaction. This is a dedicated space to connect just for the sake of connection, free from discussions about chores, schedules, or problems. Just be present for each other.

W - Work Intentionally to Care & Love Each Day: Love isn't a destination; it's a daily practice. This final pillar emphasizes the power of consistent, small habits that sustain love and commitment over time. It's about showing up for your partner through regular check-ins, genuine affirmations, and the simple yet profound acts of choosing each other, especially during challenging times in the relationship.

Why It Matters: A single good habit, like a once-a-month date night, can be easily forgotten or skipped. A system, on the other hand, is a repeatable process that makes positive behaviors easier to sustain and integrate into your life. It's the difference between doing something once and building an ecosystem of support that makes your relationship feel more reliable and resilient. These comprehensive systems of multiple consistent habits create caring and successful relationships over time.

Examples:

1. Design a Conflict Repair Protocol: Agree to a set system for arguments, such as a 20-minute cool-down period before talking, followed by a specific time to use your agreed-upon repair language. Create a system where one or both partners can use a pre-agreed-upon phrase (e.g., "I need a pause") to de-escalate a heated discussion without fear of judgment.
2. Create a "Shared Experience" System: Intentionally add small, novel activities to your week (e.g., listening to a new podcast together, trying a new recipe). This builds a system of shared discovery that keeps the relationship feeling fresh and dynamic.
3. Establish a Weekly or Bi-Weekly Check-in: Create a ritual, like a 20-30 minute "we-time" on Sunday's or when it works best to discuss relationship and life needs, plan the week, and simply connect. Agree on a system for supporting each other when one partner is feeling sick, stressed, or overwhelmed.

Designing Your Relationship Ecosystem: A relationship ecosystem is the underlying comprehensive structure that supports healthy relationships. It's about having system in place for the various complex aspects of your life as a couple. Your relationship is a dynamic system that needs strong habits and intention to thrive. When the bond and system are healthy, you don't have to rely on willpower or luck to navigate challenges. A strong ecosystem makes it easier to care for your partner and ensures your relationship is resilient and sustainable, even during challenging times.

Why It Matters: Systems Over Habits. Independent habits can be easily forgotten or under-utilized, but a system has various protective components that support a repeatable process that makes positive skills and behaviors easier to sustain. This creates a reliable and comprehensive system of support, making your relationship feel more resilient. A flourishing ecosystem takes the pressure off individual outcomes, relying instead on a foundation of consistent and shared routines that reinforce relationship health and growth.

Examples of a Healthy Relationship Ecosystem:

1. **Shared Purpose System:** Couples regularly revisit shared relationship dreams and goals for the future. This system might involve a quarterly or yearly "State of the Union" conversation or a vision board you create together, ensuring your individual paths remain aligned with shared purpose.
2. **Connection System:** Have a consistent routine for "bids for connection" throughout each day. This could be a morning check-in, a text message during the workday, or a nightly ritual of sharing three good things that happened. These small, daily actions create a constant flow of affirmation and intimacy.
3. **Stress and Conflict Management System:** Instead of reacting to conflict in the moment, you have an agreed-upon "window of tolerance" and effective communication protocol. This solution-focused system might include a "pause" button to cool down, a set time to reconvene, and a shared agreement to focus on a solution rather than conflict during stressful times. This could be a habit of checking in after a long workday, or an agreement to give each other space when needed without taking it personally.

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Take the First Step Toward a Stronger Future The journey toward a flourishing relationship begins not with fixing your partner but with choosing to show up each day with clarity, care, and courage to be the best partner you can be. Don't wait for your relationship to become progressively more challenging; take the first step toward recovery and growth now.

Whether you're facing significant challenges or simply want to strengthen a good relationship, couples training and therapy can help in most cases. We help couples achieve positive changes by practicing brief and effective educational and therapeutic strategies. Since we can't rewrite the past, our focus is on empowering you to make meaningful changes in the present while building a vision of hope and possibility for your future. What are small and intentional actions you can take this week to nourish and enhance your relationship?!

Inspired by Leading Relationship Science: The RENEW and IBL Relationship Method were developed using key insights from leading research and best practices in the field of relationship science and couple's therapy. Our framework is guided by decades of scientific study and best practices.

The Gottman Method: Our program incorporates core concepts from the Gottman research, such as building love maps (knowing your partner's inner world), nurturing fondness and admiration, and turning toward each other's bids for connection. The RENEW method helps couples build these foundational skills to foster a deeper understanding and respect.

Emotionally Focused Therapy (EFT): Our model emphasizes the importance of emotional growth and secure attachment, a central practice of EFT. We help couples identify and break negative interaction cycles, allowing them to communicate their core emotional needs more openly and vulnerably. This process creates a safe space for true intimacy to grow.

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Cognitive Behavioral Therapy (CBT): The RENEW framework provides practical, skill-based tools for communication and conflict resolution. We focus on helping couples identify and change destructive thought patterns and behaviors, providing them with effective, actionable strategies to improve their daily interactions. CBT is present-focused and problem-oriented: Unlike therapies that focus on the past, CBT centers on current problems and practical solutions.

Muti-Multimodal and Meta-Studies fundamental to the RENEW Method: The Soulmate Trap: Why Embracing Agency-Based Love is the Surest Path to Creating a Flourishing Marriage. Wheatley Institute. Flourishing Marriages Are Made, Not Found, Institute of Family Studies.

Other Relationship and Habits Resources

The 5 Love Languages: The Secret to Love That Lasts. By Gary Chapman.

Hold Me Tight: Seven Conversations for a Lifetime of Love. By Sue Johnson.

The Seven Principles for Making Marriage Work. John M. Gottman and Nan Silver.
Communication Skills for Couples. Golden Hour Publications.

The Attachment Theory Workbook. By Annie Chen.

Atomic Habits: James Clear.

CALL OR TEXT 407-961-6044 TO SCHEDULE YOUR FIRST SESSION.

LET'S VISIT ABOUT HOW WE CAN WORK TOGETHER TO SUPPORT YOUR JOURNEY TO A
HEALTHIER, HAPPIER RELATIONSHIP!

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50 RENEW Method Skills and Concepts to Transform Your Relationship

Covering up to 50 weeks in a year, I have provided 50 important Relationship Skills to choose 1 Skill per week to explore and practice to enhance your relationship.

1. Purpose & Mission: Unify around a mission that gives your partnership greater meaning.
2. Creating Shared Meaning: Develop rituals & goals that give your life a deeper purpose.
3. Building Love Maps: Continuously update your knowledge of your partner's inner world.
4. Active Listening: Fully focus on understanding your partner's message and emotions.
5. Bids for Connection: Recognize & respond positively to your partner's attempts to connect.
6. Turning Toward: Consciously choose to engage with your partner rather than turning away.
7. Expressing Empathy: Validate your partner's needs and feelings without judgment.
8. Mindful Communication: Speak with intention, choose words and tone carefully.
9. Creating a Shared Vision: Co-create a unified vision for your life together that guides decisions.
10. Using "I" Statements: Express your feelings and needs clearly without blaming your partner.
11. Conflict Resolution: Approach disagreements as a team against the problem, not each other.
12. Intentional Repair: Deliberately apologize after a conflict to heal emotional ruptures and trust.
13. Emotional Regulation: Manage your own emotions to prevent harm during disagreements.

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14. Vulnerability: Courageously share your fears and needs to build a deeper level of trust.
15. Emotional Attunement: Consistently be aware of & responsive to your partner's emotional state.
16. Validating Feelings: Verbally confirm that you hear and understand your partner's feelings.
17. Expressing Appreciation: Regularly express gratitude for your partner's qualities and actions.
18. Nurturing Fondness and Admiration: Cultivate and share positive thoughts about your partner.
19. Creating Rituals of Connection: Design simple, consistent routines that reinforce your bond.
20. Shared Dreams: Regularly discuss and support each other's aspirations and life goals.
21. Problem-Solving: Work collaboratively to find mutually agreeable solutions to life challenges.
22. Patience: Practice patience with your partner's mistakes and imperfections.
23. Forgiveness: Choose to release resentment toward your partner after a transgression.
24. Expressing Emotions Constructively: Articulate your feelings calmly and productively.
25. Taking Personal Responsibility: Acknowledge your part in a problem without blame.
26. Communicate difficult truths gently, be open to hearing feedback without defensiveness.
27. Non-Verbal Communication: Be mindful of your body language and tone in communication.

INTENTION-BASED LOVE

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- 28. Compromise: Find common ground where both partners feel their needs are partially met.
- 29. Mindfulness of Triggers: Understand your and your partner's emotional and sensitive triggers.
- 30. Build a Safety Net: Create a relationship where you can be authentic without fear of judgment.
- 31. Non-Blaming Language: Use language that describes a problem rather than blame your partner.
- 32. Prioritizing "We-Time": Intentionally schedule quality, uninterrupted time together.
- 33. Setting Healthy Boundaries: Communicate and respect personal limits to create a safe space.
- 34. Affection & Physical Touch: Use hugs and frequent touch to convey emotional connection.
- 35. Mindful Sexual Intimacy: Approach intimacy with mutual emotional connection and safety.
- 36. Accepting Influence: Be willing to let your partner's perspective impact your decisions.
- 37. Encouragement: Be your partner's emotional coach, celebrating success & supporting failures.
- 38. Pivoting to the Positive: In conversations, make an effort to find & highlight the positive aspects.
- 39. Honesty and Transparency: Cultivate honesty and openness to build a foundation of trust.

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- 40. Celebrating Successes: Acknowledge and celebrate individual and shared accomplishments.
- 41. Expressing Gratitude: Make it a habit to say "thank you" for big and small gestures of love.
- 42. Shared Responsibility: Take equal ownership of shared life management.
- 43. Humility: Be humble enough to admit when you are wrong and apologize sincerely.
- 44. Genuineness: Be authentic with your partner, allowing them to see you as you truly are.
- 45. Respecting Differences: Acknowledge & respect you and your partner are distinct individuals.
- 46. Maintaining Independence: Nurture your individual interests to avoid codependency.
- 47. Financial Teamwork: Work together as a team to manage finances and make shared decisions.
- 48. Spontaneity: Surprise each other with small, unexpected gestures and interactions.
- 49. Shared Fun: Make time for pure enjoyment and lighthearted activities you both love.
- 50. Stay current with latest relationship strategies and resources to continue couple growth.

Author's Notes

RENEW offers couples a transformative approach to building resilient relationships through the Thrive-RENEW Relationship Method and Intention-Based Love (IBL). By fostering daily practices of kindness, honest communication, and intentional connection, couples can navigate conflicts, rebuild trust, and cultivate a deeper intimacy. This interactive training empowers partners to actively nurture their bond, creating a flourishing relationship ecosystem that evolves and thrives over time.

This guide was made possible by extensive research and decades of clinical practice. While the RENEW Method perspectives, concepts and strategies presented are original and novel, my methodologies were informed by the groundbreaking research and theories of many past and current experts and researchers who have explored behavioral health and wellness sciences.



Lawrence Flynn, MSW, LCSW, LICSW, is a transformational leader, entrepreneur, author, and wellness therapist with over 30 years of experience in private practice, corporate, and healthcare leadership. His expertise spans CEO leadership, behavioral health entrepreneurship, program development, mentorship, finance, marketing, joint healthcare ventures, and professional writing, speaking, and education.