

Week 13

The Significance of Bids for Connection

The success rate of bids for connection is one of the greatest predictors of the future health of the marriage. Happy couples **turned toward** each other 86% of the time. Troubled couples **turned toward** each other only 33% of the time.

Why does it matter? Bids for connection make deposits in the spouse's emotional bank account.

Couples that **turn toward** each other frequently have a deep, full well of goodwill, connection, and affection to draw on when they find themselves in moments of friction.

Couples who show a pattern of **turning away** or **turning against** each other will be "overdrawn" in their emotional bank account. Then, when conflict arises, there is little to no goodwill and affection to draw on to buffer the event. When this happens, the couple is more likely to resort to the 4 Horsemen of the Apocalypse (Criticism, Defensiveness, Contempt, and Stonewalling), which can destroy a marriage.

How critical is this need to connect with our spouse? Research has demonstrated that dual-income couples with children speak to each other, one-on-one, an average of 35 minutes PER WEEK! In addition, most of this time is spent figuring out who is responsible for getting which kid to which event at what time. Unfortunately for the couple, this does not qualify as quality time together!

Interesting factoid #3 –

Bids not only keep us connected but they also build trust, which everyone agrees is a key ingredient in intimacy.

Next week: Two Types of Fights - Solvable and Perpetual