

ACTIONS THAT SHOW RESPECT BETTER THAN WORDS



Open the door for them when both their hands are occupied



Speak softly around them when they are on a call



Speak positively about them even when they are not around



Normalize using phrases such as "Thank you" and "It means a lot," even though you have been together for a long time



Use gentle language even when having a difference of opinion



Do not procrastinate when they are dependent on you for something