

Bids for CONNECTIONS

A bid is an attempt from one person to another for attention, affirmation, affection, or any other positive connection. A bid can be verbal (e.g. "I'm so excited to tell you about my day!") or non-verbal (e.g. a hug).

We all exist in relation to others—we can't improve our mental wellbeing by solely working on ourselves, we have to foster closer and healthier relationships too!

One simple way we can foster closer relationships is through bids for connection, based on research by The Gottman Institute. Although initially based on research on couples, this relationship tool can apply to our friends and family as well.



3 Types of Responses to a Bid

Turning Towards

Acknowledging the bid

'I'd love to hear about your day!'

Turning Away

Ignoring/ missing the bid

Using your phone/ ignoring the person.

Turning Against

Rejecting the bid

'I'm not interested in hearing about your day, stop bothering me.'

Turning towards bids from our loved ones forms the basis of trust and emotional connection. But when we turn away or against their bids, it leaves them feeling frustrated and disconnected.

Bids can be really short and simple, but they hold so much power because they show our loved ones that we want to connect with them. So bid often! To make a better bid for connection, (a) ask for what you really need, (b) use your words, and (c) express your needs as positive.

How do you usually make a bid towards your loved ones?



Share this with your loved one(s) too, so you can both build deeper connections to one another!