

♡ **Accept a no gracefully.**

Often when we hear the word “No” we don’t hear what our partners are actually trying to tell us. We might hear “You’re ugly” when they mean “This is my preference”. We might hear “You’re not worth my time” when they really mean “This is my limit”.

When you hear a “No”, thank your partners for having the bravery to share their limits with you. Know that you are valuable whether a partner says Yes or No to your requests and that you are even more valuable when you respond to their boundaries with respect.

♡ **Ask questions. Then ask some more.**

The assumption that we’re only good at relationships if we know exactly what our partners want via mind-reading is totally absurd. You want to “give her what she wants?” Ask her what she wants. You want to know how to “blow his mind”? Ask them: “What blows your mind, babe?”. And then have a conversation about it where you can each clarify your desires & limits.

♡ **Track consent continuously.**

Your consent is yours to give or revoke at any time. Any. Time.

♡ **Take sex & intimacy out of an intimate context.**

Talk about your relationships over coffee, over text, over dinner. Create experiences of relationship intimacy that are intentional rather than accidental or assumptive.