

Building Joy

Building joy means getting closer to God and to people. It is a very authentic process that cannot be fabricated. Here are some ways that we can build joy in our relationships.

1. Smile whenever you greet those you love, and use sincere voice tones.
2. Ask questions that invite others to tell you truthfully how they are doing and what they are thinking. Listen intently without interrupting.
3. Take a sincere interest in really knowing the other person. Work hard to understand the other's fears, joys, passions, talents, and pain.
4. Treat each other with dignity and respect. When ending a discussion, try to make both people feel affirmed.
5. Use touch whenever appropriate: hold hands, link arms, give "love" hugs, use physical affection as effectively as you can.
6. Discover what brings the person joy: a time to talk, encouraging notes, a helping hand, or evening walks. Custom fit what helps bring joy.
7. Give the person little surprises that will cause their eyes to light up, and let your eyes light up too!
8. Establish a daily routine through words and actions that reinforces you are authentically "glad to be with them."

Adapted from The Life Model, p. 24