



## Affirmation

- ▶ Yerti needs frequent affirmations.
- ▶ For these affirmations to be most effective, they should be given freely, without Yerti having to ask for them.
- ▶ Affirmations don't need to be poetic. A simple and unprompted "I missed you today" or "I like how [insert compliment here] you are" can go a long way.
- ▶ The focus is on frequency and spontaneity, not on length or poetic flair.



## Direction

- ▶ Direction covers two main areas: Forecasting and Mental Load.
- ▶ Forecasting: Yerti needs you to share how you're feeling.
- ▶ Specifically, how you're feeling about her, about the relationship, about the future and about timelines.
- ▶ The Forecasting is most effective when Yerti receives it proactively, rather than needing to request it.
- ▶ Mental Load: Yerti appreciates being given the choice, such as picking the cuisine or restaurant.
- ▶ That said, being the one to make these decisions most of the time can be exhausting for Yerti.
- ▶ Yerti appreciates it when you take the lead on decisions sometimes, especially if she asks for your input.



## Affection

- ▶ Yerti appreciates it when you initiate physical touch.
- ▶ Yerti understands that you may not always be in the mood or feel comfortable to do so.
- ▶ Still, when you do feel like it, it can make a big difference to Yerti's perception of the relationship as this can act as a physical Affirmation.
- ▶ In essence, Yerti wants to feel like you really want to touch her.