Sharing the Joys

TURNING TOWARD THE GOOD NEWS

> *Love isn't only proven at 2 a.m. in a crisis.*
> *It's proven at 6 p.m., when the good news comes home.*

Something most couples never notice: how a couple handles good news predicts their future about as well as how they handle conflict. When your partner comes home lit up (the promotion, the compliment, the five-mile run, the silly win), that glow is a bid, as tender as tears. And it meets one of four fates. It gets amplified, ignored, deflated, or hijacked.

Amplifying is active and warm. Eyes up, full attention, real appetite. “Tell me everything. What did they say? How did it feel?” The other three are quiet gut punches. Ignoring: “Nice. Did you call the plumber?” Deflating: “Don't get your hopes up. There's probably a catch.” Hijacking: “That reminds me of when I...” Each one teaches the glowing partner a bitter lesson: take your joy somewhere else. And joy, unlike a grievance, doesn't knock twice.

Celebrated joy compounds. Partners who amplify each other's wins get told the wins first. They become each other's favorite audience, and the relationship becomes the place good things go to get bigger. The same goes for shared joys: lingering over the view instead of photographing it, replaying the great day out loud, toasting small victories like they matter. They do. A bond is built at least as much in the celebrating as in the consoling.

BE EACH OTHER'S BEST AUDIENCE

1. This week, treat every piece of your partner's good news as a bid. Stop, face them, light up.
2. Amplify with questions: “What's the best part? Who else knows? How are we marking this?”
3. Catch your own deflator, the realist, the topper, the multitasker, and bench it for seven days.
4. Start the daily gold hunt: each share one good moment from the day, and the other digs for details.
5. Celebrate one small thing this week on purpose. Dessert, a toast, a dance in the kitchen. Joy is a skill. Practice it.

WHEN IT’S HARD

If celebrating feels unnatural, if some watchful part of you treats joy as jinxing it, or your family only bonded over problems, you're not broken. You're trained. Start smaller. Just don't deflate. Neutral and curious is a fine first rung. The delight will come. It is sturdier than it looks.

TO SIT WITH

When you get good news, who do you want to tell first? What does the honest answer tell you?

What win of your partner's, recent or long past, never got the celebration it deserved? It's not too late.

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris