



COUPLES CONNECTION

Same team, small moments.

A check-in, not a courtroom.

Use only when both partners freely agree and feel safe. Either person can pause or skip. If there is fear, coercion, or abuse, skip the shared exercise and seek individual support.

01 Choose a small window to connect.

Agree on a few minutes, a calm setting, and how either person can pause. No obligation to resolve everything.

02 Take turns: appreciate, then ask.

"Something I appreciated was..." / "One thing I could use this week is..." Make the request specific and optional.

03 Reflect what you heard.

"What I heard is... Did I get that right?" Ask before offering advice. What small step do you both choose?

OUR AGREEMENT

One mutual plan, plus a time to revisit it if we both want to:



COUPLES CONNECTION

Connection starts with noticing.

A private page before a shared conversation.

You control what you share. This is not a test of compatibility or a requirement to disclose private thoughts.

01 I felt connected when...

What small detail mattered to me? If nothing comes to mind, what kind of connection do I miss?

02 A need I want to express clearly is...

Try: "I feel... and would appreciate..." Avoid guessing the other person's motives.

03 One thing I can offer, and one boundary I need...

Keep both realistic. Connection does not require abandoning your limits.

MY INVITATION

A low-pressure way to ask whether my partner wants to talk:
