Couples Connection

16 pages / Gottman-inspired + attachment-informed / Adult partners



Remember your story. Get curious about who you are now.

Inside

Strengths, the story of falling in love, daily connection, practical communication, attachment needs, repair, six conversation cards, and a repeatable check-in. No required eye contact, touch, or fast answers.

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Original educational exercises. Not diagnosis, individualized treatment, or a promise of a particular outcome. No therapy relationship is created by downloading.

Make room for both of you.

Aim: agree on a format before beginning. Each person may answer privately first.

Use partner names or terms that fit. These exercises welcome different genders, sexual orientations, cultures, bodies, and relationship histories. One person is not the default translator, planner, or emotional caretaker.

Access agreement

Choose a quiet place, text exchange, side-by-side activity, or short conversation. Use AAC, a scribe, a timer, movement, or parallel time if helpful. Ask before touch. Either person may pass. Decide when to revisit, without using a pause as punishment.

Do not use joint exercises where there is fear, coercion, threats, violence, or retaliation. Communication skills cannot fix abuse; seek individual support and a safety plan. You do not need to disclose private information or stay in a relationship to complete this packet.

Our format, time limit, and way to signal a pause:

One access need each; how we will honor it:

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What already works?

Aim: notice specific behaviors, including strengths that look different in each partner.

Examples: noticing details, humor, persistence, creativity, honesty, practical care, curiosity, fairness, protecting recovery time, or saying when something is too much. Name the action rather than grading a personality.

Offer an observation

"I noticed you asked before changing the plan. That helped me feel considered." Ask, "Does that fit your experience?" Appreciation is not a request to keep overextending.

One strength I bring, with a recent example:

One strength I see in you, with a recent example:

How could these strengths work together without assigning fixed roles?

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Start with one request.

Aim: describe one situation without a character attack or a list of every past conflict.

A gentle start-up emphasizes your experience and a practical request. Direct language can still be respectful. Tone, facial expression, eye contact, or speech differences are not reliable measures of how much someone cares.

Try this structure

"When [observable event], I feel [feeling or impact]. I need/value [need]. Would you [specific action]?" Example: "When plans change without a message, I feel unsettled. Could you text me the updated time?"

One observable event + its impact on me:

My specific request, including what is flexible:

A respectful answer if my partner cannot agree:

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