



WORKSHEET · FOR COUPLES

# Ten everyday connection exercises.

*Designed to fit into normal life, over a morning coffee, on a walk, or while winding down. Pick a couple each week, keep it light, and stay curious. The goal is more understanding, not perfection.*

## 01 I appreciate you

Once a week, Sunday evening works well, take turns naming three specific things you appreciated about each other that week. Small things count: making the tea, being patient when you were tired. Look at each other while you say it.

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## 02 What I'm afraid to tell you (but will anyway)

One person shares something that feels a bit scary to admit, a worry, an insecurity, a hidden thought. No justification, no explanation.

The other listens and replies, *"Thanks for telling me."* No fixing. No advice. Then swap.

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## 03 Weekly check-in

Pick a fifteen-minute window once a week. Use these prompts:

- One thing I appreciated this week.
  - One thing that was hard.
  - One thing I need more of.
  - One small win.
  - One thing I want to work on with you.
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## 04 Getting to know you (again)

Over coffee, dinner, or a walk, ask each other open questions:

- What's something you're really into lately?
- Who do you miss right now?
- What's something you want more of in life?

Keep discovering who your partner is becoming.



## 05 Trigger & need decoder

When something rubs you the wrong way, try this:

*"When you said / did \_\_\_\_, I felt \_\_\_\_."* Keep it short. Own your feeling.

The other replies simply, *"Okay,"* or *"Thank you."* No justification, no defence.

If you want, ask for more: *"How come?"* Keep the reply simple: *"Sometimes it reminds me of \_\_\_\_." Next time, what I need is \_\_\_\_."*

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## 06 The 3-2-1 share

A simple structure when you want to come closer:

- Three things you love about your partner.
- Two things you're finding tough, in life, not necessarily in the relationship.
- One thing you're scared to say but want to try.

No need to overthink. Speak from the heart.

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## 07 Your relationship timeline

Sit down one night and sketch out your story so far, firsts, highs, lows, silly memories, hard seasons. Talk about what each part meant to you and how you've grown. You might be surprised by what your partner remembers.

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## 08 Quiet cuddle rest

End a long day by lying down or sitting close in silence for five to ten minutes. Hold hands or cuddle. Breathe together. No phones, no talking, your nervous systems are doing the work. Say how it felt afterwards if you want to.

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## 09 Repair ritual (post-argument)

After a fight or a tense moment, take a beat and say:

- *"What I wish I'd done differently is ..."*
- *"What I was really feeling was ..."*
- *"What I hope for next time is ..."*

This isn't about being right. It's about reconnecting.

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## 10 Micro moments of care

Throughout the day, find small ways to say *I see you*. A forehead kiss. A funny meme. A sticky note on the fridge. Relationships thrive on tiny gestures more than grand declarations. Sprinkle them in often.

*It's not what you do. It's how you do it.*