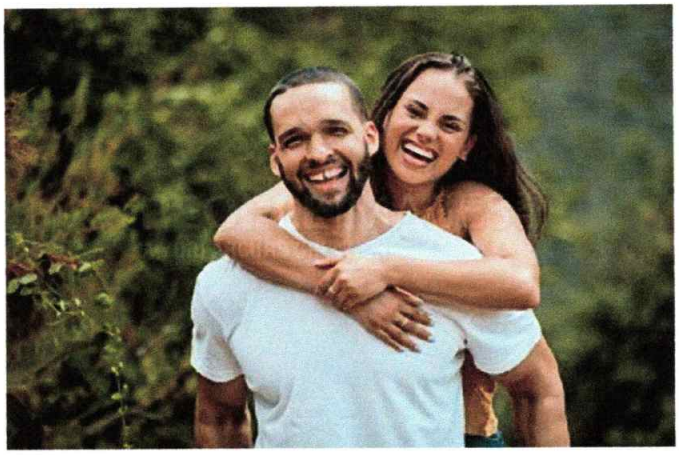
THE Relationship Reset

30-Day Relationship Reset Challenge



Month 1

Note:

This publication is designed to provide accurate and authoritative information about the subject matter covered. It is sold with the understanding that the author is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

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30-Day Relationship Reset Challenge

Month 1

Week 1 - Connection & Communication

1. Ask "What was the best part of your day?" Listen don't interrupt. Use gentle curiosity
2. Share 1 thing you appreciate about partner
3. Any thing on your partner's mind lately?
4. Listen without fixing or solving
5. Share one thing admired about your partner
6. Share about your day with your partner
7. Have a ten-minute conversation without phones or distractions

End-of-Week Reflection:

* When did I feel most heard this week?
* When did I listen with patience?
* What helped us feel more connected?

Week 2 - Acts of Kindness

8. Be helpful without being asked
9. Send a thoughtful message during the day
10 Offer encouragement about your partner
11 Leave a small note of appreciation
12 Ask: What would make today better for you?
13 Express a gratitude for your partner
14 Do something for your partner they enjoy

End-of-Week Reflection:

* Which act of kindness meant the most?
* How did kindness change our tone?
* Any habits we should continue?

Week 3 - Fun Together

15. Share a funny memory together
16. Take a short walk and talk together
17. Watch something laughable
18. Play a simple game together
19. Talk about your bucket list together
20. Cook your favorite meal together or go out to your favorite restaurant
21. What could be something new and different for the 2 of you to do

End-of-Week Reflection:

* When did we laugh the most?
* What activity helped relax together?
* What fun changed our connection?

Week 4 - Emotional Closeness

22. Sit or walk together outside
23. Share a hope for your future
24. Tell your partner why they are special
25. Share a favorite memory together
26. Talk about an area you want to grow
27. Make the evening special
28. Celebrate completing this challenge

End-of-Week Reflection:

* What helped us feel closer this month?
* What actions built trust this month?
* What habits will we continue?

Lastly, to continue your journey of healing, you might want to sign up to receive the Relationship Reset Newsletter, a free publication on my site at www.JohnSlatePhD.com You can receive weekly mental health guides to your inbox that help you manage your emotions, and rebuild your identity which is normally affected when you feel betrayed in a relationship. There are also affordable courses and workshops that offer answers and guidance on your journey of healing. If you find you and your partner getting into arguments, you should download either the 5-Minute Emotional Reset for Couples or the Repair Conversation Guide. Please download the 30-Day Challenge to have structured daily actions and discussions to rebuild the relationship. These tools are free and have helped others going through the same issues as you may be. My book -***Your Relationships Can Change: The Self-Help Relationship Workbook.*** The book is 432 pages of emotional regulation skills, and relationship repair tools.

"It is never too late to become the person you want to be."