

Relationship Reset Checklist: 3 Simple Steps to Kickstart Connection

○ 1. Daily Check-In Ritual

What to Do: Set aside 5-10 minutes each day to ask your partner, “How are you feeling today?” or “What was the highlight of your day?”

Why It Matters: Consistent check-ins help to rebuild emotional connection and show your partner that you care about their inner world, creating a safe space for open communication.

○ 2. Pause and Breathe During Conflict

What to Do: When an argument begins to escalate, pause, take three deep breaths, and allow 10 seconds of silence before responding.

Why It Matters: This small action can prevent misunderstandings and reactive responses, helping you both to stay calm and address the real issue, not the emotions of the moment.

○ 3. Express Appreciation Once a Day

What to Do: Each day, tell your partner one thing you appreciate about them. It could be something small, like helping with dinner, or something larger, like their emotional support.

Why It Matters: Regularly expressing appreciation shifts the focus away from conflict and onto the positive qualities of your relationship, strengthening emotional bonds.

Remember: These simple steps are just the beginning! To dive deeper and learn how to truly transform your relationship, join our 12-week relationship course where we guide you step-by-step to stop fighting and start truly connecting.