

STOP DRIFTING APART

Free Couples' Connection Roadmap

Reclaim the closeness you once shared with a proven, step-by-step plan to rebuild intimacy and trust.



Welcome!

If you feel like the distance between you and your spouse is growing, you're not alone.

Many busy, professional couples are dealing with the same challenge. The pressures of life, raising kids, demanding careers, and endless responsibilities can create gaps in even the strongest of marriages.

This roadmap is designed to help you reconnect, drawing on proven strategies, faith-based principles and practical tools tailored for your reconnection journey.

Step 1: Rekindle Communication

Listen, Speak, and Truly Hear

When was the last time you had a heartfelt, uninterrupted conversation? Many couples in fast-paced lives only discuss logistics—appointments, chores, or kids.

To rebuild intimacy, make time for deeper dialogue:

- **Daily Check-ins:**

Set aside 15 minutes each evening to talk without distractions. Share one high and one low from your day.

Example: Sarah and Michael committed to turning off their phones during dinner to focus solely on each other.

- **Active Listening:**

Reflect back what your partner says. This fosters empathy and prevents misunderstandings.

Tip: Try phrases like, “I hear you saying...” or “It sounds like you felt...”



Step 2: Prioritise Quality Time

Make Connection a Non-Negotiable

It's easy to let shared time slip through the cracks. Rebuilding closeness requires intentionality:

- **Schedule Date Nights Fortnightly**

Treat these dates as essential meetings. Rotate who plans them. Make them as frequent as you can depending on your unique circumstances but be realistic about what is achievable in your peculiar journey. If you can only do once a month, start there.

Example: Busy entrepreneurs Ada and lyke alternate planning surprise dates to keep things fresh.

- **Reconnect Rituals:**

Create small traditions. It doesn't have to be complicated. Consider things like taking a walk together (at a time that suits you) or praying together at night before you hit the bed.

Step 3: Address the Unspoken

Resolve Lingering Tensions

Resentments and unresolved issues create silent walls. Addressing these fosters renewed trust:

- **Set a Safe Space:**

Choose a calm time to discuss tough topics without blaming or interrupting.

Tip: Begin with “I feel...” statements rather than “You never...” accusations.

- **Seek Guidance:**

Don't shy away from professional counselling or Christian marriage coaching. Sometimes an outside perspective makes all the difference. See my blog on ***10 Unique Benefits of Engaging a Christian Relationship Coach.***

Step 4: Nurture Emotional and Spiritual Intimacy

Strengthen Your Bond Beyond the Surface

Emotional and spiritual closeness deepens your connection:

- **Pray Together:**

Plan your times of prayer and commit to it. Express your gratitude and desires to God in prayer. This spiritual unity fosters emotional security. In addition, pray for each other. Praying for your spouse strengthens your love. It's a lot easier to love and show mercy towards a spouse you pray for.

Example: James and Elena, high-level executives, find peace in reading a daily devotional and praying together early in the morning ahead of their daily busy schedules.

- **Express Appreciation:**

Acknowledge small efforts and qualities you admire. This reinforces positivity, increases intimacy and mutual care.

Step 5: Commit to Continuous Growth

Love is a Journey, Not a Destination

Stay committed to growing together:

- **Set Shared Goals:**

Discuss where you see your relationship in a year and work toward those milestones.

Example: Career-driven couple Sam and Ashley committed to quarterly “check-ins” to realign priorities.

- **Don't Stop Learning:**

Attend marriage workshops, read relationship books, hang out with like-minded couples or join a couples' group at your church.

Your Next Step:

Rebuilding connection takes time, intentional work and faith - but the rewards are immeasurable. This roadmap is just the beginning.

Ready to dive deeper? Discover more tools and expert guidance in our full course - ***Forever Fun: Secrets to Joy, Deeper Connection and Intimacy in Marriage*** available to pre-order now.

Remember: Love only grows when nurtured. Start today.

