



# **A GENTLE RELATIONSHIP RESET**

Created by couples therapist [Jonna Maria](#)

## INTRODUCTION

# RELATIONSHIPS RARELY FALL APART OVERNIGHT

*More often, closeness slowly fades.  
Life gets busy. Conversations become practical.*

*Touch becomes less spontaneous.*

Many couples still care deeply about each other,  
but connection becomes quieter.

The good news is that connection can return through very small actions.

Not through big speeches or complicated exercises,  
but through everyday moments that create warmth again.

In this short guide, you will find five simple  
habits that couples can start today.

Each habit takes only a few minutes, but when repeated regularly,  
they begin to rebuild closeness naturally.

You don't need to change your whole life.

Just start with one small moment today.

Jonna Maria  
Couples & Sex Therapist

THE 5 SMALL HABITS

# 1. STAY IN THE HUG A LITTLE LONGER

*Next time you hug your partner...  
don't rush it.*

Stay there.

Breathe.

Give it 20 seconds.

At first, it might feel slightly awkward.  
Then something shifts.

Your body slows down.  
Your nervous system settles.  
The hug becomes a moment you actually feel.

No talking needed.

THE 5 SMALL HABITS

## 2. SAY IT OUT LOUD

*Many people think kind things.*

*Very few say them.*

Today, say one small thing you appreciate.

Keep it simple and real.

“I noticed how patient you were earlier.”

“Thank you for taking care of that.”

“I liked being around you today.”

These moments are small,  
but they build emotional safety.

THE 5 SMALL HABITS

## 3. SIT CLOSE WITHOUT FILLING THE SPACE

*Take five minutes.*

*Sit next to each other.*

No phones. No TV. No need to talk.

Just being side by side.

It may feel unfamiliar at first.  
That's okay.

Closeness grows in quiet presence.

THE 5 SMALL HABITS

## 4. ASK SOMETHING NEW

*Many questions in daily life are practical.*

*Try something more open.*

“What stayed with you today?”  
“What’s been on your mind lately?”  
“What made you feel good today?”

There’s no need for perfect answers.

The point is to open space.

THE 5 SMALL HABITS

## 5. BRING BACK SMALL TOUCHES

*Touch can fade without anyone noticing.*

*Bring it back in simple ways.*

A hand on the back when passing by.

A kiss without a reason.

A short pause to connect.

These moments remind your bodies of each other.

IF YOU WANT TO GO DEEPER

# THESE SMALL HABITS MATTER

*They shift the temperature between two people.*

Bring warmth back into the ordinary. Make Tuesday feel like something again.

And then something else starts happening.

You start missing each other differently. Wanting more time together.  
Not out of obligation — out of desire.

That's where a lot of couples get stuck.

Life is full. The connection is real. But there's no clear way back into us.  
No shared rhythm. No moment that says: let's start here.

That's why I created Language of Love Couples' Challenge.

A full year of ready-made moments — for the two of you.

No planning. No pressure. No "what should we do tonight?"

You open it. You begin.

Some weeks are soft and romantic. Some bring back laughter.  
Some go somewhere deeper. Some catch you off guard in the best possible way.

You set the pace. You decide how far you go.

Busy week? Keep it light. More space? Go deeper.  
What matters is that you're choosing each other — again, on purpose.

**[Start tonight — explore Language of Love](#)**

