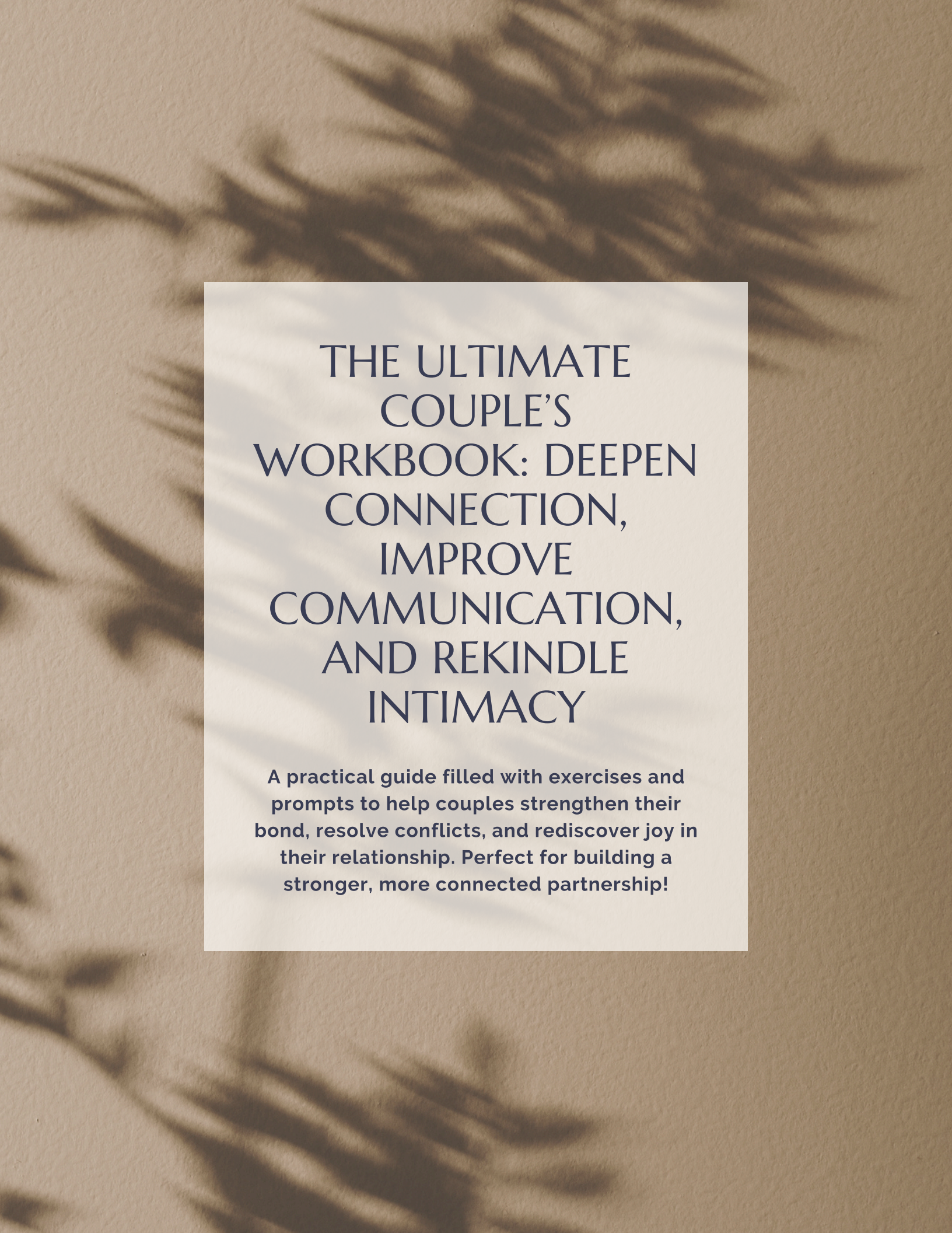


A couple is dancing in a grand, ornate hallway. The man is lifting the woman, and they are both smiling. The hallway has a checkered floor, a large chandelier, and decorative wall panels. The lighting is warm and golden.

COUPLES WORKBOOK

Two Souls, One Story: A Workbook for
Deeper Connection

BY CARRIE COHEN

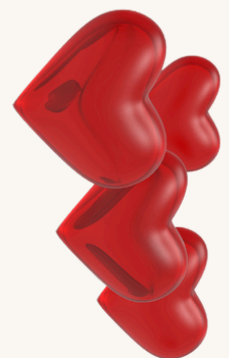
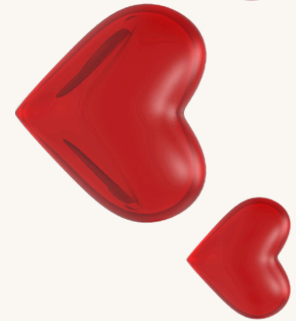


THE ULTIMATE COUPLE'S WORKBOOK: DEEPEN CONNECTION, IMPROVE COMMUNICATION, AND REKINDLE INTIMACY

A practical guide filled with exercises and prompts to help couples strengthen their bond, resolve conflicts, and rediscover joy in their relationship. Perfect for building a stronger, more connected partnership!

TABLE OF CONTENTS

1. Understanding the Cycle of Disconnection (Pages 1-10)
2. Emotional Regulation During Conflict (Pages 11-22)
3. Expressing Needs and Desires (Pages 23-34)
4. Building Trust and Vulnerability (Pages 35-46)
5. Rewriting Attachment Patterns (Pages 47-60)
6. Bonus Section: Reflection Cards (Pages 61-63)
7. Table of Index (Pages 64-65)



-Chapter 01-

UNDERSTANDING THE CYCLE OF DISCONNECTION

Fearful-avoidant attachment often creates a push-pull dynamic in relationships.

This chapter helps you identify how this cycle shows up in your marriage and the impact it has on connection and intimacy.

By exploring triggers, behaviors, and attachment patterns, you'll uncover how fear of vulnerability and closeness creates distance and disconnection.

You'll also begin to identify pathways for breaking these cycles.

EXERCISE

Identify a Disconnection Moment

Step 1: Recall a Specific Moment

Think of a recent time when you felt distant or disconnected from your partner. Write about it in detail:

- **What happened?** Describe the situation (e.g., a disagreement, a misunderstanding, or simply a lack of emotional presence).
- **What did I feel?** List the emotions you experienced (e.g., frustration, sadness, numbness, anger).
- **How did I react?** Note your immediate response (e.g., withdrawing, criticizing, avoiding, or shutting down).

Example:

- **What happened?** "We had an argument about dividing household chores. My partner didn't seem to understand how overwhelmed I was feeling."
- **What did I feel?** "I felt frustrated, unheard, and a little resentful."
- **How did I react?** "I stopped talking mid-conversation, left the room, and avoided bringing it up again."

REFLECTION PROMPT

Take a moment to analyze your reaction:

"When I felt distant, I reacted by _____."

(e.g., "withdrawing and giving them the silent treatment.")

"Looking back, I see that my reaction made the situation _____." (e.g., "even more tense because nothing was resolved.")

Journal Prompt: How do you think your partner felt during this moment? What emotions might they have experienced in response to your behavior?

PATTERN AWARENESS

Step 1: Identify Recurring Triggers

Write about how similar situations have occurred in your relationship:

Are there common triggers that lead to feelings of disconnection? (e.g., unmet expectations, lack of communication, or emotional distance.)

How do you typically respond to these triggers? (e.g., avoidance, criticism, shutting down.)

Example:

Trigger: "Whenever I feel criticized, I immediately get defensive and stop engaging."

Response Pattern: "I withdraw and avoid the topic altogether, which makes the tension last longer."

PATTERN AWARENESS

Step 2: Connect the Dots

Reflect on how these moments of disconnection have affected your relationship overall:

"How do these repeated patterns make me feel about my partner?" (e.g., frustrated, misunderstood, distant.)

"How might my partner feel when I respond this way?"

Step 3: Early Warning Signs

Write about signs that disconnection is starting to happen:

"What physical sensations, emotions, or thoughts indicate I'm pulling away?" (e.g., tension in my body, a need to escape, feelings of anger or sadness.)

"What behaviors or words from my partner might trigger these feelings?"

ACTIONABLE TAKEAWAY

Write one small step you can take to stay engaged in moments of disconnection:

Example: "The next time I feel like withdrawing, I will take a deep breath and say, 'I'm feeling overwhelmed; can we take a moment to pause and revisit this?'"

By identifying patterns of disconnection and reflecting on their impact, you'll begin to build awareness and create opportunities for healthier responses.

This awareness lays the foundation for deeper connection and more constructive conflict resolution in your marriage.

WHY VULNERABILITY FEELS THREATENING

Understanding Vulnerability

Vulnerability can feel uncomfortable or even threatening, especially if past experiences taught you to associate openness with pain or rejection. Reflecting on these fears is the first step toward creating safety in your relationship.

Reflection Prompts:

- What messages about vulnerability did you grow up with? For example:
 - "Don't cry; it's a sign of weakness."
 - "Keep your problems to yourself."
 - "You have to be strong for others."
- Write about an early memory where being vulnerable led to feeling hurt or rejected. What happened? How did it shape your beliefs about sharing emotions?
- How do you typically react when you feel exposed or "too open" with your partner? (e.g., shutting down, deflecting, or avoiding the topic.)

WHY VULNERABILITY FEELS THREATENING

Journaling Exercise:

- Finish the sentence: "When I think about being vulnerable, I feel _____ because _____."
- Explore whether this feeling is based on past experiences or current fears.

POSITIVE VULNERABILITY

Finding Strength in Openness

While vulnerability can feel scary, it's also the foundation of meaningful connection. Reflecting on positive experiences can help you reframe vulnerability as a strength rather than a weakness.

Exercise: Three Moments of Connection Think of three moments when being vulnerable led to a deeper connection with your partner. Write about each moment in detail:

- What did you share? Describe what you opened up about (e.g., a fear, a dream, or a personal struggle).
- How did your partner respond? Reflect on their reaction. Did they listen attentively, offer support, or validate your feelings?
- How did it feel afterward? Note the emotions you experienced (e.g., relief, closeness, or a sense of being understood).

POSITIVE VULNERABILITY

Example:

- What I shared: "I told my partner about my fear of failure at work."
- How they responded: "They reassured me that my worth isn't tied to my job and reminded me of my strengths."
- How I felt: "I felt seen and supported, which made me trust them even more."

Reflection Prompt:

- "When I allow myself to be vulnerable, I notice that my partner _____."
- "One way I can remind myself of the benefits of vulnerability is by _____."

ACTION STEP

Practicing Vulnerability in Small Steps

Building comfort with vulnerability takes practice. Start small by sharing a personal thought or feeling with your partner in a safe, low-pressure context.

Instructions:

1. Choose a small, meaningful thought or feeling to share.

Examples:

- "I've been feeling overwhelmed lately and could use some support."
- "I'm really grateful for how you helped me the other day."

Share this with your partner when you're both calm and present. Pay attention to their reaction and how it feels to express yourself openly.

ACTION STEP

Journaling Prompt:

- "What did I share, and how did my partner respond?"
- "How did it feel to open up in this way? Did I feel more connected or relieved?"
- "What's one small thing I can do to continue practicing vulnerability?"

Reflection Tip: Remember, vulnerability is a skill that gets easier with time and practice.

Each step you take brings you closer to a deeper, more fulfilling connection with your partner.

COMPLETING THE PATTERN

Understanding Your Reaction Cycle

Our reactions during moments of disconnection often follow predictable patterns. By identifying these patterns, we can start to break free from cycles that harm our relationships.

Prompts to Reflect on Your Patterns:

1. "When I feel disconnected, I tend to _____."
 - **Examples:** "withdraw and avoid the issue," "lash out in frustration," "shut down emotionally."
2. "This impacts my relationship by _____."
 - **Examples:** "making my partner feel rejected," "causing misunderstandings," "creating emotional distance."
3. "The story I tell myself in these moments is _____."
 - **Examples:** "They don't care about me," "I'm too much for them," "They'll leave me if I show my true self."

Exercise:

- Write about a recent moment of disconnection in your relationship and answer these prompts. Then reflect on how this pattern aligns with your broader attachment style.

REFLECTING ON ROOT CAUSES

Exploring the Why Behind the Pattern

Fearful-avoidant attachment can influence how we respond to disconnection. Understanding the root causes of these patterns helps us approach them with compassion and clarity.

Reflection Questions:

Do I fear rejection?

Examples: "Do I assume my partner will leave or stop loving me if I express myself?"

Write: "I fear rejection because _____."

Do I feel unworthy of love or connection?

Examples: "Do I believe I need to earn love through perfection or sacrifice?"

Write: "I sometimes feel unworthy of love because _____."

Do I withdraw to protect myself?

Examples: "Do I pull away when things feel emotionally overwhelming?"

Write: "I tend to withdraw because _____."

Actionable Exercise:

Connect your answers to past experiences. For example, "I fear rejection because growing up, I was criticized when I expressed my emotions."

SHIFTING THE NARRATIVE

Rewriting Negative Beliefs

The stories we tell ourselves about our relationships influence how we feel and act. Shifting these narratives can help us approach our partners with a more secure mindset.

Exercise:

1. Identify a Negative Belief:

- Write down one recurring thought about your partner or relationship that feels negative or unhelpful.
- **Example:** "They don't care about how I feel."

1. Reframe the Belief:

- Reflect on evidence that contradicts this belief.
- Write a healthier perspective: "They care about me but may not always express it in the way I expect."

SHIFTING THE NARRATIVE

Examples of Healthier Perspectives:

- Instead of: "They never prioritize me," try: "They show care by doing small things like helping around the house."
- Instead of: "They don't understand me," try: "We need to work on communicating our needs more clearly."

Reflection Prompt:

- "How do these new perspectives change the way I feel about my partner and our relationship?"

SMALL STEPS FORWARD

Creating Actionable Change

Breaking patterns of disconnection requires intentional practice. Small, consistent steps can lead to significant shifts over time.

Prompts for Planning Change:

1. **"What will I do differently next time?"**
 - Example: "I will tell my partner I'm feeling upset instead of avoiding the conversation."
2. **"How can I communicate my needs more clearly?"**
 - Example: "I will say, 'I need some reassurance right now,' instead of hoping they notice I'm upset."
3. **"What small step can I take to stay present during moments of disconnection?"**
 - Example: "I will ask for 10 minutes to process instead of walking away."

SMALL STEPS FORWARD

Action Plan:

Write a commitment for one specific action you will take this week to respond differently during moments of disconnection.

Example: "When I feel the urge to withdraw, I will pause, take three deep breaths, and let my partner know how I'm feeling."

-Chapter 02-

EMOTIONAL REGULATION DURING CONFLICT

Conflict is inevitable, but how we handle it determines whether it brings us closer or drives us apart.

Emotional regulation during disagreements helps you stay grounded, communicate effectively, and reduce harm to your relationship.

In this chapter, you'll explore techniques for managing emotions during conflict and tools for repairing connection afterward.

EMOTIONAL SHUTDOWN DURING CONFLICT

Exercise: Reflecting on Emotional Shutdown

Think of a recent conflict where you emotionally shut down. Use the following prompts to guide your reflection:

1. What were the circumstances of the conflict?

- Describe what triggered the disagreement.
- What was the issue at hand? (e.g., unmet needs, misunderstandings, or stress.)

2. What were you feeling at the time?

- Identify specific emotions you experienced during the conflict (e.g., frustration, sadness, fear, or overwhelm).

3. What did shutting down look like for you?

- Examples: Avoiding eye contact, leaving the room, refusing to talk, or physically distancing yourself.

EMOTIONAL SHUTDOWN DURING CONFLICT

Journaling Prompt:

- "I shut down during conflict because _____."
- "If I could stay present, I would _____."

Reflection Questions:

- What thoughts crossed your mind as the conflict escalated?
- What sensations did you notice in your body (e.g., tension, heaviness, or numbness)?
- How did shutting down affect the outcome of the conflict?

SELF-REGULATION TECHNIQUES

Technique 1: Deep Breathing for Calm

When emotions feel overwhelming, practicing deep breathing can help activate your body's relaxation response.

Exercise: 4-4-6 Breathing

1. Inhale deeply through your nose for 4 counts.
2. Hold your breath for 4 counts.
3. Exhale slowly through your mouth for 6 counts.
4. Repeat this cycle 5 times, focusing on the sensation of your breath.

SELF-REGULATION TECHNIQUES

Technique 2: Grounding with Your Senses

Grounding exercises anchor you in the present moment, reducing anxiety and emotional reactivity.

Exercise: 5-4-3-2-1 Grounding

1. Five Things You See: Look around and name five objects you can see.
2. Four Things You Can Touch: Focus on physical sensations, like the texture of your clothing or the chair beneath you.
3. Three Things You Hear: Listen for sounds in your environment, such as birds, music, or your partner's voice.
4. Two Things You Smell: Identify scents around you or take a deep breath to notice the air's freshness.
5. One Thing You Taste: If possible, take a sip of water or notice the taste in your mouth.

Reflection Prompt:

- "What did I notice about my body and emotions after practicing these techniques?"
- "How might these tools help me stay present during future conflicts?"

REPAIRING AFTER CONFLICT

The Importance of Repair

Repairing after conflict is crucial for rebuilding trust and connection. This involves taking responsibility for your actions and showing empathy toward your partner's feelings.

Exercise: Writing an Apology Template

1. "I'm sorry for _____."
 - Acknowledge your actions without justifying them.
Example: "I'm sorry for raising my voice."
2. "I understand that it made you feel _____."
 - Show empathy. Example: "I understand that it made you feel dismissed and hurt."
3. "What I want to do differently is _____."
 - Commit to change. Example: "Next time, I'll take a deep breath and lower my tone."

ROLE-PLAY SCENARIO

Practice discussing conflicts calmly with your partner using the following steps:

1. **Set the Stage:** Choose a low-stress moment to practice (e.g., "Let's talk about how we handle disagreements.").
2. **Take Turns Sharing:** One partner shares their perspective while the other listens without interrupting.
3. **Reflect Back:** The listener summarizes what they heard (e.g., "I hear that you felt overwhelmed when I interrupted you.").
4. **Discuss Solutions:** Work together to identify ways to improve communication in future conflicts.

Reflection Prompt:

- "How did it feel to apologize or discuss a conflict calmly?"
- "What's one thing I learned about my partner or myself during this exercise?"

-Chapter 03-

EXPRESSING NEEDS AND DESIRES

Unexpressed needs often lead to resentment and distance in relationships.

Understanding your needs and effectively communicating them is key to fostering emotional and physical intimacy.

This chapter will guide you in identifying your needs, expressing them constructively, and creating an environment where both partners feel heard and valued.

TUNING INTO YOUR NEEDS

Step 1: Identifying Emotional and Practical Needs

Take a moment to reflect on what you need to feel supported and connected in your relationship.

Exercise:

- **Write down three emotional needs:**
 - Examples: Feeling appreciated, being listened to, experiencing affection.
- **Write down three practical needs:**
 - Examples: Sharing household responsibilities, having time to unwind, planning quality time together.

Reflection Prompt:

- "I hesitate to express my needs because _____."
 - Examples: "I'm afraid of being seen as needy," "I don't want to cause conflict," "I don't think my partner will understand."

TUNING INTO YOUR NEEDS

Step 2: Recognizing Patterns

Reflect on how unexpressed needs have impacted your relationship:

- Do you find yourself feeling resentful or distant?
- How often do unmet needs lead to misunderstandings or conflicts?

Journaling Prompt:

- "When my needs go unspoken, I tend to _____ (e.g., withdraw, overreact, assume my partner doesn't care)."

THE ART OF ASKING

Using "I Statements" to Express Needs

Effective communication involves clarity and ownership. "I statements" allow you to express feelings without placing blame.

Exercise: Practice framing your needs using the formula:

- "I feel _____ when _____. I need _____."

Examples:

- "I feel overwhelmed when I'm managing all the household chores. I need us to divide the responsibilities more equally."
- "I feel disconnected when we don't spend quality time together. I need us to plan a date night this week."

THE ART OF ASKING

Role-Play Exercise:

1. Write a short script where you calmly express a specific need to your partner.
2. Rehearse it out loud, imagining how your partner might respond.
3. Reflect: How does it feel to voice your need in this way? What would make it easier?

Reflection Prompt:

- "What fears come up when I consider asking for what I need? How can I work through them?"

BUILDING RECEPTIVITY

Understanding Your Partner's Response

Your partner's ability to meet your needs depends on how you communicate them and the environment you create for these discussions.

Reflection Exercise:

- How does your partner typically respond when you share your needs? (e.g., supportive, defensive, dismissive.)
- How can you help create a safe space for these conversations? (e.g., choosing a calm moment, using positive language.)

BUILDING RECEPTIVITY

Appreciation as a Bridge

Acknowledging when your partner meets your needs reinforces positive behavior and deepens connection.

Exercise: Write a thank-you note to your partner, appreciating one time they met your need.

Include:

- What they did.
- How it made you feel.
- Why it mattered to you.

Example:

- "Thank you for helping with dinner last night when I was feeling overwhelmed. It made me feel supported and cared for, and I really appreciated that you noticed I needed help without me having to ask."

Journaling Prompt:

- "One thing I can do to encourage open communication about needs is _____."
- "When my partner meets my needs, I feel _____, and I want to express my appreciation by _____."

-Chapter 04-

BUILDING TRUST AND VULNERABILITY

Trust is the foundation of a strong marriage, but it requires consistency, vulnerability, and forgiveness to thrive.

This chapter focuses on identifying barriers to trust, practicing openness, and embracing forgiveness to create a deeper, more resilient connection.

IDENTIFYING TRUST BARRIERS

Reflection: Understanding Barriers to Trust

Trust can be impacted by past experiences, unmet expectations, or unresolved conflicts. Take time to explore the root causes of your trust challenges.

Reflection Prompt:

- "I struggle to trust my partner because _____."
 - **Examples:** "They broke a promise," "I fear being hurt again," "I've experienced betrayal in the past."

Exercise: A Time When Trust Was Broken

Think about a time when trust was broken in your relationship.

Answer the following:

1. What happened? Describe the situation in detail.
2. How did it make you feel? Reflect on the emotions you experienced (e.g., hurt, anger, disappointment).
3. What actions (if any) were taken to repair the trust?
4. If the trust wasn't repaired, why not? Consider what was missing from the process.

IDENTIFYING TRUST BARRIERS

Exploring Patterns

- Write about recurring patterns that may undermine trust in your relationship.
- **For example:**
 - "Do I hold on to past grievances?"
 - "Do I avoid addressing issues out of fear of conflict?"

Journaling Prompt:

- "The biggest challenge I face in rebuilding trust is
-----"
- "One way I can work on overcoming this challenge is
-----"

PRACTICING VULNERABILITY

Sharing Personal Truths

Vulnerability fosters trust by allowing you to be open and authentic with your partner. Start by sharing something personal that you've never shared before.

Exercise:

1. Choose a moment when you and your partner are both calm and present.
2. Share a personal thought, feeling, or experience that reveals something about you.
 - Example: "I've been feeling insecure about my work lately, and I've been afraid to talk about it."
3. Pay attention to your partner's response and how it feels to be open.

Reflection Prompt:

- "How did my partner respond when I shared something personal?"
- "What emotions did I experience during and after being vulnerable?"

PRACTICING VULNERABILITY

Journal: Trusting Completely

Write about what trusting completely would look and feel like for you:

- "If I trusted my partner completely, I would _____."
 - **Examples:** "Feel safe sharing my fears," "Not second-guess their actions," "Be more open about my needs."

Exploration Questions:

- What holds me back from trusting fully?
- What steps can I take to release these barriers?

FORGIVENESS IN ACTION

Writing a Forgiveness Letter

Forgiveness is a powerful tool for releasing resentment and rebuilding trust. Write a forgiveness letter to your partner, whether you choose to share it or keep it private.

Template:

- "I forgive you for _____ because I want to let go of _____."
- "Holding on to this has made me feel _____, but I am ready to release it and move forward."
- "What I hope for our relationship moving forward is _____."

Example:

- "I forgive you for forgetting our anniversary because I want to let go of the hurt it caused me. Holding on to this has made me feel unimportant, but I am ready to release it and trust that you care about me. Moving forward, I hope we can prioritize celebrating important moments together."

FORGIVENESS IN ACTION

Exercise: Building Trust Through Actions

List three specific ways you can show trust to your partner this week.

Examples:

1. Share something personal and meaningful.
2. Express gratitude for their efforts.
3. Give them the benefit of the doubt in a challenging situation.

Reflection Prompt:

- "How did it feel to take steps toward rebuilding trust?"
- "What impact did these actions have on my relationship?"

-Chapter 05-

REWRITING ATTACHMENT PATTERNS

Attachment patterns can evolve with awareness and intentional effort.

By recognizing triggers, practicing secure behaviors, and celebrating progress, you can shift from fearful-avoidant tendencies toward secure attachment.

This chapter provides tools to help you build a stronger, healthier relationship.

AWARENESS OF TRIGGERS

Recognizing Emotional Triggers

Triggers are moments when past fears or insecurities surface in the present. Becoming aware of these moments helps you respond more intentionally.

Exercise: Reflect on a Recent Trigger Think about a recent moment when you felt emotionally triggered. Answer the following questions:

1. **What happened?** Describe the situation (e.g., a disagreement, a moment of perceived rejection, or a misunderstanding).
2. **What thoughts or fears came up? Examples:**
 - "They don't really care about me."
 - "I'm not good enough."
 - "I'm going to be abandoned."
3. **How did you react?** Write about your behavior in response to the trigger (e.g., withdrawing, getting defensive, shutting down).

AWARENESS OF TRIGGERS

Reflection Prompt:

- "When I'm triggered, I tend to _____. Instead, I want to _____."

Example:

- "When I'm triggered, I tend to shut down and avoid the issue. Instead, I want to stay present and communicate how I'm feeling."

PRACTICING SECURE BEHAVIORS

Identifying Secure Behaviors

Secure attachment involves behaviors that build trust, connection, and understanding. Reflect on qualities you admire in secure individuals.

Exercise: Write about one secure behavior you admire in others.

Examples:

- "They express their feelings openly without fear of judgment."
- "They remain calm and present during conflicts."
- "They can ask for what they need without hesitation."

PRACTICING SECURE BEHAVIORS

Challenge: Practice this secure behavior with your partner.

Examples:

- Share a feeling or need using "I statements." (e.g., "I feel _____ when _____. I need _____.")
- Stay present during a conflict instead of withdrawing.
- Offer your partner reassurance without being asked.

Reflection Prompt:

- "How did it feel to practice this behavior?"
- "What was my partner's response?"
- "What did I learn about myself through this exercise?"

CELEBRATING PROGRESS

Acknowledging Growth

Recognizing and celebrating growth reinforces positive change and strengthens your connection. Take time to reflect on how far you've come.

Exercise: Write about one way you've grown in your relationship over the past month.

Examples:

- "I've become better at expressing my emotions."
- "I've learned to pause and reflect before reacting during conflicts."
- "I've started asking for what I need instead of expecting my partner to guess."

Planning a Celebration

Mark your progress by planning a date night or shared activity that feels meaningful to both of you. Examples:

- A cozy dinner at home where you share things you appreciate about each other.
- A day trip or activity you've both wanted to try.
- Writing a letter to your partner, reflecting on how your relationship has grown.

CELEBRATING PROGRESS

Reflection Prompt:

- "How has acknowledging progress impacted how I see myself and my relationship?"
- "What's one goal I want to work on next?"

Action Plan:

- Write one commitment for continuing to practice secure behaviors moving forward.
 - **Example:** "I will check in with myself during conflicts and focus on staying present instead of shutting down."

BONUS SECTION: REFLECTION CARDS

Use these reflection cards to spark meaningful conversations and strengthen your connection with your partner. These prompts are designed to encourage vulnerability, deepen understanding, and create opportunities for emotional intimacy.

HOW TO USE THESE CARDS

01

Pick a Prompt

Set aside time during a date night, a walk, or a quiet evening at home to choose a card at random.

02

Take Turns Answering

Both partners should answer the prompt, giving each other time to reflect and respond.

03

Listen Actively

Focus on your partner's words without interrupting. Show curiosity by asking follow-up questions.

04

Write Your Own Cards

Add your own personalized prompts to keep the conversations fresh and unique to your relationship.

01

EXPLORING LOVE AND APPRECIATION

Reflection Card Prompts

EXPLORING LOVE AND APPRECIATION

- "What's one thing I do that makes you feel loved?"
- **Follow-up:** "How can I do more of that?"
- "What do you admire most about me?"
- **Follow-up:** "How does that impact how you see our relationship?"

02

DREAMS AND GOALS

Reflection Card Prompts

DREAMS AND GOALS

- "What's a dream or goal you've never shared with me?"
- **Follow-up:** "How can I support you in pursuing it?"
- "What's something new we could try together this month?"
- **Follow-up:** "How do you think it would bring us closer?"

03



INTENTIONAL CONNECTION

Reflection Card Prompts

INTENTIONAL CONNECTION

- "How can we make our time together more intentional?"
- **Follow-up:** "What's one activity or ritual we could add to our routine?"
- "What's one small thing we can do every day to stay connected?"
- **Follow-up:** "How can we remind each other to prioritize it?"

04

EMOTIONAL SUPPORT

Reflection Card Prompts

EMOTIONAL SUPPORT

- "What's a challenge you're currently facing, and how can I support you?"
- **Follow-up:** "What's the best way for me to check in with you about this?"
- "What's a fear you'd like to overcome with my support?"
- **Follow-up:** "What's one step we can take together toward overcoming it?"

05

BUILDING CONNECTION THROUGH MEMORIES

Reflection Card Prompts

BUILDING CONNECTION THROUGH MEMORIES

- "What's a memory of ours that always makes you smile?"
- **Follow-up:** "Why is it so special to you?"
- "How do you feel our relationship has grown this year?"
- **Follow-up:** "What's one thing we've done that helped us grow?"

7 DAY CONNECTION CHALLENGE

DAY 1: DISCOVERING YOUR LOVE LANGUAGES

What is your primary love language, and how does your partner fulfill it?
How can you express love in a way that resonates most deeply with them?

DAY 2: GRATITUDE AND APPRECIATION

What are three things you deeply appreciate about your partner? How do these qualities positively impact your relationship?

DAY 3: INTENTIONAL LISTENING

When was the last time you felt truly heard by your partner? What can you do to create more opportunities for deep, uninterrupted conversations?

DAY 4: REFLECTING ON STRENGTHS

What is one strength in your relationship that has helped you overcome challenges? How can you build on this strength to grow even closer?

DAY 5: PRACTICING VULNERABILITY

What is one fear, dream, or personal thought you've been hesitant to share with your partner? How might sharing it bring you closer?

DAY 6: QUALITY TIME

What activity or moment makes you feel most connected to your partner? How can you intentionally create more of these shared experiences?

DAY 7: LOOKING AHEAD

What is one shared goal or vision for your relationship over the next month?
How can you support each other in making it a reality?

THANK YOU

Thank you for taking the time to embark on this journey of growth, connection, and love through this workbook.

Your commitment to understanding yourselves and your relationship is a powerful step toward creating the deep, meaningful connection you desire and deserve.

This workbook was designed to guide you through the complexities of your relationship with practical exercises, heartfelt reflections, and actionable insights.

By engaging with these tools, you've not only invested in your partnership but also in yourselves as individuals.



Stay Connected!

I'd love to hear about your journey and how this workbook has helped you!

Feel free to share your thoughts, experiences, or feedback by reaching out at cc@carriecohencoaching.com or connecting with me on [carriecohencoaching](https://www.instagram.com/carriecohencoaching)

Remember, every step you take toward understanding and connection brings you closer to the love and harmony you both deserve.

With gratitude and encouragement,
Carrie Cohen