

# 7 DAYS TO A MORE CONNECTED RELATIONSHIP

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- Day 1** **Practice kindness.** What is something that your partner usually takes the lead on that you could step up to do for them? Prep dinner? Vacuum? One small act can go a long way and shake us out of the usual roles that we may take for granted.
- Day 2** **Show affection.** Take a moment to give an unexpected hug or kiss once today (and mean it!)
- Day 3** **Reflect on the past.** Think about a fun memory or experience that you and your partner shared. Bring it up and have a laugh.
- Day 4** **Attend.** The next time your partner talks today, focus on nothing else. Your job is to not only understand the content of what they are saying, but what the feeling is underneath. If it isn't clear, ask "how does that make you feel?" Avoid the temptation to solve the problem (unless they ask for help)
- Day 5** **Appreciate.** Find 3 different things your partner did that day (or does in general) that you can vocalize. It may be an everyday task, like laundry or putting gas in the car, or something that made you feel loved or validated
- Day 6** **Seek out your partner's priorities & opinions.** "Is there something that you'd really like to do this weekend?" Something that I can help you with that has really been on your mind? What do you feel like for dinner? How do you think we should approach \_\_\_? I'd like to hear your thoughts."
- Day 7** **Practice self-awareness.** Reflect how you have been showing up in the relationship, and choose one behaviour that you'd like to change. For example, if you've been argumentative in the last little while, your task would be to accept a different viewpoint and resist the urge to disagree with your partner right away.

**After implementing these, reflect on what you noticed.**

**Did it open up a different conversation? Did you feel more connected?**



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