

ONE MINDSET GO

Rebuilding Connection

Small, intentional ways to restore closeness and feel like a team again.

Start Small

Most couples experience periods of distance. Reconnection usually begins through small, consistent moments rather than one dramatic gesture.

I have felt most disconnected from you when:

I feel closest to you when:

Choose 3 Small Moments This Week

- ☐ Sit together for 10 minutes without phones.
- ☐ Ask about each other's day and really listen.
- ☐ Give a genuine compliment.
- ☐ Hug for a little longer than usual.
- ☐ Do something you used to enjoy together.
- ☐ Send a thoughtful text during the day.
- ☐ Take a short walk together.
- ☐ Say thank you for something usually taken for granted.
- ☐ Plan one simple date or shared activity.

Ask Better Questions

- ☐ What was the best part of your day?
- ☐ What stressed you out today?
- ☐ Is anything weighing on you?
- ☐ What are you looking forward to?
- ☐ What do you need more of lately?
- ☐ When have you felt closest to me recently?

Create a Connection Ritual

Choose something small that happens consistently: morning coffee, a goodnight check-in, a weekly walk, date night, or phones away at dinner.

Our connection ritual will be:

Connection is often rebuilt in ordinary moments. You do not need to completely change your relationship this week - start by creating more opportunities to turn toward each other.