

# DAY# 7

## How We *Stop* Sliding Back

### Guided Question

What is the main pattern we need to interrupt going forward?

### Couple Action

Choose one ongoing practice and schedule it now.

- Weekly 10 minute check in
- Daily appreciation
- One repair conversation per week
- One intentional connection moment per week

Our chosen practice:

---

---

---

Day and time we will do this:

---

---

---

### Reflection Prompt

What is one thing I understand about my partner now that I did not understand before this reset?

---

---

---