

DAY #6

Rebuilding *Connection* Quickly

Guided Question

What small moment of connection feels realistic for us today?

Couple Action

Choose one and do it today.

- 10 minute walk with no problem talk
- Coffee or tea together with phones away
- Sit together and share one appreciation each
- Hold hands for two minutes and breathe slowly together

What we chose:

Reflection Prompt

How did my body feel during this moment of connection compared to how I usually feel during conflict?
