

DAY #4

Respect And Emotional *Safety*

Guided Question

What helps me feel respected and emotionally safe with my partner?

Couple Action

Each partner completes both sentences.

I feel most respected by you when:

I feel least safe emotionally when:

Micro Behaviour We Will Practise Today

One small behaviour I will practise to increase safety today:

Reflection Prompt

How did our connection change when we focused on safety instead of being right?