

# The Work*Book*



# Welcome to The 7 Day *Relationship Reset*

## To Start

Click on the link below to gain access to the course

**[START THE 7 DAY RELATIONSHIP RESET COURSE](#)**

# DAY #1

## Why Our *Fights* Are Not About The Fight

### Guided Question

When I get triggered in our relationship, what do I feel first in my body?

- TIGHT CHEST
- KNOT IN STOMACH
- HEAT IN FACE
- RACING THOUGHTS
- NUMB OR FROZEN
- CLENCHED JAW
- OTHER -----

### Couple Action

Take turns and complete this out loud.

When I get triggered, my body feels:

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And I usually respond by:

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### Reflection Prompt

What did I notice about my nervous system today that I have never paid attention to before?

# DAY#2

## The *Pattern* We Keep Repeating

### Guided Question

What is the usual sequence when conflict starts between us?

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Think about the last few arguments and write the order, not the details.

### Couple Action

Complete this together.

When conflict starts, our pattern usually looks like this:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

We would describe our cycle as:

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### Reflection Prompt

At what point in this cycle do I start to feel emotionally unsafe?

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# DAY#3

## How We *Protect* Ourselves Differently

### Guided Question

When I feel overwhelmed in conflict, I usually:

- Move toward my partner
- Move away from my partner

### Couple Action

Complete these together out loud.

When I feel overwhelmed, I usually move toward or away by:

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What I need most in that moment is:

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### Reflection Prompt

What do I assume about my partner when they protect themselves?

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# DAY #4

## Respect And Emotional *Safety*

### Guided Question

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

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### Couple Action

Each partner completes both sentences.

I feel most respected by you when:

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I feel least safe emotionally when:

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### Micro Behaviour We Will Practise Today

One small behaviour I will practise to increase safety today:

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### Reflection Prompt

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

# DAY #5

## The *repair* conversation

### Guided Question

What was the emotional moment underneath our last conflict?

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### Couple Action

Use this script exactly.

#### Partner A

When that happened, I felt:

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What I needed in that moment was:

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#### Partner B

What I hear you saying is:

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That makes sense to me.

I am sorry for my part, which was:

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## Swap Roles

### Partner B

When that happened, I felt:

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What I needed in that moment was:

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### Partner A

What I hear you saying is:

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That makes sense to me.

I am sorry for my part, which was:

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## Reflection Prompt

What felt different when I focused on understanding instead of defending?

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# 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:

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## Reflection Prompt

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

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# 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:

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Day and time we will do this:

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### Reflection Prompt

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

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