

# 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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