

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?
