

The Work Book

The 7 Day Relationship Reset

PREPARING YOUR RELATIONSHIP FOR PARENTHOOD



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:

And I usually respond by:

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?

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:

Reflection Prompt

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

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:

What I need most in that moment is:

Reflection Prompt

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

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?

DAY #5

The repair conversation

Guided Question

What was the emotional moment underneath our last conflict?

Couple Action

Use this script exactly.

Partner A

When that happened, I felt:

What I needed in that moment was:

Partner B

What I hear you saying is:

That makes sense to me.

I am sorry for my part, which was:

Swap Roles

Partner B

When that happened, I felt:

What I needed in that moment was:

Partner A

What I hear you saying is:

That makes sense to me.

I am sorry for my part, which was:

Reflection Prompt

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

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?

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?
