

# Strengthen Relationship with Partner Cheat Sheet

## 1. Prioritize Micro-Moments of Connection

You don't need hours of alone time to stay connected. Small, intentional moments add up:

- ✓ A 6-second hug releases oxytocin and reduces stress. (40 seconds is optimal)
- ✓ Eye contact and a warm smile when passing in the kitchen.
- ✓ A quick "thinking of you" text during the day. (or share a quick gratitude moment)

## 2. Communicate Needs Clearly & Compassionately

Many frustrations come from unspoken expectations. Try:

- ✓ "I feel \_\_\_ when \_\_\_. What can we do together to shift this?"
- ✓ Use "I" statements instead of blame (e.g., "I feel overwhelmed" vs. "You never help").
- ✓ Set a weekly 10-minute check-in to share wins, needs, and gratitude.

## 3. Make Repairs Quickly (Instead of Keeping Score)

Disagreements happen. The key is *how* you reconnect afterward:

- ✓ Apologize for your part without defensiveness.
- ✓ Say: "I love you. I don't want this to stay between us. Let's figure it out."
- ✓ A small act of kindness (a hug, making their coffee) can signal peace.

## 4. Keep Play & Friendship Alive

Kids change the dynamic, but fun shouldn't disappear:

- ✓ Laugh together—watch funny videos, share inside jokes.
- ✓ Try something new together (a dance in the kitchen, a new recipe).
- ✓ Bring back silliness in talk, text, flirty.

## 5. Align on Teamwork & Mental Load

Resentment often builds when one partner carries an invisible load. Balance it with:

- ✓ A "brain dump" session—list everything on both of your plates, then work as a team for the same outcome.
- ✓ Appreciate effort: "I saw that you handled bedtime solo tonight—thank you."
- ✓ Use "we" language: "How can we make evenings smoother?"

## 6. Physical Connection Matters

Physical touch isn't just about intimacy—it's a daily love language:

- ✓ Hold hands while watching TV.
- ✓ Give a longer-than-usual kiss hello/goodbye.
- ✓ Non-sexual touch (a back rub, leaning against each other) builds closeness.

## 7. Protect Time for Just the Two of You

Even if it's once a month, prioritize time alone:

- ✓ Plan a 15-minute "mini date" at home (dessert and a chat after bedtime).
- ✓ If you can't go out, create a special at-home ritual (a game night, shared book).
- ✓ Remember: Connection doesn't require perfection, just presence.

### Family Meeting Tips:

Focus on the good, the gratitude and always share more positives and appreciations before diving into what isn't working. And Always end on a positive- maybe a little game?

## Questions and Ideas to continue to Date your Partner:

Dating partner: (car rides are great because men have a. Easier time ipening up with there isn't eye contact)

**At-Home Date Nights** – Order takeout, light a candle, and put phones away for an hour.

**15-Minute "Mini Dates"** – A slow morning coffee together before the kids wake up. A glass of wine on the porch after bedtime.

**Daytime Adventures** – Turn errands into an "us" moment. Grab coffee before grocery shopping. Listen to a fun playlist in the car together.

It's less about *where* you go and more about *how* you show up for each other.

## Fun & Playful Questions

If we could relive one of our pre-kid adventures, which one would you choose and why?

What's something ridiculous or funny I've done recently that made you smile?

If we had a whole day with zero responsibilities, how would we spend it?

What's a small thing we can do daily that would bring more fun into our relationship?

If we had to enter a couples' competition together, what would we totally crush at?

How's your experience been as a parent right now?

What are you most excited about right now?

What's something random that made you happy today?

If we could teleport anywhere for 24 hours, where would we go?

Play would you rather

## **Deepening Emotional Connection**

What's something you've been thinking about a lot lately but haven't shared with me yet?

What's one way I could support you better in this season of life?

What's something you love about me that you don't say often enough?

How has our relationship changed since becoming parents in ways that you love?

What's one thing from our early days that you miss and would love to bring back?

What are your biggest stressors right now?

Share what you appreciate about them

## **Keeping the Romance Alive**

What's one way I can make you feel more loved or desired in our everyday life?

What's one small, romantic thing I used to do that you really loved?

If we could create a dream date night (no limits), what would it look like?

What's something we haven't done together in a long time that you'd love to do again?

What's a simple way we can bring more physical connection into our daily routine?

What's one thing you wish we did more of together?

## **Dreams, Goals & Future Together**

What's something you want to experience together in the next year?

If we could travel anywhere with the kids, where would you want to go and why?

What's a new tradition we could start as a family that would be meaningful to us?

What's a personal dream or goal you have right now, and how can I support it?

What do you hope our relationship looks and feels like 10 years from now?

What are your goals and dreams and how can I support you?