

# REFLECTION GUIDE FOR COUPLES

*A Simple Practice for Connection & Growth*  
**Start every day, even if you don't get a chance to finish.**  
**It's a practice you can never do too often!**

## STEP 1: CHECK IN WITH EACH OTHER

Ask, "How are you doing?" or some people prefer "How are you feeling?"

- This helps you tune in to your emotions and clears your mind for the reflection ahead.

## STEP 2: CELEBRATE THE GOOD

Ask, "Good stuff?"

- Share the positives from your day or week.
- It doesn't have to be big—small joys, moments of gratitude, or simple wins matter.
- This builds appreciation and strengthens your bond.

## STEP 3: ACKNOWLEDGE CHALLENGES & PATTERNS

Ask: "Challenges?"

- Reflect on any challenges, triggers, or disappointments you've experienced.
- Share from your perspective.
- Notice patterns that come up—whether within your relationship or in other areas of life (work, friendships, family, personal growth).
- Think of it as releasing tension, recognizing personal growth, and connecting the dots between past and present experiences.

## STEP 4: CLOSING YOUR REFLECTION

- Optional: Set an intention for yourself until the next reflection.
- Express gratitude to each other for sharing.
- End with a simple hug or kind words to reinforce your connection.

💡 *Make this a daily or weekly ritual—it's a small habit that can bring deep understanding, personal growth, and intimacy to your relationship and life.*

## TOOLS AND TIPS

### SILENT LISTENING

Listening without interrupting, judging, or offering solutions.

When your partner speaks:

- Focus **fully** on their words without planning your response.
- Make **eye contact** or nod to show you're engaged.

- Resist the urge to correct, fix, or add your opinion—this is about holding space.
  - When they finish, they can indicate verbally with **"Thanks for listening"**.
  - Respond with **"Thanks for sharing."**
  - If you have a **question or comment**, ask **permission first**—for example, *"Can I share my thoughts?"* or *"May I ask a question?"*
- Then, **switch roles** and let the other person share.

## HANDLING TRIGGERS DURING REFLECTION

If you notice you are triggered and it's distracting you from the conversation, **pause and acknowledge it** rather than pushing through.

### The Conversation

#### Person 1:

"I'm triggered right now. How are you feeling?"

#### Person 2:

- "I'm fine. Do you want to continue?"
  - This gives Person 1 the control to decide whether they are able to continue effectively.

OR

- "I'm triggered too. Let's take some time out and come back later."

### When You Step Away

- Reflect on your trigger alone using the Trigger Reflection Exercise.
- Wait until you both feel clear before trying again.
- Physiological recovery time: Once stress hormones like cortisol and adrenaline are released, it can take 20–60 minutes to fully return to a calm state, depending on the intensity of the trigger and your ability to self-regulate.
  - Mild triggers: ~20 minutes
  - Moderate stress: ~30–45 minutes
  - Strong emotional reactions: Up to an hour or more

During this time, engaging in calming activities like deep breathing, movement, or journaling can help speed up emotional regulation.

💡 *Taking space when triggered isn't avoiding the conversation—it's creating the best conditions for a healthy and productive discussion later.*