

Use this tool for 4 consecutive weeks. The answers you're looking for will begin to surface.

The intention is not perfection. It is participation. Show up as fully as you can, and pay attention to what comes up in your partner and in yourself. Consistency is the practice.

Daily Anchor: 10 to 15 minutes, every day

Before anything else, build this into your day as a non-negotiable.

- Sit together without distractions
- Maintain gentle eye contact for 2–3 minutes

Each share:

- One thing you appreciated about the other today
- One thing you felt
- One thing you need

Note: No fixing required. You are practising being heard, not solving problems.

Focus on traits, not tasks. Name the action, the quality it reflects, and the impact it had on you.

Instead of: "Thanks for getting the milk." Try: "Thank you for being thoughtful. Getting the milk meant I didn't have to rush or feel pressured on the way home."

Day 1: Curiosity

Take turns asking each other:

- What has been on your mind lately that I might not know?
- What has felt easy between us recently?
- What has felt hard?

The goal isn't to resolve anything. It's to remember that your partner has an inner world, and so do you.

Day 2: Play

Do something light and low-stakes together: a walk, a game, cooking a meal, putting music on.

- Focus on shared experience rather than outcome

Connection doesn't always need to be serious to be meaningful.

Day 3: Affection (No Expectation)

Offer physical touch with no expectation of sex.

- Examples: hug, sitting close, holding hands

Optional reflection: Did this feel safe, or did it not? Notice the answer without judgment.

Day 4: Appreciation

Each share 3 things you genuinely value about the other.

- Focus on traits, not tasks
- Name the action, the quality it reflects, and the impact it had on you

Instead of: "Thanks for getting the milk." Try: "Thank you for being thoughtful. Getting the milk meant I didn't have to rush or feel pressured on the way home."

Specific, felt appreciation lands differently than a general compliment.

Day 5: Honesty

Gently share:

- Something you have been holding back
- Something you need more of

Focus on expression rather than resolution. You're practising saying the true thing.

Day 6: Shared Experience

Plan a simple date: coffee, a walk, the beach, a meal, sitting outside after the kids are in bed.

- Don't make it complicated or it won't happen
- Intention: presence and connection, not problem-solving

Day 7: Reflection

Sit together and reflect:

- What felt different this week?
- When did we feel most connected?
- What would we like to continue?

This isn't a debrief. It's a moment to acknowledge what you both showed up for.

Jodi Frizzel is a therapist and coach who works with individuals to help them make life changing shifts in how they live, learn and relate. If you are ready to influence your life with more perspective and clarity, reach out at innerworkings.au

Jodi Frizzel | Inner Workings | innerworkings.au | psychotherapy, counselling, self leadership.
Space to process. Tools to thrive.