

FREE GUIDE · RELATIONSHIPS

Stronger Together *for Couples*



Simple, everyday communication habits for couples: listening well, talking through disagreements calmly, showing appreciation, and making time for each other, plus a 30-day connection challenge.

5

daily connection habits

8

rules for calm disagreements

30

day connection challenge

Small habits, big difference

Strong relationships are rarely built on grand gestures. They grow from many small, everyday moments: a kind word, a real conversation, a shared laugh. The good news is that small habits are easy to start today.

5 daily connection habits

1. **Greet and say goodbye warmly:** a hug or kind word when you part and reunite
2. **Ask one real question:** "What was the best part of your day?" and listen to the answer
3. **Say thank you** for something specific, however small
4. **Phones away** for at least 15 minutes together each day
5. **End the day kindly:** even after a hard day, say goodnight with care

Signs of a healthy relationship

- ☐ You feel respected and listened to
- ☐ You can disagree without fear
- ☐ You support each other's goals
- ☐ You share decisions and responsibilities

Common sources of strain

- ☐ Stress from work and money
- ☐ Little time together
- ☐ Unequal chores or childcare
- ☐ Not feeling heard or appreciated

One thing I love about us

Write it down, then share it with your partner.

Start with yourself: you can't control your partner's habits, but you can change your own. Often, when one person becomes kinder and more attentive, the other responds in kind.

Listen well, speak kindly

Most arguments aren't about the topic; they're about not feeling heard. Two simple skills, listening to understand and speaking without blame, can change the tone of almost any conversation.

Listen to understand

BEFORE REPLYING

1. Put the phone down and face your partner.
2. Let them finish without interrupting.
3. Repeat back what you heard: "So you felt..."

Use "I" statements

INSTEAD OF BLAME

1. "I feel ___ when ___, and I'd like ___."
2. Example: "I feel stressed when the kitchen's messy at night. Could we tidy together after dinner?"

Ask, don't assume

CURIOSITY

1. "What did you mean when you said...?"
2. "How can I help?"
3. "What would make this easier for you?"

Validate feelings

EMPATHY

1. You don't have to agree to understand.
2. Try: "That makes sense," or "I can see why that upset you."

Instead of...	Try ...
"You never help."	"I'd really appreciate help with the dishes tonight."
"You always forget."	"Can we put it in the shared calendar so we both remember?"
"Whatever."	"I need a few minutes to think. Can we talk after dinner?"

Something I'd like my partner to understand, as an "I" statement

Disagree without damage

Every couple disagrees. What matters is how. Calm, respectful disagreements can bring you closer, because they help you understand each other better.

8 rules for calm disagreements

- ☐ Choose a good time, not when tired or hungry
- ☐ Focus on the problem, not the person
- ☐ Talk about one issue at a time
- ☐ Avoid "always" and "never"
- ☐ No name-calling, insults, or mocking
- ☐ Take a break if it gets heated
- ☐ Keep voices calm, and sit down together
- ☐ Look for a solution you can both accept

Taking a healthy time-out

1. **Agree a signal** in a calm moment, like "I need a break"
2. **Take 20–30 minutes** apart to calm down: walk, breathe, or do something soothing
3. **Avoid rehearsing the argument** in your head during the break
4. **Come back** at an agreed time and continue calmly

Making up

- ☐ Say sorry for your part, without "but..."
- ☐ Accept an apology graciously
- ☐ Use humor gently to break tension

Solve it together

- ☐ Each share what matters most to you
- ☐ List possible options together
- ☐ Try one, then review in a week

Talking about the big topics

- ☐ **Money:** agree on a monthly budget and shared goals
- ☐ **Family:** discuss expectations about relatives and visits
- ☐ **Chores:** list them all, then share them fairly
- ☐ **Parenting:** agree on rules and back each other up

Appreciation & time together

Feeling appreciated is one of the strongest foundations of a happy relationship. Notice the good, say it out loud, and protect time for just the two of you.

Ways to show appreciation

- ☐ Say thank you for everyday things
- ☐ Leave a kind note or message
- ☐ Praise your partner in front of others
- ☐ Do one of their chores without being asked
- ☐ Remember what matters to them

Low-cost time together

- ☐ A walk after dinner
- ☐ Cook a new recipe together
- ☐ Tea on the balcony, phones away
- ☐ Look through old photos
- ☐ A home movie night

Conversation starters

- ☐ What's something you're looking forward to?
- ☐ What's a favorite memory of us?
- ☐ What's one thing I could do to make your week easier?
- ☐ Where would you love to travel together?
- ☐ What are you proud of lately?
- ☐ What did you dream of being as a child?

A weekly 20-minute check-in

Once a week, sit together and take turns sharing: **1)** something you appreciated this week, **2)** anything that's on your mind, **3)** plans for the week ahead (chores, money, family), and **4)** one thing you'll do together soon.

Keep dating each other: plan a regular "us time," even once a month. Take turns choosing what to do, and keep it free of chores and planning talk.

YOUR CHALLENGE

The 30-day connection challenge

One small action a day for 30 days. Do it together, or quietly on your own, and notice what changes.

Week 1	Week 2	Week 3	Week 4
☐ Say a specific thank you	☐ Ask about their day and just listen	☐ Leave a kind note	☐ Share a favorite memory
☐ 15 minutes, phones away	☐ Do a chore they usually do	☐ Cook together	☐ Plan a day out
☐ A warm hello and goodbye	☐ Try an "I" statement	☐ Go for a walk together	☐ Ask a conversation starter
☐ Compliment them	☐ Weekly check-in	☐ Weekly check-in	☐ Weekly check-in
☐ Ask a conversation starter	☐ Look through old photos	☐ Say sorry for something small	☐ Write what you value in them
☐ Weekly check-in	☐ Support one of their goals	☐ Surprise them with a treat	☐ Plan next month's date
☐ A home movie night	☐ Laugh together	☐ Hold hands on a walk	☐ Celebrate 30 days!

What changed this month?

When to get extra help

Every relationship goes through hard times. Asking for help early is a sign of commitment, not failure.

Consider couples counseling if...

- ☐ The same arguments keep repeating
- ☐ You feel distant or lonely together
- ☐ Trust has been broken
- ☐ Big changes are causing strain

Where to look

- ☐ A licensed couples or family counselor
- ☐ Your doctor, for a referral
- ☐ Community or faith-based family services
- ☐ Your employer's support program, if available

If you feel unsafe, controlled, or afraid of your partner

Communication tips are not the answer to abuse, and it is never your fault. Please reach out for confidential support:

- **Emergency:** call your local emergency number
- **Anywhere:** find a free, confidential helpline in your country at findahelpline.com

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Here's to your relationship,

Uday Chandra

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