RECONNECTING AFTER AN ARGUMENT™

Find your way back to each other.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

Before You Reconnect

Take a deep breath. This is your reset. Before you try to reconnect, take a moment to check in with yourself. Be honest about what you're feeling and what you need.

HOW I'M FEELING	WHAT I NEED RIGHT NOW
■ Angry ■ Hurt ■ Sad ■ Frustrated ■ Overwhelmed ■ Calm ■ Other: _____	■ Space ■ Reassurance ■ A hug ■ Apology ■ Time to cool down ■ To talk ■ Other: _____

My thoughts right now:

I choose to move forward with love, not pride.

The 10-Minute Reconnection Reset

Set a timer for 10 minutes. No phones. No distractions. Just you, your partner, and your relationship.

1. **BREATHE TOGETHER (2 min)**
   Sit close. Hold hands if you want. Take slow, deep breaths.
2. **SHARE YOUR HEART (2 min)**
   Each of you gets 2 minutes to say how you feel. Use “I” statements, not blame.
3. **LISTEN & VALIDATE (3 min)**
   The listener listens without interrupting. Try: “I hear you.” Your feelings matter.
4. **FIND COMMON GROUND (2 min)**
   Talk about what you both want — peace, love, and a stronger us. What can you do right now to move forward?
5. **END WITH AFFIRMATION (1 min)**
   Say one thing you appreciate about each other.

Small steps. Big difference.

Repair Conversation

Use these prompts to help you have a healthy, productive conversation after an argument.

What happened from your perspective?

How did it make you feel?

What did you need in that moment?

What can we do differently next time?

What do you love about our relationship, even when things are hard?

Listen Without Fixing

Sometimes the most powerful thing you can do is just listen. Not solve. Not defend. Just listen.

1. Take turns. One person speaks, the other listens. No interruptions.

2. Focus on understanding, not responding.

3. Use phrases like: “I hear you,” “That makes sense,” and “I'm sorry you feel that way.”

4. After they're done, say what you heard back in your own words.

What I heard you say:

To be heard is to be loved.

Next-Time Plan

Arguments are a part of every relationship. It's not about avoiding them — it's about handling them better.

WE WILL:

- Take a pause before reacting.
- Use kind, respectful language.
- Avoid bringing up the past.
- Focus on the issue, not the person.
- Take a break if we need it — and come back.
- Find a solution, not a winner.
- Remember: we're on the same team.

Our plan for the next time:

Better tools. Healthier talks. A stronger us.

The Reconnection Promise

We promise to choose each other — even after the hard moments.

♥ We will be honest, not hurtful.

♥ We will listen, not just respond.

♥ We will fight for our love, not against each other.

♥ We will keep showing up, even when it's hard.

♥ We will remember that we are a team.

Our Promise:

Same team. Always.

A Small Act of Reconnection

It doesn't have to be big. It just has to be real.

■ Give a 10-second hug.

■ Say something kind — and mean it.

■ Plan a 10-minute date (at home or out).

■ Text a sweet message during the day.

■ Do a small chore for your partner.

■ Watch a funny show or movie together.

■ Leave a love note.

■ Try something new together.

■ Other: _____

Our small act today:

_____

_____

_____

_____

Why Reconnection Matters

Every argument can either create distance or create a deeper bond — it all depends on what you do next.

When you choose to reconnect, you can:

✓ Build trust and emotional safety

✓ Improve communication

✓ Reduce resentment

✓ Feel more valued and understood

✓ Increase intimacy — emotional and physical

✓ Create a stronger, healthier future together

It's not about being perfect.
It's about being committed.

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Our Reconnection Notes

Write down anything you want to remember, plan, or come back to.

Stronger together.



REAL LOVE ISN'T PERFECT... IT JUST KEEPS SHOWING UP.

Together, we're stronger.

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STRONGER TOGETHER. UNSTOPPABLE. FOREVER.