WARRIOR COUPLE RELATIONSHIP RESOURCES

Tools for the relationship you are building.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

WELCOME, WARRIOR COUPLE

A practical workbook for choosing each other on purpose.

Relationships are built in ordinary moments: the conversation after a long day, the apology after an argument, the hand reaching across the couch, the laugh you didn't expect, and the decision to try again.

This workbook is designed to give couples practical tools—not perfection. Use one chapter at a time, revisit the pages that help most, and skip anything that doesn't fit your season of life.

HOW TO USE THIS WORKBOOK

☐ Choose one topic at a time.
☐ Set aside 15–30 minutes when possible.
☐ Take turns answering instead of rushing to solve.
☐ Write honestly, but respectfully.
☐ Pause when either partner feels overwhelmed.
☐ Celebrate progress rather than demanding perfection.

Educational resource only. This workbook is not a substitute for professional counseling, medical advice, or financial advice. If there is fear, coercion, abuse, or danger, prioritize safety and seek appropriate professional support.

OUR INTENTION

What do we want this workbook to help us create?

_____

_____

_____

_____

CHAPTER 1 • CONVERSATION STARTERS

Move beyond logistics and discover each other again.

Good conversations don't always need a big topic. Sometimes they simply need curiosity.

QUICK START

☐ What made you smile today?	☐ What have you been thinking about lately?
☐ What makes you feel most loved by me?	☐ What is one thing you wish I noticed more?
☐ What is a memory of us that still makes you laugh?	☐ What would you love for us to do this year?
☐ What helps you feel safe enough to be vulnerable?	☐ What is one small thing I could do this week that would mean a lot?

DEEPER QUESTIONS

Something I want you to understand about me right now:

Something I admire about you that I don't say often enough:

A dream I'd love us to talk about:

CONVERSATION CARD BUILDER

Create your own questions and keep the best ones for future date nights.

Partner A asks:

_____

_____

_____

Partner B asks:

_____

_____

_____

One answer that surprised us:

_____

_____

_____

One thing we want to explore together:

_____

_____

_____

CHAPTER 2 • ARGUMENT RESET

A pause is not defeat. It is a chance to return with intention.

The goal of a reset is not to decide who won. It is to help two people get back on the same team.

THE 10-MINUTE RESET

☐ We agree to pause instead of escalating.
☐ We name what we are feeling without attacking.
☐ We take time to breathe and lower the intensity.
☐ We agree when we will return to the conversation.
☐ We return with the goal of understanding first.
☐ We each state one thing we need.

RESET SCRIPT

"I don't want us to hurt each other while we're upset. I need a pause, and I want to come back to this conversation at _____. I care about us, and I want us to work through this."

What triggered the argument?

_____

_____

What was I feeling underneath my anger?

_____

_____

What do I need my partner to understand?

_____

_____

What can I own?

_____

_____

CHAPTER 3 • CONFLICT RESOLUTION

Turn conflict into a problem you face together.

You can disagree and still protect the relationship.

THE TEAM METHOD

☐ Define the issue in one sentence.	☐ Each partner gets uninterrupted time to explain.
☐ Identify the shared goal.	☐ Separate the problem from the person.
☐ List at least three possible solutions.	☐ Choose one solution to try.
☐ Set a check-in date.	☐ Thank each other for staying in the conversation.

OUR ISSUE

The problem we are trying to solve:

_____

_____

What Partner A needs:

_____

_____

What Partner B needs:

_____

_____

What we both want:

_____

_____

Our solution to try:

_____

_____

CHAPTER 4 • REBUILDING TRUST

Trust grows through consistent actions over time.

Trust is rarely rebuilt in one conversation. It is rebuilt through honesty, consistency, transparency, and follow-through.

TRUST-BUILDING CHECKLIST

☐ We tell the truth, even when uncomfortable.	☐ We follow through on what we promise.
☐ We communicate changes instead of disappearing.	☐ We make room for questions without defensiveness.
☐ We respect agreed boundaries.	☐ We acknowledge hurt without minimizing it.
☐ We show consistency over time.	☐ We celebrate small signs of progress.

What happened that affected trust?

_____

_____

_____

What does the hurt partner need to feel safer?

_____

_____

_____

What actions can be taken consistently?

_____

_____

_____

What boundaries or agreements do we need?

_____

_____

_____

Our 30-day trust action:

_____

_____

_____

CHAPTER 5 • DATE NIGHT IDEAS

Connection doesn't always require a reservation or a big budget.

A date is intentional time where you remember that you are partners—and people who like each other.

AT-HOME DATES

☐ Cook a new meal together	☐ Build a blanket fort
☐ Dessert challenge	☐ Play cards or a board game
☐ Living-room dance party	☐ Create a couples playlist
☐ Look through old photos	☐ Candlelit dinner
☐ Give each other a massage	☐ Plan your dream vacation

LOW-COST OUTINGS

☐ Coffee walk	☐ Sunset drive
☐ Free local event	☐ Thrift-store challenge
☐ Picnic	☐ Hike or nature walk
☐ Bookstore date	☐ Dessert-only date

OUR NEXT DATE

Date: _____ Budget: $_____ Who plans it? _____

What would make this date feel special?

_____

_____

CHAPTER 6 • MONEY CONVERSATIONS

Money talks become easier when they become team talks.

The goal isn't "my money" versus "your money." It is understanding the numbers and deciding what matters to both of you.

MONEY CONVERSATION RULES

☐ We talk about money without shaming each other.	☐ We use current numbers rather than guesses.
☐ We separate facts from emotions.	☐ We identify shared priorities.
☐ We give each partner room to explain.	☐ We choose one next step.

MONTHLY BUDGET

INCOME	PLANNED	ACTUAL
Partner A	$_____	$_____
Partner B	$_____	$_____
Other	$_____	$_____
TOTAL	$_____	$_____

EXPENSES	PLANNED	ACTUAL
Housing	$_____	$_____
Utilities	$_____	$_____
Food	$_____	$_____
Transportation	$_____	$_____
Insurance	$_____	$_____
Debt	$_____	$_____
Savings	$_____	$_____
Fun / dates	$_____	$_____
Other	$_____	$_____
TOTAL	$_____	$_____

MONEY GOALS WORKSHEET

Choose goals together, then decide what action will move you forward.

GOAL	TARGET	MONTHLY ACTION	OWNER
Emergency fund	$_____	_____	_____
Debt payoff	$_____	_____	_____
Vacation	$_____	_____	_____
Home goal	$_____	_____	_____
Other	$_____	_____	_____

One money habit we want to change:

_____

_____

_____

One money habit we want to build:

_____

_____

_____

A money conversation we need to have this month:

_____

_____

_____

CHAPTER 7 • HOW TO TOUCH AGAIN

Rebuild everyday affection without pressure.

Touch can begin with safety, consent, and small moments—not expectations.

THE AFFECTION LADDER

Start wherever feels comfortable. Either partner can say “not right now,” and that answer is respected.

☐ Sit beside each other	☐ Hold hands
☐ Hug hello or goodbye	☐ Cuddle while watching TV
☐ Kiss for a little longer	☐ Give a shoulder or hand massage
☐ Rest a hand gently on your partner	☐ Create a regular goodnight kiss
☐ Ask: “What kind of touch feels good today?”	

Touch that helps me feel connected:

_____

_____

_____

Touch I would like more of:

_____

_____

_____

A boundary I want respected:

_____

_____

7-DAY TOUCH RESET

☐ Day 1: One intentional affectionate moment	☐ Day 2: One intentional affectionate moment
☐ Day 3: One intentional affectionate moment	☐ Day 4: One intentional affectionate moment
☐ Day 5: One intentional affectionate moment	☐ Day 6: One intentional affectionate moment
☐ Day 7: One intentional affectionate moment	

CHAPTER 8 • HOW TO LAUGH AGAIN

Play is not childish. It is relationship oxygen.

When couples laugh together, they create shared memories that belong only to them.

LAUGHTER MENU

☐ Tell an embarrassing childhood story	☐ Recreate your first date
☐ Make up ridiculous pet names	☐ Two-minute dance battle
☐ Watch old photos or videos	☐ Play a silly game
☐ Try to make each other laugh without touching	☐ Create a new inside joke
☐ Send a ridiculous text from the next room	☐ Do something neither of you is good at

Things that reliably make us laugh:

_____

_____

_____

Something silly we want to try:

_____

_____

_____

Our favorite funny memory:

_____

_____

_____

WEEKLY PLAY DATE

Day/time: _____ Activity: _____

CHAPTER 9 • THE ART OF LISTENING

Listen to understand before you listen to respond.

Sometimes the most loving thing you can give your partner is your full attention.

THE LISTENING FORMULA

1. Put distractions away. 2. Ask an open question. 3. Listen without preparing your defense. 4. Reflect what you heard. 5. Ask what your partner needs next.

LISTENING CHECKLIST

☐ I made eye contact when appropriate.	☐ I did not interrupt.
☐ I asked a clarifying question.	☐ I reflected what I heard.
☐ I avoided fixing the problem immediately.	☐ I validated the feeling even when I saw things differently.
☐ I asked: “Do you want listening, support, or solutions?”	

What I heard my partner say:

_____

_____

_____

What I think my partner may be feeling:

_____

_____

What my partner needs from me:

_____

_____

CHAPTER 10 • THE ART OF APOLOGIZING

A real apology repairs more than words can.

An apology is not losing. It is choosing the relationship over the need to be right.

THE 5-PART APOLOGY

☐ Name what you did.	☐ Acknowledge the impact.
☐ Do not add a “but.”	☐ Say what you will do differently.
☐ Follow with changed behavior.	

APOLOGY BUILDER

“I’m sorry for _____. I can see that it affected you by _____. I understand why that hurt. I will _____ differently next time. I want to rebuild trust by _____.”

What I need to take responsibility for:

_____

_____

_____

What repair would look like:

_____

_____

_____

What changed behavior will show:

_____

_____

_____

RECEIVING AN APOLOGY

☐ I listened to the apology.	☐ I said what I need in order to repair.
☐ I avoided using the apology as ammunition later.	☐ I allowed rebuilding to take the time it needs.

CHAPTER 11 • COUPLES HOME FITNESS

Move together. Encourage each other. Have fun doing it.

The goal is not competition. The goal is creating a healthy habit you can enjoy together.

BEFORE YOU START

Choose activities appropriate for your current fitness level. Stop if you experience pain, dizziness, chest pain, unusual shortness of breath, or feel unwell. If either partner has a medical condition, injury, or significant fitness limitation, consult an appropriate healthcare professional before beginning a new exercise program.

WEEKLY MOVEMENT PLAN

DAY	ACTIVITY	MIN	TOGETHER	DONE
Mon	Walk / mobility	___	☐	☐
Tue	Strength circuit	___	☐	☐
Wed	Walk / active play	___	☐	☐
Thu	Strength circuit	___	☐	☐
Fri	Dance / cardio	___	☐	☐
Sat	Outdoor activity	___	☐	☐
Sun	Stretch / recovery	___	☐	☐

10-MINUTE PARTNER CIRCUIT

☐ Warm up: 2 minutes	☐ Chair/bodyweight squats: 8–12 reps
☐ Wall or incline push-ups: 8–12 reps	☐ Glute bridges: 8–12 reps
☐ Bird-dogs: 6–10 per side	☐ Easy march or step-touch: 60 seconds
☐ Rest as needed	☐ Cool down and celebrate finishing together

Something I appreciate about how you showed up today:

_____

_____

_____

Our movement goal: _____ days per week for _____ minutes.

CHAPTER 12 • OUR RELATIONSHIP RESET PLAN

Turn what you've learned into a simple rhythm.

Small, repeatable actions are easier to sustain than dramatic promises.

OUR WEEKLY WARRIOR RHYTHM

☐ One meaningful conversation	☐ One intentional affectionate moment
☐ One laugh or playful activity	☐ One date or quality-time block
☐ One appreciation	☐ One money check-in when needed
☐ One shared movement session	☐ One weekly relationship check-in

WEEKLY CHECK-IN

Connection score (circle one): 1 2 3 4 5

What went well between us this week?

_____

_____

_____

Where did we feel disconnected?

_____

_____

_____

What do we want more of next week?

_____

_____

_____

One thing I choose to do for our relationship:

_____

_____

_____

30-DAY RELATIONSHIP CONNECTION TRACKER

Use this as a flexible checklist. Missing a day does not mean starting over.

☐ Day 1 — Have a 10-minute phone-free conversation.
☐ Day 2 — Give an unexpected hug.
☐ Day 3 — Tell your partner one thing you admire.
☐ Day 4 — Share a funny memory.
☐ Day 5 — Take a walk together.
☐ Day 6 — Ask a question you've never asked.
☐ Day 7 — Plan a low-cost date.
☐ Day 8 — Give your partner your full attention for 10 minutes.
☐ Day 9 — Send a playful text.
☐ Day 10 — Say thank you for something specific.
☐ Day 11 — Hold hands for five minutes.
☐ Day 12 — Talk about one dream for the future.
☐ Day 13 — Do something silly together.
☐ Day 14 — Apologize for one small thing if needed.
☐ Day 15 — Ask how your partner is really doing.
☐ Day 16 — Cook or make something together.
☐ Day 17 — Give a compliment about character.
☐ Day 18 — Have a money check-in.
☐ Day 19 — Try a new activity together.
☐ Day 20 — Watch something that makes you laugh.
☐ Day 21 — Share a favorite memory.
☐ Day 22 — Give a gentle massage or affectionate touch with consent.
☐ Day 23 — Ask what your partner needs this week.
☐ Day 24 — Put phones away during a meal.
☐ Day 25 — Tell your partner why you chose them.
☐ Day 26 — Do one helpful thing without being asked.
☐ Day 27 — Take a couples movement break.
☐ Day 28 — Talk about something you're grateful for.
☐ Day 29 — Plan your next date.
☐ Day 30 — Celebrate one thing you've built together.

OUR WARRIOR COUPLE COMMITMENT

We don't promise perfection. We promise to keep choosing connection.

☐ We will make room for conversation.
☐ We will protect laughter.
☐ We will practice affection.
☐ We will learn to listen.
☐ We will repair when we hurt each other.
☐ We will talk about money as a team.
☐ We will make time for dates and play.
☐ We will encourage each other's health and growth.

And when life gets busy, we will remember that our relationship is worth protecting.

Our commitment to each other:

_____

_____

_____

_____

_____

Partner A: _____ Date: _____

Partner B: _____ Date: _____

SURPRISEBOXXXES • WARRIOR COUPLE

Small moments. Stronger marriages.