

COMMUNICATION / WORKBOOK

Couples Communication Workbook

Practice starting a difficult conversation, listening without preparing a rebuttal, and making a request your partner can actually act on.

10 pages | Three 20-minute sessions

A good way to use this

1. Session 1: complete pages 2-4 separately, then compare your notes.
2. Session 2: use pages 5-7 together with a small current issue.
3. Session 3: try the request, review pages 8-10, and decide what to keep.

Inside your resource

- | | |
|--|---|
| 02 Choose a conversation worth having | 07 Ask what kind of help is wanted |
| 03 Learn each other's listening conditions | 08 Plan a pause you can trust |
| 04 Find the feeling and the request | 09 Turn a request into a small experiment |
| 05 Practice a first sentence | 10 Review without keeping score |
| 06 Listen, reflect, check | |

Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

01 / Couples Communication Workbook

Choose a conversation worth having

Pick one specific situation from the last week. Describe what happened without guessing what your partner intended. You can each choose a different moment; agree on just one to practice with.

EXAMPLE Observation: "We had not decided who was making dinner by 6:30." Assumption: "You expected me to handle it." The observation is a starting point; the assumption is a question.

01 What happened? Include a time, place or observable action.

Partner A

Partner B

02 What did I assume it meant? What do I still need to ask?

Partner A

Partner B

03 If this conversation went well, what would be different afterward?

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

02 / Couples Communication Workbook

Learn each other's listening conditions

Small changes to timing or surroundings can make it easier to listen. These are preferences to discuss, not rules one person imposes. A partner can be unavailable now and still care about the conversation.

EXAMPLE "I want to hear this. I am still in work mode. Could we sit down after dinner at 7:30?" Agree on a time that works for both of you.

01 I find it easier to listen when...

Partner A

Partner B

02 A sign that I need a pause is...

Partner A

Partner B

03 When a conversation cannot happen now, a reassuring alternative is...

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

03 / Couples Communication Workbook

Find the feeling and the request

A feeling describes your experience. A request names an action. Keep them separate from a verdict about your partner's character. The other person may have a different feeling about the same event.

EXAMPLE "I felt overwhelmed because I needed a clearer plan. Could we decide dinner by 5 p.m.?" is easier to respond to than "You never help."

01 Under my first reaction, I felt...

Partner A

Partner B

02 The need or concern underneath that feeling was...

Partner A

Partner B

03 One specific action I would like to ask for is...

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

04 / Couples Communication Workbook

Practice a first sentence

Write a version you could say in your own voice. Start with one situation, explain its effect on you, and make room for your partner's perspective. This is an invitation, not a script you must perform perfectly.

EXAMPLE "When the plans changed and I did not hear, I felt left out. What happened on your side? Could we agree how to update each other next time?"

01 The opening I tend to use when I am frustrated is...

Partner A

Partner B

02 A more specific, less blaming opening could be...

Partner A

Partner B

03 The question I want to ask before deciding what happened is...

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

05 / Couples Communication Workbook

Listen, reflect, check

Take two minutes each. The speaker describes the chosen situation. The listener waits, summarizes the meaning, and checks their understanding. Switch roles before brainstorming solutions.

EXAMPLE Listener: "You were not asking me to guess what you needed. You wanted us to decide who was doing what. Have I got that right?" Speaker: "Mostly. I also wanted to know you noticed I was tired."

01 What I heard my partner care about was...

Partner A

Partner B

02 What I initially misunderstood or missed was...

Partner A

Partner B

03 Something I can understand even if I see the situation differently is...

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

06 / Couples Communication Workbook

Ask what kind of help is wanted

Sometimes a person wants company in a feeling; sometimes they want an idea or practical help. Ask rather than assume. A request for listening does not mean the issue can never be solved.

EXAMPLE "Would you like me to listen for a few minutes, help think through options, or take something off your list?" Allow an answer of "I am not sure yet."

01 In this situation, I would most appreciate listening, ideas, practical help, or something else:

Partner A

Partner B

02 A response that usually helps me feel understood is...

Partner A

Partner B

03 One thing that sounds helpful to you but does not help me much is...

Partner A

Partner B

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

07 / Couples Communication Workbook

Plan a pause you can trust

Make this plan while you are calm. A pause should reduce pressure and include a proposed return time. Do not follow someone who has asked for space or use silence to punish them.

EXAMPLE "I am getting too worked up to listen. Can we pause and try again at 8?" If either person still feels unable to continue, agree on another time or outside support.

01 Our plain-language way to ask for a pause will be...

Our notes / the named person's response

02 During the pause, I can settle myself by...

Our notes / the named person's response

03 How will we propose a return time and update each other if we need longer?

Our notes / the named person's response

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

08 / Couples Communication Workbook

Turn a request into a small experiment

Choose a change that is specific enough to try for one week. Either partner may suggest an alternative. Agreement under pressure is not a useful agreement.

EXAMPLE "On workdays, we will send one dinner-plan message by 5. If neither of us has capacity, we will choose a simple backup meal together."

01 What exactly will we each try, and when?

Our notes / the named person's response

02 What could get in the way? What is our simpler backup?

Our notes / the named person's response

03 How will we check whether the change helped both of us?

Our notes / the named person's response

Make connection a daily habit. Explore the Connected Couples App.

connectedcouples.app | Free + Premium plans

Review without keeping score

After a week, return to the experiment. Separate noticing effort from deciding whether the plan worked. A missed day is information about the plan, not a judgment about the relationship.

EXAMPLE "The earlier message helped me relax. Friday was still confusing. Could our backup be written down so neither of us has to decide while tired?"

01 One moment when I felt more heard was...

Partner A

Partner B

02 One part of our plan that needs adjusting is...

Partner A

Partner B

03 One thing I want to thank my partner for, and one next step I can own:

Partner A

Partner B

Keep a little time for each other.

A short conversation is easier to return to when it has a place in your day. Try the Connected Couples App for a shared daily question and mood check-ins.