

Relationship Workbook

This resource is designed to help you and your partner strengthen communication, build trust, and foster deeper emotional connection. Whether you're looking to reignite the spark, navigate challenges, or maintain a healthy relationship, this workbook will guide you through meaningful exercises and discussions.

Names: _____ **Contact number:** _____

Active listening practice

Objective: Improve understanding and empathy through active listening.

1. Each partner picks a topic they would like to discuss.
2. Decide on 3-5 minutes per person.
3. No interruptions allowed.
4. Partner B summarizes what they heard.
5. Repeat the process for Partner B's topic.

How did it feel to be truly listened to?

Partner A:

Partner B:

Were there any surprises during the discussion?

Partner A:

Partner B:

Expressing your needs and desires

Objective: Encourage open discussion about individual needs.

1. Individually, write what you need from your partner in the relationship.
2. Take turns sharing your list.
3. Highlight the top 2-3 needs.
4. Brainstorm ways to meet these needs together.

Were any of the needs surprising?

Partner A:

Partner B:

How can you make meeting these needs a team effort?

Partner A:

Partner B:

Trust mapping

Objective: Identify areas of strong and weak trust.

1. On a piece of paper, list different areas of your relationship (e.g., finances, emotional support, honesty).
2. On a scale of 1-10, rate the level of trust you feel in each.
3. Identify areas with lower scores.
4. Create specific steps to build trust in those areas.

What actions have helped build trust in the past?

Partner A:

Partner B:

How can you both contribute to increasing trust?

Partner A:

Partner B:

Apology and forgiveness

Objective: Practice healthy apologies and forgiveness to mend past hurts.

1. Select a situation where one partner felt hurt.
2. Use the format: "I am sorry for [specific action]. I understand it hurt you because [reason]. I will do [specific action] differently in the future."
3. The partner acknowledges the apology and expresses how they feel.
4. Discuss what forgiveness looks like for both of you.

How does it feel to receive a sincere apology?

Partner A:

Partner B:

What steps are needed to rebuild trust after an apology?

Partner A:

Partner B:

Daily appreciation

Objective: Build emotional intimacy through positive reinforcement.

1. Share one thing you appreciate about your partner every day.
2. Keep a joint journal where you both write daily appreciations.
3. At the end of each week, read through your notes together.

How has daily appreciation affected your relationship?

Partner A:

Partner B:

Were there any moments that felt particularly meaningful?

Partner A:

Partner B: