

Find clearer words for a couples check-in

Make a specific request, give a pause a return time and notice a small act of care.

01 Replace “you always” with a specific request

A fictional couple keeps missing their agreed start time. Rewrite “You always make us late” as one observation and one request.

Draft the opening line

02 Give a conversational pause a return time

Two people agree to take a break from a routine disagreement. Which wording makes it easier to come back to the conversation?

- ▢ “We’ll talk about this eventually.”
- ▢ “Could we pause and check back at 7:30?”

03 Start a weekly check-in with one observation

Think of a small thing a fictional partner did that helped the week go smoothly. Write a sentence that names the action and its effect.

Write the observation

Worked answers
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