

RELATIONSHIPS

Connection, Communication & Repair

18 practical worksheets for couples and adults working on communication, boundaries, conflict, trust, emotional connection, shared responsibility, and repair.

FINDING OUR PLACE™ • RELATIONSHIP RESOURCE TOOLS**PLACE • VOICE • RESPONSIBILITY • CONNECTION**

These resources are educational tools and are not a substitute for individualized couples or mental health assessment and treatment.

**PRACTICAL TOOLS FOR STRONGER FAMILIES, HEALTHIER CONNECTION, AND GROWTH**

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Relationship Health Check-In

Take a snapshot of the relationship without reducing it to one good or difficult moment.

Area	Strong	Needs attention
☐ Connection		☐ Communication
☐ Trust		☐ Affection
☐ Teamwork		☐ Conflict repair
☐ Shared responsibility		☐ Fun / friendship
☐ Intimacy		☐ Parenting alignment

What is working well?

What needs attention first?

Choose one area rather than trying to fix everything.



Communication Styles

Notice the communication pattern you tend to use under stress.

☐ Direct and respectful

☐ Passive / avoidant

☐ Aggressive

☐ Indirect / sarcastic

☐ Defensive

☐ Shut down

☐ Over-explain

☐ Pursue for resolution

When I feel safe, I communicate like...

When I feel threatened or unheard, I tend to...

A healthier response I want to practice



I-Statements Builder

Speak from your own experience instead of leading with blame.

Formula: I feel _____ when _____ because _____. What I need / hope for is _____.

The complaint I usually say

Rewrite it as an I-statement

Focus on your experience and a clear request.

What I am actually asking for



Reflective Listening Practice

Practice understanding before defending, correcting, or solving.

Speaker: What I want you to understand

Listener: What I heard you say

Begin with: "What I hear you saying is..."

Listener: The feeling / need I heard

Speaker: Did they get it?

☐ Yes ☐ Partly ☐ Not yet

What needs clarification?



What I Heard / What I Meant

Slow down misunderstandings by separating intention from impact.

What was said	What I heard	What was meant
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What assumption did I make?

What clarification would help?



Conflict Cycle Map

Map the recurring cycle so the cycle—not your partner—becomes the problem.

Trigger

What usually starts the cycle?

Person A reaction

Thoughts • feelings • behavior

Person B reaction

Thoughts • feelings • behavior

How the cycle feeds itself

Where can we interrupt it?



Trigger–Reaction–Repair

Move from activation to accountability and reconnection.

Trigger	My reaction	Impact	Repair / new response

My earliest warning sign

My repair sentence

What can I say that takes responsibility without adding a “but”?



Fair Fighting Agreement

Create rules that protect the relationship while disagreement is happening.

- | | |
|---|--|
| ☐ No name-calling | ☐ No threats |
| ☐ No contempt / mocking | ☐ No bringing in unrelated old conflicts |
| ☐ One person speaks at a time | ☐ Either person may request a regulated pause |
| ☐ Return to the conversation at an agreed time | ☐ No using children as messengers |
| ☐ No physical intimidation | ☐ Focus on the issue, not character |

Our additional agreements

Partner / participant 1 signature

Partner / participant 2 signature



Emotional Needs Inventory

Identify needs beneath complaints, withdrawal, or repeated conflict.

- | | |
|--|---|
| ☐ Affection | ☐ Respect |
| ☐ Safety | ☐ Reassurance |
| ☐ Autonomy | ☐ Appreciation |
| ☐ Time together | ☐ Help / partnership |
| ☐ Sexual connection | ☐ Conversation |
| ☐ Reliability | ☐ Fun |
| ☐ Space | ☐ Shared purpose |

My three most important needs right now

How I tend to ask for them

Directly? Through criticism? Withdrawal? Hints?

A clearer request



Relationship Expectations

Make hidden assumptions visible so they can be discussed rather than discovered during conflict.

Area	My expectation	Partner's expectation
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- Money
- Household
- Affection / intimacy
- Parenting
- Family / in-laws
- Time / recreation

Expectation we need to negotiate



Boundary Builder

Clarify what you will do to protect your wellbeing and relationship values.

Situation where I need a boundary

What is mine to control?

My behavior, participation, availability, limits, and choices.

My boundary statement

“If / when _____, I will _____.”

How I will follow through calmly



Connection vs. Conflict

Notice whether difficult moments are pulling you toward connection or deeper disconnection.

Situation	Connection move	Conflict move
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My common conflict move

Criticize, defend, withdraw, pursue, fix, dismiss, etc.

A connection move I can substitute

Curiosity, validation, pause, request, affection, accountability, etc.



Weekly Couples Check-In

A short weekly conversation to protect the relationship before problems pile up.

One thing I appreciated this week

One thing that felt difficult

Something I need more / less of

Practical issues for this week

Schedule • children • household • money • responsibilities

One way we will connect



Rebuilding Trust

Trust is usually rebuilt through repeated evidence, not one conversation.

What damaged trust?

- | | |
|---|---|
| ☐ Honesty | ☐ Transparency |
| ☐ Consistency | ☐ Accountability |
| ☐ Follow-through | ☐ Respect for boundaries |
| ☐ Patience | ☐ Empathy |
| ☐ Changed behavior | ☐ Time |

Trust-building action	Who owns it?	How often?	Evidence

What would meaningful progress look like?



Repair After Conflict

Repair does not erase conflict; it changes what happens after it.

What happened?

Describe behavior without character attacks.

My part

What can I genuinely take responsibility for?

Impact I understand

How might this have affected the other person?

Repair

Apology, changed behavior, restitution, reassurance, boundary, or follow-up.

What we want to do differently next time



Appreciation Practice

Train attention toward what is valued, helpful, and easy to overlook.

What I noticed	Why it mattered	Did I say it out loud?

Something about my partner I do not want to take for granted

One appreciation I will express today



Marriage & Parenting Alignment

Strengthen the couple relationship while working as a parenting team.

Parenting area	Where we agree	Where we differ

What our child needs us to be consistent about

What can remain different between us

Parents do not have to be identical to be aligned.

Our united response to one recurring issue

How we will discuss disagreements away from the child



Shared Responsibility Check-In

Make invisible labor visible and renegotiate ownership.

Responsibility	Current owner	Desired owner / plan
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

☐ Household tasks

☐ Finances

☐ School communication

☐ Emotional labor

☐ Extended family

☐ Meals

☐ Appointments

☐ Child routines

☐ Planning / calendar

☐ Home maintenance

What feels unbalanced?

What will we redistribute, simplify, outsource, or stop?

Our check-back date



Connection Is Built in the Return

Healthy relationships are not conflict-free. They develop ways to communicate clearly, regulate during difficult moments, take responsibility, repair harm, and return to connection.

The relationship skill we are practicing

One action we will repeat this week

How we will know it is helping

