

A LITTLE TIME, TOGETHER.



The Weekly Connection Kit

An 18-minute check-in and simple worksheets
for the everyday life you share.

A SMALL BEGINNING

A gentle invitation to pause, listen and choose one small thing together. Use what helps. Leave what does not.

Eight printable pages, made to use at your own pace.

Appreciation / listening / clear requests / shared load / a small ritual.

Your answers belong to you. Write on these pages or use your own notebook.

For personal education and reflection, not therapy. Choose what fits; skip any question. There is no score and no perfect way to complete this.

ABOUT 18 MINUTES, BY MUTUAL AGREEMENT

A small space for the two of you.

Choose a time when you both have some room to talk. Ask: "Would a short check-in feel okay today?" Either person can skip a question, pause or choose another time.

Time	A simple agenda
2 minutes	Arrive. Say how much energy you have and agree on a finish time.
3 minutes	Appreciate. Each name one specific thing you valued this week.
6 minutes	Take turns. Each share one experience; the other listens and reflects back.
5 minutes	Make one plan. Choose one clear request or shared task for the coming week.
2 minutes	Close gently. Confirm the plan and one small way to connect.

PERMISSION TO STOP

Try: "I want to give this care, and I need a pause. Could we revisit it tomorrow at 7?" A return time is an invitation to agree on, not a demand.

If a conversation feels unsafe, or you fear a reaction, pause and seek individual support from someone you trust or a qualified professional. This kit is not a tool for repairing abuse.

NOTICE SOMETHING REAL

I saw that. It mattered.

Be specific about a moment rather than offering praise you do not mean. Take turns. You can simply say "thank you" when receiving appreciation.

AN EXAMPLE

"When you checked whether I had time before telling me about the problem, I felt considered. Thank you for asking."

A useful shape: **I noticed... / It mattered to me because...**

Person A: something I noticed and why it mattered to me:

Person B: something I noticed and why it mattered to me:

An ordinary moment we would like more of:

Appreciation is not a trade or a way to erase a concern. If this prompt does not fit today, choose a neutral observation or skip it together.

UNDERSTAND BEFORE TRYING TO SOLVE

Let me check I heard you.

Choose one manageable topic. One person speaks for about two minutes; the other reflects back briefly. Then switch. Ask before offering advice.

A SHORT EXAMPLE

Speaker: "When our plan changed at the last minute, I felt disappointed. I had been looking forward to the evening."

Listener: "You had set aside time, and the change was disappointing. Have I understood?"

Speaker: "Yes. I would like more notice when possible."

Speaker: the moment I want to share, and how it felt to me:

Listener: "What I heard was... Did I get that right?"

Speaker: "Yes, and..." or "The part I would change is..."

Reflecting back is checking understanding; it does not require agreeing about every detail. Try: "Would you like listening, ideas or help with something specific?"

SMALL, SPECIFIC AND OPEN TO AN ANSWER

Ask for something doable.

Describe a situation without assigning motives. Name your experience, then ask for an observable action. Leave room to say no or suggest an alternative.

FROM A BROAD CONCERN TO A CLEAR REQUEST

Instead of "You never make time," try: "We have missed our walks this week, and I miss that time. Would you be up for a 15-minute walk on Thursday after dinner?"

The situation, described as plainly as I can:

What I feel or would value:

My request: "Would you be willing to..."

Include the action and a possible time.

Our answer, alternative or agreed time to revisit it:

Write only what you both agree to. Silence, pressure or repeated asking does not make a yes.

INCLUDE THE PLANNING, NOT ONLY THE DOING

What needs carrying this week?

Each share your available time and energy. Choose only a few tasks. Make room to renegotiate if the week changes; fairness does not have to mean identical tasks.

NAME THE WHOLE TASK

"Dinner Tuesday" might mean choosing a meal, checking ingredients, shopping, cooking and cleaning up. Decide what ownership includes and what help is actually agreed.

Task / what done means	Agreed owner	When / support needed

One thing we can simplify, delay or leave undone:

Check the plan once during the week. Ask "Does this still fit?" rather than assuming a person has the same capacity every day.

EASY TO REPEAT, EASY TO ADJUST

A little moment that is ours.

Choose something you both enjoy. Keep it small enough for an ordinary week, and agree that either person can decline or ask to change it.

A FEW POSSIBILITIES

Tea together for ten minutes. One song while making dinner. A short walk. A kind text on a busy day. A phone-free snack. One question before bed, if that time works for both of you.

Our small ritual, including when and for how long:

The very easy version for a low-energy day:

Example: sit together for two minutes instead of taking a long walk.

How we can kindly say "not today" or suggest another time:

Touch and physical affection are always optional. A ritual is something to look forward to, not a test of how much someone cares.

WEEK OF: _____

What shall we carry forward?

Use this page again each week if it helps. Keep it private or complete it together by agreement. No scoring, comparison or requirement to share every answer.

One moment of connection we each noticed:

What felt manageable, and what felt like too much?

One thing we want to keep, change or let go of:

Our one agreed next step, and when we will check it:

FINISH WITH ROOM TO BREATHE

"Thank you for making a little space for us." If it suits you both, finish with a small shared activity. A quiet ending is enough too.

This workbook supports reflection and conversation; it is not therapy or a substitute for individualized professional support.