A TEN-MINUTE INVITATION FOR TONIGHT



We're Great Roommates. I Miss Being a Couple.

You can run a household together and still miss each other. Think about what you'd enjoy for ten minutes if nobody needed to solve anything. Each partner privately picks one invitation.

I miss laughing with you	Find one ridiculous photo, clip, or old running joke. Give each other the backstory again.
I miss talking to you	Put two drinks on the table. Ask, "What happened this week that I never got to hear about?"
I miss doing something just for fun	Put on a song and take one lap around the block together. Or teach each other a move in the kitchen.

My pick

Which moment sounds like something I would enjoy tonight?

Your pick

What would make tonight feel a little more like us?

Our shared choice, time, and place

If your picks differ, ask what each of you liked about yours. You can make a fourth option together or pick another night.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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