BUILDING TRUST & CONNECTION

A Hug, Some Company, or a Little Space?

Take one card each. Fill yours in when things are calm and share what you choose.

My name _____

After a hard day, I might welcome…

☐ A hug ☐ Quiet company ☐ Time alone ☐ Something else

What that looks like for me *e.g., sit beside me while I take off my shoes.*

Please ask me before… *e.g., giving me a hug or offering advice.*

If I want space, here's how to check back

My answer can change. Ask me today

"Would you like a hug, some company, or a little time to yourself?"

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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