ONE WEEKEND DECISION FOR TWO



One Saturday, Two Different Plans

One of you wants to visit family. The other has spent all week being needed and wants a quiet Saturday. Take one minute each to explain what the weekend means to you.

What I want to protect

"I miss my dad. Seeing him before he travels would mean a lot."

What I want to protect

"I need one morning when I don't have to be anywhere."

Our shared question. How could we make room for both concerns?

Try a plan small enough to revisit

"What if we sleep in, go over for lunch, and head home by three? If that doesn't feel like enough time with Dad, I could go earlier and you could join me."

One plan we both want to try, and what each person is agreeing to

When will we ask each other how it actually felt?

Either person can offer a different plan. Understanding both reasons can be progress even if you leave the decision open today.

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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