BUILDING TRUST & CONNECTION

Can we try that moment again?

A 10-minute conversation for couples who miss feeling close.



“Remember this?”

Dev holds out his phone. Asha glances at her watch. “We should get going.” They leave on time. The part Dev wanted to share stays on his phone.

Maybe you know that feeling. You wanted to share the one part of your day that made you laugh, and somehow you ended up talking about dinner. How do you ask for that moment back?

Turn the page to try the Missed Moment Replay from Week 2.

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The part Asha couldn't see

Dev meant, "Come laugh about this with me." All Asha heard was a question about a photo. If you've ever put your phone away and said, "Never mind," you may know how easily the rest goes unsaid. Here's how Dev and Asha might revisit it.

1 / SAY WHAT YOU HOPED FOR

Dev "Earlier, when I showed you that picture and we went straight out the door, I felt a little silly standing there with my phone. I wanted to laugh about that trip with you."

2 / CHECK WHAT YOU HEARD

Asha "Oh. You wanted to remember that day together, and all I said was that we had to go. Is that what stung?"

Dev "Yeah. I miss how much we laughed that weekend."

3 / OWN THE PART THAT WAS YOURS

Asha "I barely looked. I'm sorry I brushed past something you were excited to show me. I was watching the clock. I could've told you I wanted to see it."

4 / TRY THE MOMENT AGAIN

Dev "Can I show you the picture again?"

Asha "Yes, come sit by me. What were we laughing at?"

Dev "See your face? That's the part I wanted to show you."

What if you really do have to leave?

"I want to see it. Can you show me when we get in the car, before we drive?" If you're the one asking for more time, bring it up again yourself. That way your partner gets to share the picture without having to ask twice.

AN INVITATION YOU COULD TEXT

> "I read something that reminded me how much I like laughing with you. Want to try the 10-minute conversation with me after dinner?"

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YOUR TURN / ABOUT 10 MINUTES

Give one small moment a second try

Pick a recent moment you both feel comfortable revisiting. The person who reached out starts. You can speak, type, or write. Either person can pass. On your own? Try the first prompt privately and decide whether to share it.

1 / THE PERSON WHO REACHED OUT

Describe what happened and how it felt. Then finish this sentence in your own words. “What I was hoping we could do together was…”

2 / THE PERSON WHO RESPONDED

Say back what you heard. Try “It sounds like you were hoping for…” and ask, “Did I get that?” Give your partner room to correct you.

3 / THE SAME LISTENER

Name your part and how it landed. For example, “I kept typing while you were talking. I can see why you felt brushed off.” What could you do differently?

4 / BOTH OF YOU

Choose a response that feels genuine to both of you. Repeat the original opening and try that response out loud. Then ask, “How did that feel the second time?”

One thing to keep

Name one thing you’d welcome again. “When you asked about the picture, I knew you wanted to hear the story.” You can swap roles with a different moment another day.

If speaking honestly could put you at risk, skip the shared exercise and seek support privately.

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