A COUPLES CONNECTION PRACTICE

Can We Try That Moment Again?

A 10-minute replay for moments you missed each other.

One of you reaches for a little connection. The other is answering a question, watching the clock, or finishing a task. Later, you realize the moment mattered more than either of you said. Here's a way to go back to that one moment without starting the whole argument over.

What it can sound like

Dev holds up a photo from a trip. Asha checks the time and says they need to go. He puts his phone away. Later, when they both have a minute, he asks to try again.

1 / SAY WHAT YOU HOPED FOR

Dev: "When I showed you the picture, I wanted to laugh about that trip with you. When we walked out, I felt a little silly for bringing it up."

2 / CHECK WHAT YOU HEARD

Asha: "You wanted to share the memory, and I was already thinking about getting out the door. Did I get that?"

3 / OWN YOUR PART AND NAME THE IMPACT

Asha: "I barely looked. I'm sorry I brushed past something you were excited to show me."

4 / REPLAY ONE SMALL PART

Dev: "Want to see it again?" Asha: "Yes. Come sit here. What were we laughing at?"

If you're truly out of time: "I want to see it. Can we look after dinner?" If you ask for more time, be the one to bring it up again.

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YOUR TURN / ABOUT TEN MINUTES

Give one small moment a second try.

Pick a recent, low-stakes moment you're both willing to revisit. Either person can pass. If you're doing this on your own, start with step one and decide later whether to share it.

1 / NAME THE MOMENT

"When ___ happened, I felt ___. What I was hoping for was ___."

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2 / REFLECT BEFORE EXPLAINING

"It sounds like you were hoping for ___. Did I get that?" Give your partner a chance to correct you.

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3 / ACKNOWLEDGE WHAT LANDED

"I ___, and I can see how that felt ___. I'm sorry for ___." Say what you could do differently.

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4 / TRY THE FIRST LINE AGAIN

Replay the opening and try the new response out loud. Ask, "How did that feel the second time?"

Before you stop, each name one thing you'd welcome again. If you're getting more upset, pause and pick a time to check back in, if you both want to.

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

WANT MORE PRACTICE LIKE THIS?

The Couples Connection Course

Explore guided exercises for the hard moments and the everyday ones.

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