TIME TO THRIVE THERAPY / COUPLES PRACTICE

What would more trust look like this week?

Think of one recent moment when you wanted to feel more able to count on your partner. Start on your own, then decide whether to share.

A SMALL, SPECIFIC REQUEST

“When our call was late and I hadn’t heard from you, I wasn’t sure whether to keep waiting. Could you text me if the time needs to change?”

1 Pick one moment.

What happened? Write what you noticed, without guessing why.

2 Name what mattered.

What were you hoping you could count on in that moment?

3 Ask for one thing you could notice this week.

“When _____ happens, could you _____?” Keep it doable.

If you share your request, ask: “Would that work for you?”

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Adapted from Building Trust and Connection, Week 1. © 2026 Time to Thrive Therapy.