WATKINS THERAPY GROUP | ürspace

THE GRATITUDE & REFLECTION SERIES

Gratitude & Reflection Together

COUPLES EDITION

A guided space for connection, appreciation and shared growth.



PAUSE | LISTEN | RECONNECT

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START TOGETHER

Welcome to our couples journal

A place to reconnect, notice each other and build on what matters.

A small moment together can matter.

Choose a calm moment, take turns and be curious rather than trying to be right. Each person can answer privately before sharing. You can skip any prompt, change the wording or return to a conversation later.

Our intention for this journal

One thing we would like to nurture in our relationship...

How to make this a good experience

- Listen to understand before responding.
- Offer appreciation without demanding the same in return.
- Respect boundaries and the right to pause.
- This is a reflective resource, not a substitute for support when safety is a concern.

TOGETHER AS A COUPLE

What brings us here

Begin with honest intentions, not a list of problems.

Partner 1

What do I hope these pages help us make more room for?

Partner 2

What do I hope these pages help us make more room for?

Our shared intention

Choose one intention you can both feel comfortable with.

TOGETHER AS A COUPLE

Our connection check-in

Describe how connection has felt lately, without grading each other.

Partner 1

I feel most connected to you when...

Partner 2

I feel most connected to you when...

What we heard

Name something you better understand about each other.

TOGETHER AS A COUPLE

What I appreciate about you

Specific appreciation often lands more clearly than general praise.

Partner 1

A quality or small action I value in you...

Partner 2

A quality or small action I value in you...

Let this land

What was it like to hear appreciation today?

TOGETHER AS A COUPLE

Small moments, real connection

Connection can live in ordinary everyday details.

A moment that made us smile

Something you remember from recently.

An everyday ritual we value

A meal, a walk, a cup of tea or another routine.

One moment we would like more of

What could help make room for it?

TOGETHER AS A COUPLE

Listen to understand

One person speaks; the other reflects what they heard.

BEFORE YOU BEGIN

Try two uninterrupted turns. Ask: “Have I understood you?” before offering your own view. Either of you may pause.

Partner 1 shares

Something important in my world right now...

Partner 2 shares

Something important in my world right now...

What we learnt

Write what surprised you or what you want to understand better.

TOGETHER AS A COUPLE

When life feels stressful

Support might look different for each of you.

Partner 1

When I am under pressure, I often feel or need...

Partner 2

When I am under pressure, I often feel or need...

Our supportive response

One realistic way we can help each other this week.

TOGETHER AS A COUPLE

The ways we show care

Notice the actions that communicate care for each person.

Partner 1

I feel cared for when you...

Partner 2

I feel cared for when you...

One thing to try

Choose a kind action that is welcome, specific and manageable.

TOGETHER AS A COUPLE

A conversation that helps

Practise sharing feelings and needs without guessing intentions.

When this happens...

Describe something specific, without labels or blame.

I feel... and I need...

Name the feeling and a reasonable request.

A response that could help

What would respectful listening or action look like?

TOGETHER AS A COUPLE

Navigating a disagreement

Work with a manageable, non-urgent topic when both feel safe.

BEFORE YOU BEGIN

If either of you is afraid, pressured or unsafe, stop this exercise. A pause is a valid choice; support may be more appropriate.

My perspective

What matters to me here?

Your perspective

What matters to you here?

A constructive next step

What is one option that respects both people's needs and boundaries?

TOGETHER AS A COUPLE

Repair and reconnection

Notice your part, and take repair at a pace that feels right.

Partner 1

One part I can own, without minimising my needs...

Partner 2

One part I can own, without minimising my needs...

What could repair look like?

A concrete, respectful action. An apology does not erase the need for change.

TOGETHER AS A COUPLE

Our relationship strengths

What helps this relationship stand on solid ground?

Something we have navigated together

A challenge, transition or everyday demand.

What worked for us

An attitude, skill, value or support.

A strength we want to keep using

How can we build on it?

TOGETHER AS A COUPLE

Being ourselves together

Healthy connection can make space for individuality.

Partner 1

Something that matters to me as an individual...

Partner 2

Something that matters to me as an individual...

How we will support that

Respect space, interests and differences without keeping score.

TOGETHER AS A COUPLE

Boundaries and expectations

Clear requests can reduce misunderstanding.

Partner 1

A boundary or expectation I would like to explain...

Partner 2

A boundary or expectation I would like to explain...

What we understand now

What agreement, clarification or further conversation is needed?

TOGETHER AS A COUPLE

Our shared values

Look for the principles underneath your day-to-day decisions.

Three values we both care about

Examples: honesty, kindness, adventure, reliability, respect.

How these values show up already

Choose something you are doing well.

One value to practise intentionally

What could it look like this week?

TOGETHER AS A COUPLE

Deciding as a team

Choose a small, practical decision you can navigate together.

The decision we want to make

Name the question clearly.

What matters to each of us

Interests, needs, resources and constraints.

Our next step

What will we do, and when will we revisit it?

TOGETHER AS A COUPLE

Dreaming ahead

Shared hopes can be practical, playful or ambitious.

A hope for the next few months

Something that feels meaningful.

A longer-term possibility

A dream to keep talking about.

One small way to move closer

A manageable action or conversation.

A LITTLE, OFTEN

Our seven-day connection ritual

A seven-day invitation to notice each other in ordinary life.

Choose the ideas that work for you.

- [ ] 01 Offer a genuine appreciation
- [ ] 02 Ask a curious question
- [ ] 03 Spend 10 minutes without screens
- [ ] 04 Thank your partner for something
- [ ] 05 Share a favourite memory
- [ ] 06 Make time for a small ritual
- [ ] 07 Check in without solving

What did we notice?

TOGETHER AS A COUPLE

A weekly ritual that fits us

Keep the connection habit small enough to be realistic.

Our favourite way to reconnect

A few minutes still count.

A day or time that might work

Protect a little space for the relationship.

How we will adapt when life gets busy

Choose flexibility over perfection.

TOGETHER AS A COUPLE

Gratitude, given and received

Try naming the ordinary efforts you sometimes miss.

Partner 1

This week I noticed and appreciated...

Partner 2

This week I noticed and appreciated...

What appreciation brought up

What did you feel or learn while sharing?

REUSABLE PAGE

Our weekly relationship check-in

Repeat this page when you want a structured moment together.

One thing that felt good this week

A moment, gesture or conversation.

Something we would like to address gently

A small issue, not every issue at once.

One thing we will try next week

Specific, kind and realistic.

TOGETHER AS A COUPLE

A note to our future selves

Look ahead with warmth, realism and curiosity.

Dear future us...

Draw, add photos after printing, or describe your ideas in words.

Words, memories or hopes you want to keep.

When would we like to revisit this?

CONTINUE TOGETHER

Keep the conversation going

Return to the pages that feel useful. You can repeat them as often as you like.

There is no perfect relationship.

Meaningful connection is built through many ordinary moments: listening, kindness, respecting differences and finding ways forward together.

One thing we want to take with us

Support and privacy

This journal is not relationship counselling or an emergency service. If there is fear, coercion, violence or a safety concern, do not use joint exercises to negotiate safety. Seek independent, specialist support. Do not share completed pages without agreement.

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