

Emotional Reconnection Self-Checklist



(Use this space to reflect and reconnect with your partner on a deeper level)

Communication & Sharing

- ☐ Do I hold back from sharing simple thoughts or moments with him?
➔ Why? Write one reason below:

- ☐ Did I try starting a kind, face-to-face conversation this week?
➔ What topic did I choose (or could choose next time)?

- ☐ Am I using digital hints (texts, Reels) instead of talking openly?
➔ How can I replace that with real conversation?

Understanding His Side

- ☐ Have I noticed how my partner shows love (even in small actions)?
➔ List 1–2 things he regularly does that show care:

- ☐ Have I accepted that his love language might be different from mine?
➔ Write one way I can respond in his love language:

Mental Load & Self-Care

- ☐ Am I carrying too much of the daily responsibilities alone?
➔ What task(s) can I delegate today?

- ☐ Have I asked for help—from kids, family, or hired support—without guilt?
➔ What's one task I can let go of or delay today?

Technology Boundaries


- ☐ Did I scroll my phone when I could've connected in person?
➔ When was that? How can I pause next time?

- ☐ Did we sit together without screens this week—even for 5–10 minutes?
➔ What can we do instead of scrolling?

If Things Still Feel Off

- ☐ Have I gently told him how I feel—not with blame, but with honesty?
➔ What's one sentence I can try saying next time?

- ☐ Am I open to getting help if nothing else works?
➔ Would I consider a counselor or support group?

 **Reminder:** You're not alone. This checklist isn't about fixing things overnight—it's about opening the door to connection, one small step at a time.