

One conversation at a time

Choose one manageable subject. Each partner can complete the prompts separately, then read their answers. Agree that either person can pause and decide when to return.

What happened

Describe an event someone else could have observed, without assigning a motive.

What I told myself it meant

What I felt and did next

What I want my partner to hear

What I am asking for now

Name a specific action your partner can respond to.

Listener: summarize the concern before responding. Ask whether your summary fits. Switch roles before deciding what happens next.

Share the whole responsibility

Choose one recurring responsibility. Include noticing the need, planning, doing it and following up. Write an arrangement both partners can describe and test.

The responsibility we are discussing

What the responsibility includes from beginning to end

Who currently notices plans does and follows up

The arrangement we are willing to test

Name who owns each part and what information or access they need.

What completion looks like

When we will review it

Make a trust agreement specific

Choose a commitment both people can make freely. The person responsible for the action also owns the update. Leave room for an honest no and for questions that remain.

The behavior or broken agreement we are addressing

The action I am committing to and when it will happen

How we will know whether it happened

What I will communicate if I cannot follow through

The concerns or questions that remain

When we will review the agreement

Bring a completed page to a session if it helps explain where the conversation gets stuck. These are reflection prompts, not a scored assessment.