

## Worksheet 1: You're Good

### *Appreciating Your Partner*

**List the green flag traits you appreciate about your partner.**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## Worksheet 2: We're Good

### *Relationship Strengths*

**What makes you a strong team? List the things that work well in your relationship.**

Partner A Reflections

- ✓ .....
- ✓ .....
- ✓ .....
- ✓ .....
- ✓ .....

Partner B Reflections

- ✓ .....
- ✓ .....
- ✓ .....
- ✓ .....
- ✓ .....

## Worksheet 3: This Doesn't Feel Good

### *Conflict Reflection*

**Something that hurt recently was:**

.....  
.....

**What I felt in that moment was:**

.....  
.....

**What I needed in that moment was:**

.....  
.....

**What I wish my partner understood about this moment is:**

.....  
.....

## Worksheet 4: Repair Conversation Guide

### *Actionable Roadmap*

1

#### **Name the moment:**

| *"This doesn't feel good..."*

2

#### **Share the impact:**

| *"This is how it affected me..."*

3

#### **Express the need:**

| *"What I need moving forward is..."*

4

#### **Reaffirm the relationship:**

| *"You're good. We're good. Let's repair this."*