A little time. A little more connection.

The 10-Minute Reconnection Plan.
A small moment you can make your own.

Choose the moment. Make it manageable. Let it be enough.

A low-pressure starting point from
Feel Like Us Again.

FREE MINI WORKBOOK

PRINT OR TYPE / YOUR PACE / ORIGINAL EXERCISES

A FLEXIBLE PLAN / NOT A TEST

Ten minutes, with room to make it smaller.

Use this when you would like a small moment together. Ask first, adapt the timing, and stop or pass whenever either person wants to.

A possible rhythm	What to do
First 2 minutes	Arrive. Each share one word about your energy and what would feel comfortable: talking, quiet company, or space.
Next 5 minutes	Share one ordinary moment from your day or one curiosity. Listen and ask a question before giving advice.
Last 3 minutes	Name something you appreciated, if you want to. Decide whether there is another small moment you would enjoy.

Only two minutes?

Share one word for your energy and one preference. No full report, explanation, or plan is needed.

Starting alone?

Notice what kind of connection you would welcome. Draft a clear invitation without expecting a particular answer.

Keep it voluntary.

Neither person owes disclosure, touch, sex, spending, or a positive reaction. If there is fear, control, coercion, or harm, choose private support instead of joint exercises: thehotline.org or 800-799-7233 in the U.S.

This original educational exercise is not therapy, a relationship-health test, or a promise to restore connection. Its timing is a flexible suggestion.

FILLABLE / CHOOSE, ADAPT, OR PASS

Plan a moment that fits your life.

A quiet cup of tea, a seated chat, a short call, or a simple message can all be options if they are welcome.

What I would enjoy: conversation, company, a small activity, or something else

A possible time and an easy two-minute version

My invitation, with room for a no or a different idea

What could make it easier: privacy, energy, access, cost, or caregiving

Who will arrange the small practical details, if any?

Print only the pages you want, or open this file in a PDF app that supports forms. Save a new copy after typing and reopen it to check your notes. Browser previews may not save fields. The file itself does not send your answers anywhere; your device and storage settings still matter.

AFTERWARD / A LITTLE REFLECTION

Notice what you want to keep.

There is no score or required outcome. You can learn that a different time, format, or kind of connection would suit you better.

What felt welcome or meaningful, if anything?

What would I change, make smaller, or choose not to repeat?

One invitation I might make next - or a need for space I want to respect

Want more ways to find your version of connection?

Feel Like Us Again offers 14 optional practices, each with low-energy and solo versions, plus a needs menu, a plan for different schedules, and reusable review pages.

Explore the full workbook at lovecoach.cc/feel-like-us-again/

Background: APA: Healthy relationships; love is respect: How to set boundaries; National Domestic Violence Hotline. These sources support general guidance; they do not validate or endorse this tool. Checked November 8, 2026.

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