Restored Life Counseling

Things to Try to Improve Relationships

Treat this like a MENU, not a to-do list. Pick one thing to try at a time, focus on it for 3 to 4 weeks, then try something else. Real connection is built from small, repeated acts (1 John 3:18).

Admiration, affirmation, appreciation

Gratitude heals both the "thanker" and the "thanked." At least once per day, admire, affirm, or appreciate through words, writing, or actions.

Healthy reunions

Every time you come back together after an hour or more apart, in the first 30–60 seconds: hug, kiss, ask "How was…?" and give a short answer. Make the kiss last at least 6 seconds.

Share feelings

Share the two biggest feelings of the day before — both good, both bad, or one of each — and the situations behind them.

Share dreams and goals

Healthy relationships honor each individual's dreams and goals, even when they seem to conflict. This balances independence with dependence for healthier attachment.

Co-calming

When either of you is overwhelmed: stop talking, make eye contact, put your hand out palm up. If safe, gently touch the back of your partner's elbow or hold hands. Breathe slowly together.

Build connection

Get at least 30 minutes together without screens and without kids — talk, play a game, or just sit quietly together.

Pray or meditate together

Engaging your spirituality together combines the benefits of sharing dreams, co-calming, and connection. Try Headspace, Calm, or Abide (Judeo-Christian).

Volunteer together

Find a cause you both care about, and serve it together.

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Track your efforts and results

Pick ONE habit at a time. Mark each week you practiced it, then write what actually changed. Review with your counselor, group, or spouse.

Habit I'm trying	Wk 1	Wk 2	Wk 3	Wk 4	What changed?

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