

# Connection Check-In Worksheet

Week 1, Session 1

## Step 1 – Reflection

Take turns sharing:

1. One of the first things that attracted you to your partner.
2. A moment from your relationship when you felt especially close and connected/attached.

## Step 2 – The ARE Test

Using the **Accessibility, Responsiveness, Engagement** (ARE) framework, answer for yourself and then share with your spouse:

**A – Accessible:** Can my partner reach me when they need me? (Yes / Sometimes / No)

**R – Responsive:** Do I respond in ways that help my partner feel heard and cared for? (Yes / Sometimes / No)

**E – Engaged:** Am I emotionally present, not just physically there? (Yes / Sometimes / No)

## Step 3 – Spot Your Cycle

Read the three “Demon Dialogues” below and circle the one you most often see in your relationship:

- **Find the Bad Guy** – We both get defensive and start blaming.
- **Protest Polka** – One of us pushes for connection, the other pulls away.
- **Freeze and Flee** – We both withdraw and go silent.

**Briefly answer together:**

1. How does this pattern usually start for us?
2. What is my typical role?
3. What’s one thing each of us is *really* feeling under the surface when it happens?

## Talk:

What’s one small step we could take this week to grow in just one of these areas?

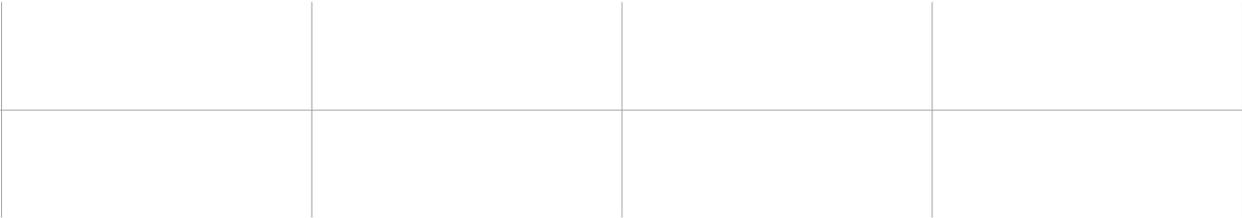


**Connection Check-In Worksheet**

Week 1, Session 2

**Step 1 - Diagram**

Using this diagram, map out the seasons and cycles of your marriage thus far - focusing on attachment, connection, and closeness in the marriage, not life events. (depending on the length of your marriage, label the timeline as needed)



**Step 2 - Reflect**

- What were some primary “happy and hopeful” moments in our connection/ attachment (when I felt most connected and secure in the relationship)?
- What were some primary “hards and hurts” in our connection/attachment (when I felt most disconnected or insecure in the relationship)?
- Applying humility, what was my role in the “hards and hurts”?

**Step 3 - Share**

- Take turns sharing your answers with your spouse. Be careful not to fall into blaming each other; rather, share with openness, humility, and grace.

