

DAY 7

“Failed bids for connection are often the result of mindlessness, not of malice.” -John Gottman

Your task for today is to think of one thing that keeps you from being attentive to your partner. What kinds of routines or habits limit your experience of everyday life and your relationship with your partner? Focus on how you can manage those today. And as a result, what do you notice?

Journal about these questions and today’s experience below: