



Reflecting Together

Beyond the Assumptions

A guided connection worksheet for couples

How to use this worksheet

Set aside 15–30 minutes. You can complete this together or individually and then share. There are no right or wrong answers. The goal is understanding, not fixing.

1. What I Carry That Others Don't See

Things I quietly carry (physically, emotionally, mentally):

What support would feel most meaningful right now (not ideal, just realistic):

Discuss together: Is there more that I carry that others don't see? What do you notice about that?

2. Feeling Misunderstood

Moments I feel misunderstood:

What I wish others understood about us or me:

Discuss together: Is there a place or relationship you feel most misunderstood? Are there shifts that could make it feel safer or more supportive?

3. What “Showing Up” Looks Like Now

What showing up looks like in this season:

Ways this has changed over time:

Discuss together: What are you currently proud of yourself for continuing to show up in? Are there ways you’re showing up now that you didn’t even realize before?

4. One Small Way We Can Support Each Other This Week

This is not a promise. It’s an intention.

*** One thing I can offer:**

*** One thing I can ask for:**

Closing Thought

Strong relationships aren’t built on being understood by everyone else. They’re built on choosing to understand each other, again and again. You can revisit this worksheet anytime your season changes.