

BETTER CONVERSATIONS.

8 practical habits for stronger relationships - a free tip sheet

The best connection is built in ordinary moments.

1

Listen to understand

Give your full attention. Resist rehearsing your response while the other person is speaking.

TRY THIS: Ask: "What I hear you saying is... Is that right?"

2

Speak from your experience

Describe your feelings and needs without blame, labels, or accusations.

TRY THIS: Try: "I feel ___ when ___, and I would appreciate ___."

3

Choose curiosity over assumptions

A question can open a door an assumption closes. Your partner may see the same event differently.

TRY THIS: Ask: "Can you help me understand what that meant to you?"

4

Make room for repair

Disagreements happen. Apologizing, taking responsibility, and reconnecting help relationships grow.

TRY THIS: Say: "I see how that affected you. What can I do differently?"

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A small conversation challenge you can begin this week

5

Practice daily appreciation

Notice efforts, strengths, and small acts of care that are easy to overlook. Be specific.

TRY THIS: Share one thing each day that you genuinely appreciate.

6

Agree on a pause, not a shutdown

If emotions rise, pause and agree when you will return to the conversation.

TRY THIS: Try: "I want to work through this. Can we come back in 20 minutes?"

7

Talk about expectations early

Discuss money, family, roles, values, faith, and hopes - particularly before marriage.

TRY THIS: Ask: "What does a strong marriage look like to you each day?"

8

Protect time for connection

Healthy relationships need intentional attention, not just attention when things become difficult.

TRY THIS: Choose one distraction-free 20-minute conversation each week.

7-DAY CHALLENGE: Choose one habit and practice it each day this week.