



## **Wired for Love Couples Worksheet - Strengthening Your Couple Bubble**

### **1. Check-In Together**

- How safe and supported do I feel in our relationship today? (0–10)
- How safe and supported do you feel in our relationship today? (0–10)

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### **2. Attachment Awareness**

- My style: Secure / Anxious / Avoidant / Mixed
- My partner's style: Secure / Anxious / Avoidant / Mixed
- How might these styles affect how we respond under stress?

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### **3. Building Our Couple Bubble**

**Write one way each of you can actively protect your relationship this week:**

- Partner A: \_\_\_\_\_
- Partner B: \_\_\_\_\_

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### **4. Rituals of Connection**

List 3 small daily actions you will do for each other (examples: morning kiss, evening check-in, shared tea, affectionate touch).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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### **5. Managing Conflict**

- What signs tell me my partner feels unsafe or threatened?
- What helps me feel calmer when we argue?
- What helps you feel calmer when we argue?

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### **6. Repair & Reconnect**

If there is tension:

- Pause and take a breath.
- Express: *"I want us to feel close again."*
- Suggest a quick repair (apology, hug, positive action).

✨ **Reflection:** At the end of the week, ask: *"What helped us feel more secure? What can we carry forward?"*