

Intentional Connection

for Couples



Our marriages should be a sacred haven in the midst of the chaos of life. Often, we get so busy maintaining our life together that we forget to indulge in the safety and joy that we have in each other.

Use this guide as a template to create your own foundations of intentional and regular connection.



Connect - Seek to see, know, and understand your partner

- **RAVE:** Show your partner how you see, know and understand them by intentionally building them up, expressing your gratitude & admiration
- **RANT:** Vulnerably allow yourself to be seen, known, and understood by exposing your areas of hurt in a safe space, thus saving you from bringing them up during high emotional conflict throughout the week when it normally comes out as anger or withdrawal
- **REPENT:** Vulnerably and transparently expose your areas of growth with your partner



Come prepared to reflect on the week together and communicate about it.

- **RANT:** Something you wish your partner had done differently this week
 - Rants should be limited. If you have a rant, you must have a rave to follow it up with.
 - Do your best to express your primary emotion, instead of your secondary emotions
(HINT: Primary emotions tend to be hurt, fear, or inadequacy).
 - Example: "I felt hurt and exposed when you didn't respond to me sharing my bad day."
- **RAVE:** Something you appreciated about your partner this week.
 - Big and small things are welcome!

- Express WHY you appreciated that about your partner; what need or desire did it fulfill (HINT: Did it make you feel safe, loved, considered, seen, etc).
- Example: *"I felt appreciated when you said my job seems difficult."*
- **REPENT: Something you wish you had done differently this week**
 - Take responsibility and apologize for what you need to.
 - Assure your partner that you love them and your intent is never to hurt them.
 - Example: *"I'm so sorry I lost my temper with you on Tuesday. I was feeling inadequate at work and then you brought up me leaving the milk out and I felt worse and took it out on you. I never want to do that, I'm so sorry. I'm working on better managing my negative emotions so they don't dump onto you."*



Example Questions to Help Draw Out Raves and Repents

Examples:

- *"What did I do this week that made you proud of me?"*
- *"What did I do this week that made you feel safe?"*
- *"When did you feel most connected this week?"*
- *"When was our teamwork at its best this week?"*
- *"What was difficult for you personally this week?"*
- *"What are you most looking forward to next week?"*
- *"As we move into this next week, what should I know so that I can better support you?"*



Check in about pertinent aspects of your life together.

Examples:

- **Spirituality**
 - How is your personal relationship with God?
 - What are you learning about yourself/God in your personal time with Him?
 - What can I be praying about for you in this upcoming week?
- **Finances**

- Where do we need to change our areas of spending/saving?
- Who is responsible for bill paying?
- What purchases do we need to be aware of in the upcoming week?
- **Parenting**
 - Are we on the same page in terms of discipline?
 - What do we love about the family culture we have created?
 - What adjustments do we need to make to our family life?
- **Physical Intimacy**
 - Are you feeling satisfied in our sexual connection?
 - What can I do to make you feel more safe, secure, and satisfied in our physical intimacy?
 - What is a romantic or sexual desire that I can fulfill for you this week?
- **Extended Family/Friend Relationships**
 - What did you enjoy most this week during our time with friends/family?
 - What positive and negative influences do our friends/family have on us?
 - What boundaries do we need to re-evaluate with our friends/family?
- **Careers**
 - What did you enjoy about your job this week?
 - Is there anything from work that is affecting your overall stress, self-worth, or security?
 - How can I support you in your job this week?
- **Household Tasks**
 - What are household tasks we should be aware of in the upcoming week?
 - How can we support each other this week with household tasks?
 - Which household tasks do you prefer to do?
- **Relaxation and Self-Care**
 - What is your favorite soul-refreshing activity?
 - What areas of self-care and relaxation did you enjoy most this week?
 - What areas of self-care and relaxation are you hoping for in the upcoming week?

Set the Scene: Schedule it weekly in a safe, calm, distraction-free environment

We will meet every _____ (day) at _____ (time) for our time of intentional connection. Our location will be _____.