

# Weekly Marriage Reset Worksheet with Examples

This worksheet is designed to help couples reflect on their relationship, address challenges constructively, and foster gratitude and connection. Set aside 30 minutes together each week in a quiet space to complete this worksheet. This version includes example answers to inspire and guide you as you complete your own.

## Step 1: Reflect on a Challenge

1. What challenge or disagreement did we face this week?

Example: We argued about who was responsible for cleaning the kitchen.

2. What emotions did I feel during this challenge?

Example: I felt frustrated and unappreciated.

3. How did I contribute to this challenge, if at all?

Example: I raised my voice and didn't ask for help in advance.

4. How did my partner respond, and how did it affect me?

Example: My partner became defensive, which made me feel unheard and upset.

## Step 2: Lessons Learned

1. What could I have done differently to improve the situation?

Example: I could have calmly asked for help instead of letting frustration build up.

2. What can my partner and I agree to do differently next time?

Example: We can plan a cleaning schedule together to avoid confusion.

### **Step 3: Gratitude and Positivity**

1. What's one thing my partner did this week that I appreciated?

Example: My partner cooked dinner when I was feeling overwhelmed.

2. What's one thing I did this week that I'm proud of in our relationship?

Example: I stayed calm during a disagreement about finances.

3. What's one thing we accomplished together this week?

Example: We successfully organized our family's weekly schedule.

### **Step 4: Moving Forward**

1. What is one goal we want to focus on for the coming week?

Example: Spend 15 minutes each evening catching up without distractions.

2. How can we hold each other accountable in a loving way?

Example: Gently remind each other if we forget, and agree on a time to reconnect.

### **Closing Affirmation**

Take turns sharing one positive statement about your partner and your relationship.

Example: 'I'm grateful for how thoughtful you were this week when you surprised me with coffee.'

### **Notes**

Use this space for any additional thoughts or reflections you'd like to share.