

Name : _____ Date : _____

Couples Communication Exercises Worksheet

1E

2. Appreciation Exercise

Write 2 things you appreciate about your partner.

1. _____

2. _____

3. _____

3. Honesty Moment

Share one thing you've been holding back (big or small):

How can your partner respond supportively?

4. Trust Action Plan

Choose one action you will do to build trust this week:

- ☐ Keep a promise
- ☐ Communicate openly
- ☐ Be more patient
- ☐ Spend quality time
- ☐ Other: _____

5. Repair & Forgiveness

Is there something that needs repair?

What would help rebuild trust?

TRUST BUILDING ACTIVITIES FOR COUPLES