

50 Ways to Reconnect with Your Spouse

- Reflect on what's working
- Reflect on what needs improvement
- Talk about more than just work and the kids
- Go on a date out of the house
- Have a date at home after the kids go to bed
- Practice a conflict resolution strategy
- Ask your spouse: How can I improve my communication?
- Work on being more honest
- Say "thank you" for something specific
- Apologize



50 Ways to Reconnect with Your Spouse

- Make a list of 5 things you love about your spouse*
- Make a list of 5 things you appreciate about your spouse*
- Be more present*
- Start and end the day together*
- Compliment your spouse*
- Practice compromising more*
- Acknowledge your hard work*
- Pray for your spouse*
- Start a new hobby together*
- Go on a walk together*



50 Ways to Reconnect with Your Spouse

- Do something romantic
- Analyze your emotional intimacy
- Ask your spouse how they're feeling
- Make a list of things you're excited to do with your spouse
- Send your spouse a sweet text
- Take care of yourself
- Ask your spouse a fun, random question
- Exercise together
- Have a game night
- Work on parenting peacefully together



50 Ways to Reconnect with Your Spouse

- Work on building trust with your spouse*
- Learn to forgive better*
- Practice being more kind in your words and actions*
- Stop and notice the little things your spouse does for you*
- Stop and notice the little things your spouse does for the family*
- Practice deeper listening*
- Take an interest in your spouse's hobbies*
- Be vulnerable with your spouse*
- Own up to your mistakes*
- Do a challenge together*



50 Ways to Reconnect with Your Spouse

- Don't avoid conflict and tough emotions
- Carve out dedicated time for your spouse
- Schedule a "check in" where you can check on each other
- Cherish the small moments together
- Make small changes that you can do every day
- Put your phones away when you talk to each other
- Check on what your spouse needs
- Check on what you need and tell your spouse about it
- Look for any unresolved resentment and learn to deal with it
- Write your spouse a sweet note

