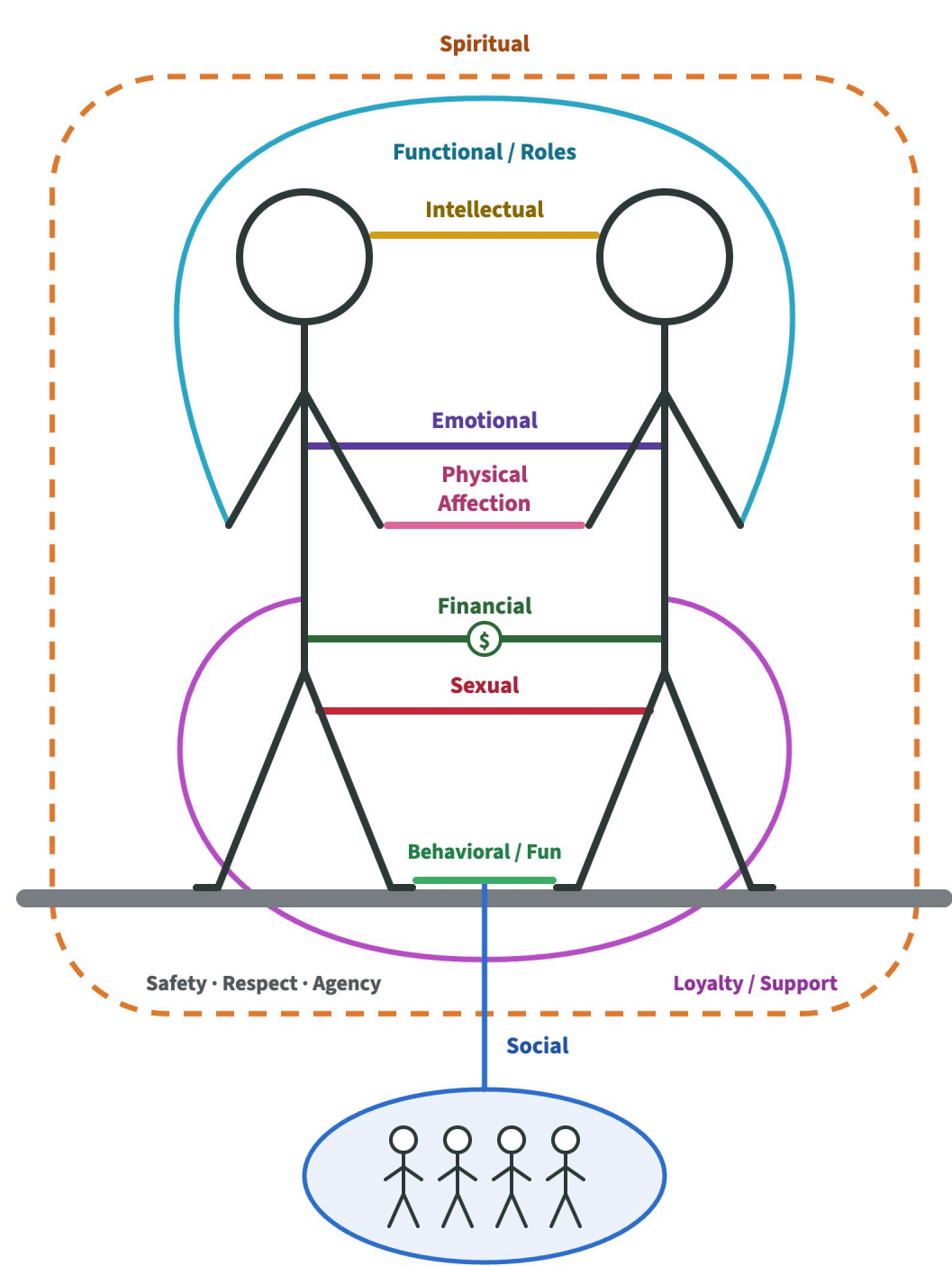


Lines of Connection

The many ways couples connect, and the foundation that holds it all up.



- Spiritual**
Shared meaning, purpose, and connection with something larger than self (religion, nature, community service)
- Functional / Roles**
Giving each other a hand: supportive, complementary roles in life together
- Intellectual**
Sharing ideas, curiosity, and good conversation
- Emotional**
Sharing ups and downs, feeling known, understood, cared for
- Physical Affection**
Hugs, hand-holding, and everyday touch
- Loyalty / Support (Agape)**
Having each other's back, offering support in difficulties, being on the "same team"
- Financial**
Shared goals, openness, and teamwork with money
- Sexual**
A mutually fulfilling sexual relationship
- Behavioral / Fun**
Doing things together and enjoying each other
- Social**
Friendships, family, and community you share
- Safety / Respect / Agency**
"Free to be myself." Every other connection stands on this.

Mapping Our Lines of Connection

For each line, talk through together: What are you already doing to connect in this way? What have you done in the past that worked? What would you like to try together?

Check any ideas that appeal to you, then write your own. Pick one or two to try this week.

— Intellectual

IDEAS TO TRY

- ☐ Read the same article and talk it over
- ☐ Ask a curious question over dinner
- ☐ Take a class or try a podcast together

OUR IDEAS

— Physical Affection

IDEAS TO TRY

- ☐ Hug for 20 seconds when you reunite
- ☐ Hold hands on a walk or in the car
- ☐ Share a six-second kiss goodbye

OUR IDEAS

— Emotional

IDEAS TO TRY

- ☐ Ask: best and hardest part of your day?
- ☐ Hold a weekly State of Our Union talk
- ☐ Share one worry and one hope

OUR IDEAS

— Financial

IDEAS TO TRY

- ☐ Set one shared savings goal
- ☐ Plan a monthly budget date
- ☐ Talk about money lessons you grew up with

OUR IDEAS

— Sexual

IDEAS TO TRY

- ☐ Talk openly about what you each enjoy
- ☐ Plan time for intimacy, don't just wait
- ☐ Share what helps you feel desired

OUR IDEAS

— Behavioral / Fun

IDEAS TO TRY

- ☐ Plan a weekly date, in or out
- ☐ Try something new to both of you
- ☐ Revisit a favorite from when you met

OUR IDEAS

Mapping Our Lines of Connection, continued

Functional / Roles

IDEAS TO TRY

- ☐ Review the week's schedule together
- ☐ Take on a chore your partner dislikes
- ☐ Say thank you for the everyday things

OUR IDEAS

Loyalty / Support (Agape)

IDEAS TO TRY

- ☐ Speak well of each other to others
- ☐ Show up for what matters to your partner
- ☐ Ask: How can I support you this week?

OUR IDEAS

Spiritual

IDEAS TO TRY

- ☐ Share what gives you meaning and hope
- ☐ Serve or spend time in nature together
- ☐ Practice gratitude, prayer, or meditation

OUR IDEAS

Social

IDEAS TO TRY

- ☐ Plan a double date or game night
- ☐ Spend time with each other's people
- ☐ Join a group or class together

OUR IDEAS

Safety / Respect / Agency

IDEAS TO TRY

- ☐ Listen to understand before responding
- ☐ Honor each other's no and need for space
- ☐ Encourage each other's personal goals

OUR IDEAS

Our Plan This Week

Line(s) we'll focus on:

What we'll do:

When we'll do it:

How did it go?

Note: This worksheet is oriented toward building lines of connection in a committed couple relationship. However, many of the lines of connection are useful in other relationships as well. Consider how you could build Intellectual, Emotional, Behavioral, or other types of connection with friends, family, or others in your life.