

Couples Therapy Reflection Worksheet

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Use this worksheet together to reflect on your relationship, build understanding, and strengthen communication. Take turns writing and sharing your answers — listening without interrupting or defending.

1. When I feel we 're disconnected, what I 'm really wanting is...

Reflect on recent moments of disconnection. What were you needing — reassurance, appreciation, physical closeness, or understanding? Write freely, then share your thoughts with each other.

Notes:

2. One unhelpful pattern I recognise in us is... and I 'd like to try doing this instead...

Think of a recurring argument or dynamic that causes stress. What happens each time? How could you respond differently next time?

Notes:

3. If our relationship felt perfectly connected tomorrow, I would notice these three things...

Describe what you would see, hear or feel if things were more connected. Focus on small, realistic details — warmth, laughter, gentle touch, kindness.

Notes:

4. One thing I appreciate about you that I don 't say enough is...

List a few things you genuinely appreciate about your partner — small gestures, emotional support, humour, effort, care. Share them aloud.

Notes:

5. Something I ' ve been avoiding saying because I ' m afraid of how you ' ll respond is...

Take a breath and name something you ' ve held back. You don ' t need to fix it — simply share what it feels like to say it aloud, and what you hope for in response.

Notes:

Tips for Sharing

1. Take turns speaking — no interruptions.
2. Reflect back what you heard before responding (“ What I heard you say is… ”).
3. Pause if emotions rise. You can come back later.
4. End each discussion by naming one small positive action to take this week.

Remember, small honest conversations often lead to the biggest changes.

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