

Seven days of connection

A practice guide from Seth Eisenberg and PAIRS Foundation

Begin with a willing invitation. Set aside a few minutes for one practice each day. You may also reflect on your own. The aim is to notice what happens and choose a useful next step.

DAY 1 Notice an act of care

Offer a specific appreciation and let it be received.

I appreciated that you _____. It mattered because _____.

Reflect: What did I learn about what feels caring?

DAY 2 Share an update

Tell a willing partner something they may not know about your day.

Something I would like you to know is _____.

Reflect: What was easier to understand after that update?

Each person may pause or decline. Joint exercises are inappropriate where honesty brings threats, intimidation or retaliation. Prioritize private support and safety. Relationship education does not replace professional care.

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DAY 3 Check an assumption

Name what you observed and ask about its meaning.

When ____ happened, I wondered _____. What was happening for you?

Reflect: Where did my assumption differ from the answer?

DAY 4 Make a clear request

Choose one everyday concern. Describe the behavior and suggest a workable change.

I notice _____. I feel _____. What I am asking for is _____.

Reflect: Was the request understood? What could each person honestly offer?

DAY 5 Share a hope

Name something you would enjoy or hope to create. Invite their hopes too.

One thing I would like us to make room for is _____.

Reflect: What did I learn without turning the wish into an obligation?

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DAY 6 Try the DTR sequence

Use the accompanying card. Take turns within each of the five parts.

Would you be willing to try a short check-in with me?

Reflect: Which part helped? Which concern deserves a separate conversation?

DAY 7 Choose what to keep

Look back and make one small agreement that both people freely choose.

What would you like us to keep practicing?

Reflect: What will we try, when, and when will we review it?

Keep going with Love That Grows With You and the companion at lovethatgrows.org. This seven-day sequence is a new promotional practice guide; the DTR card summarizes the PAIRS tool taught in the book.

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