

**CLINICAL RELATIONSHIP PROTOCOL**



UnderstandYourPartner

# The 30-Day Reconnection Workbook

*From Diagnosis to Daily Action*

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# The 30-Day Reconnection Workbook

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*From Diagnosis to Daily Action*

# How To Use This Workbook

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You just got your relationship diagnosis. You know **WHAT'S** wrong.

Now the question is: **WHAT DO I DO?**

This workbook gives you a concrete answer: One small action per day, for 30 days.

## The 4-Week Structure

### Week 1: AWARENESS

- **Goal:** Observe patterns without trying to fix them yet.
- **Daily time:** 5-10 minutes

### Week 2: COMMUNICATION

- **Goal:** Practice one brave conversation per day using scripts.
- **Daily time:** 10-20 minutes

### Week 3: RECONNECTION

- **Goal:** Rebuild physical and emotional touch.
- **Daily time:** 10-15 minutes

### Week 4: CLARITY

- **Goal:** Align on vision or make informed decision to stay/leave.
- **Daily time:** 15-30 minutes

## Rules For Success

✓ Do this daily (consistency beats intensity) ✓ Start even if your partner isn't participating yet ✓ Be honest in your reflections (no one else will read this) ✓ Celebrate small wins (progress isn't linear) ✓ If you miss a day, just pick up where you left off

**What NOT to do:** ✗ Don't skip weeks (each builds on the last) ✗ Don't judge yourself for "failing" (awareness IS progress) ✗ Don't force your partner to participate (lead by example)

LET'S BEGIN.

## Week 1: Awareness Phase

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**GOAL:** Observe your relationship patterns without trying to change them yet.

Your report identified your pattern (Pursuer-Withdrawer, Manager-Employee, etc.). This week, you're going to **SEE** it in action.

### Daily Practice (5-10 minutes/day)

Each evening, complete:

1. **Pattern Watch** (Did the cycle trigger today?)
2. **Mood Check** (How did I feel today?)
3. **Connection Level** (Rate 1-10)
4. **One Thing I Noticed**

*No judgment. Just observe.*

## Day 1

Date: \_\_\_\_\_

### 1. PATTERN WATCH

- The cycle triggered today  The cycle didn't trigger  Not sure

**If it triggered, what was the spark?** (e.g., “I asked about plans, they got defensive”)

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### 2. MOOD CHECK

- Anxious  Frustrated  Sad  Hopeful  Neutral  Angry

### 3. CONNECTION LEVEL

- [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

### 4. ONE THING I NOTICED

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## Day 2

Date: \_\_\_\_\_

### 1. PATTERN WATCH

- The cycle triggered today  The cycle didn't trigger  Not sure

If it triggered, what was the spark?

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### 2. MOOD CHECK

- Anxious  Frustrated  Sad  Hopeful  Neutral  Angry

### 3. CONNECTION LEVEL

[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

### 4. ONE THING I NOTICED

---

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## Day 3

Date: \_\_\_\_\_

### PATTERN WATCH

- The cycle triggered
- Didn't trigger
- Not sure

### What was the spark?

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### MOOD CHECK

- Anxious
- Frustrated
- Sad
- Hopeful
- Neutral
- Angry

### CONNECTION LEVEL

- [1]
- [2]
- [3]
- [4]
- [5]
- [6]
- [7]
- [8]
- [9]
- [10]

### ONE THING I NOTICED

---

## Day 4

Date: \_\_\_\_\_

### PATTERN WATCH

- The cycle triggered
- Didn't trigger
- Not sure

### What was the spark?

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### MOOD CHECK

- Anxious
- Frustrated
- Sad
- Hopeful
- Neutral
- Angry

### CONNECTION LEVEL

- [1]
- [2]
- [3]
- [4]
- [5]
- [6]
- [7]
- [8]
- [9]
- [10]

### ONE THING I NOTICED

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## Day 5

Date: \_\_\_\_\_

### PATTERN WATCH

- The cycle triggered
- Didn't trigger
- Not sure

### What was the spark?

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### MOOD CHECK

- Anxious
- Frustrated
- Sad
- Hopeful
- Neutral
- Angry

### CONNECTION LEVEL

- [1]
- [2]
- [3]
- [4]
- [5]
- [6]
- [7]
- [8]
- [9]
- [10]

### ONE THING I NOTICED

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## Day 6

Date: \_\_\_\_\_

### PATTERN WATCH

- The cycle triggered
- Didn't trigger
- Not sure

### What was the spark?

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### MOOD CHECK

- Anxious
- Frustrated
- Sad
- Hopeful
- Neutral
- Angry

### CONNECTION LEVEL

- [1]
- [2]
- [3]
- [4]
- [5]
- [6]
- [7]
- [8]
- [9]
- [10]

### ONE THING I NOTICED

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## Day 7

Date: \_\_\_\_\_

### PATTERN WATCH

- The cycle triggered
- Didn't trigger
- Not sure

### What was the spark?

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### MOOD CHECK

- Anxious
- Frustrated
- Sad
- Hopeful
- Neutral
- Angry

### CONNECTION LEVEL

- [1]
- [2]
- [3]
- [4]
- [5]
- [6]
- [7]
- [8]
- [9]
- [10]

### ONE THING I NOTICED

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## **Week 1 Reflection**

**How many days did the pattern trigger? \_\_\_\_\_ / 7**

**Average Connection Level this week: \_\_\_\_\_ / 10**

**What did I learn about our cycle?**

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**What surprised me most?**

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**One thing I want to change in Week 2:**

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## Week 2: Communication Phase

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**GOAL:** Practice **ONE** brave conversation per day using the scripts from your guides.

Week 1 was about observing. Week 2 is about **INTERRUPTING** the pattern.

### Daily Practice (10-20 minutes/day)

Each day:

1. Choose **ONE** thing to address (don't tackle everything)
2. Pick the appropriate script from your guides
3. Have the conversation (even if awkward)
4. Reflect on what happened

*Remember: The goal isn't perfection. It's PRACTICE.*

## Conversation Prompts (Pick ONE per day)

- **Day 8:** Address a small resentment that's been building
- **Day 9:** Express one need clearly (without hints)
- **Day 10:** Ask about their inner world ("How are you feeling?")
- **Day 11:** Acknowledge something you did that hurt them
- **Day 12:** Request a specific behavior change
- **Day 13:** Share a vulnerability (fear, insecurity, hope)
- **Day 14:** Discuss something you've been avoiding

## Day 8

Date: \_\_\_\_\_

Today's Topic:

---

Which script did I use? (from guides)

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How did the conversation go?  Better than expected  As expected   
Worse than expected

What happened?

---

---

What I learned:

---

Connection Level Today: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 9

Date: \_\_\_\_\_

Today's Topic:

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Which script did I use?

---

How did it go?  Better than expected  As expected  Worse than expected

What happened?

---

What I learned:

---

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 10

Date: \_\_\_\_\_

Today's Topic:

---

Which script did I use?

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How did it go?  Better than expected  As expected  Worse than expected

What happened?

---

What I learned:

---

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 11

Date: \_\_\_\_\_

Today's Topic:

---

Which script did I use?

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How did it go?  Better than expected  As expected  Worse than expected

What happened?

---

What I learned:

---

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 12

Date: \_\_\_\_\_

Today's Topic: \_\_\_\_\_ Script used: \_\_\_\_\_  Better  Worse

What happened: \_\_\_\_\_

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 13

Date: \_\_\_\_\_

Today's Topic: \_\_\_\_\_ Script used: \_\_\_\_\_  Better  Worse

What happened: \_\_\_\_\_

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 14

Date: \_\_\_\_\_

Today's Topic: \_\_\_\_\_ Script used: \_\_\_\_\_  Better

Expected  Worse

What happened: \_\_\_\_\_

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Week 2 Reflection

How many conversations did I actually have? \_\_\_\_ / 7

Average Connection Level this week: \_\_\_\_ / 10

Which conversation was hardest?

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Which conversation went better than expected?

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Is my partner responding differently?  Yes, I see changes  Some changes  No changes yet

What I'm learning about communication:

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## Week 3: Reconnection Phase

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### GOAL: Rebuild physical and emotional connection through daily touch.

You can't think your way back to connection. You have to \*\*FEEL\*\* your way back. This week focuses on: Touch, presence, and quality time.

### Daily Practice (10-15 minutes/day)

Each day includes:

1. One **TOUCH** assignment (specific action)
2. One **PRESENCE** moment (15 min undistracted)
3. **Quality Time Tracker** (did we connect today?)

### Touch Assignments (Do daily)

- **Day 15:** 20-second hug (set timer, hold)
- **Day 16:** Hold hands for 5 minutes (while talking or watching TV)
- **Day 17:** Sit close on couch (touching shoulders/legs)
- **Day 18:** Kiss hello/goodbye (real kiss, not peck)
- **Day 19:** Give 5-minute shoulder/back rub (no expectation)
- **Day 20:** Cuddle for 10 minutes before sleep
- **Day 21:** Choose your own touch (whatever feels right)

## Day 15

Date: \_\_\_\_\_

**Touch Assignment:** 20-second hug  Completed  Skipped  Modified to:

\_\_\_\_\_

**How did it feel?**  Awkward  Comfortable  Intimate  Neutral   
Uncomfortable

**Presence Moment:** (15 min undistracted together) **What did we do?**

**Quality Time Check:**  We had meaningful conversation today (10+ min)   
We laughed together  We made eye contact  We did something together

**Notes:**

**Connection Level:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 16

**Date:** \_\_\_\_\_

**Touch Assignment:** Hold hands for 5 minutes  Completed  Skipped   
Modified

**How did it feel?**  Awkward  Comfortable  Intimate  Neutral

**Presence Moment:** What did we do?  

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**Quality Time:**  Conversation  Laughed  Eye contact  Activity

**Connection Level:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 17

Date: \_\_\_\_\_

**Touch Assignment:** Sit close (touching)  Completed  Skipped  Modified

**How did it feel?**  Awkward  Comfortable  Intimate  Neutral

**Presence Moment:** What did we do?  
\_\_\_\_\_  
\_\_\_\_\_

**Quality Time:**  Conversation  Laughed  Eye contact  Activity

**Connection Level:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 18

Date: \_\_\_\_\_

**Touch Assignment:** Real kiss hello/goodbye  Completed  Skipped  Modified

**How did it feel?**  Awkward  Comfortable  Intimate  Neutral

**Presence Moment:** What did we do?  
\_\_\_\_\_  
\_\_\_\_\_

**Quality Time:**  Conversation  Laughed  Eye contact  Activity

**Connection Level:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 19

Date: \_\_\_\_\_

**Touch:** 5-min massage  Done  Skipped **Feel:**  Awkward  Comfortable

Intimate **Quality time:** \_\_\_\_\_

**Connection:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 20

Date: \_\_\_\_\_

**Touch:** Cuddle 10 min  Done  Skipped **Feel:**  Awkward  Comfortable

Intimate **Quality time:** \_\_\_\_\_

**Connection:** [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 21

Date: \_\_\_\_\_

**Touch:** (Your choice) \_\_\_\_\_  Done  Skipped **Feel:**

Awkward  Comfortable  Intimate **Quality time:**

\_\_\_\_\_ **Connection:** [1] [2] [3] [4] [5] [6]  
[7] [8] [9] [10]

## **Week 3 Reflection**

**How many touch assignments completed? \_\_\_\_\_ / 7**

**Average Connection Level this week: \_\_\_\_\_ / 10**

**Did touch feel less awkward as the week progressed?**  Yes, definitely

Somewhat  No, still awkward

**Best moment this week:**

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**Is physical connection improving?**  Yes  A little  Not yet  Getting worse

**What I'm noticing about touch and desire:**

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## Week 4: Clarity Phase

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**GOAL:** Align on your future together (or make an informed decision to leave).

After 3 weeks of awareness, communication, and reconnection, it's time to ask: **WHERE ARE WE GOING?**

### Daily Practice (15-30 minutes/day)

This week is about **BIG QUESTIONS**:

- What do we each want from this relationship?
- Are we building the same future?
- Do we have the same vision?
- Is this relationship giving us what we need?

## Vision Questions (Answer separately, then discuss)

- **Day 22:** What do I want to FEEL in this relationship?
- **Day 23:** What are my non-negotiables?
- **Day 24:** Where do I see us in 1 year?
- **Day 25:** What needs to change for me to stay?
- **Day 26:** Am I staying out of love or fear?
- **Day 27:** Do I trust them to change?
- **Day 28:** Decision time

## Day 22

Date: \_\_\_\_\_

### QUESTION: What do I want to FEEL in this relationship?

Not logistics. Not “they should do X.” FEELINGS: Safe? Desired? Respected? Seen? Challenged? Supported?

My answer:

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Did I share this with my partner?  Yes  No  Not ready yet

If yes, what was their response?

---

Connection Level: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

## Day 23

Date: \_\_\_\_\_

**QUESTION: What are my non-negotiables?** What MUST exist for me to stay in this relationship? (e.g., “Physical affection”, “Honesty”, “Equal effort”, “Respect”)

**My non-negotiables:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Are these currently being met?**  Yes, all of them  Some of them  None of them

## Day 24

Date: \_\_\_\_\_

**QUESTION: Where do I see us in 1 year?** Be honest. Not what I HOPE.

What I actually SEE.

**In 1 year, I think we will:**

\_\_\_\_\_  
\_\_\_\_\_

**Does this vision excite me or scare me?**  Excites me  Scares me  I feel neutral  I don't see a future

## Day 25

Date: \_\_\_\_\_

**QUESTION: What needs to change for me to stay?** Be specific. Not “they need to care more.” SPECIFIC: “They need to initiate conversation twice a week” or “I need to see effort in therapy”.

**What needs to change:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Have I communicated these changes clearly?**  Yes  No  Partially

**If yes, are they working on it?**  Yes, I see effort  They say yes but no action  They refuse

## Day 26

Date: \_\_\_\_\_

**QUESTION: Am I staying out of love or out of fear?**

**Check ALL that apply:**

**STAYING OUT OF LOVE:**  I genuinely enjoy their company  I see real effort and change  I believe we can rebuild  I want to fight for this

**STAYING OUT OF FEAR:**  I'm afraid of being alone  I've invested too much time to leave now  I don't want to hurt them  I'm scared I won't find anyone else  I don't trust my own judgment

*If more fear than love, I need to seriously consider leaving.*

## Day 27

Date: \_\_\_\_\_

**QUESTION: Do I trust them to change?** Not “could they change in theory?”

But: “Do I ACTUALLY believe they will do the work?”

**My honest answer:**

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**Evidence FOR trusting them:**

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**Evidence AGAINST trusting them:**

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## Day 28

### QUESTION: Decision Time

After 4 weeks of observation, communication, reconnection, and reflection:

- I want to **STAY** and keep working on this
- I want to **STAY** but need couples therapy
- I'm **NOT SURE YET** (need more time)
- I want to **LEAVE**

**If staying: What's my next step?**

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**If leaving: What's my timeline?**

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**If unsure: What information do I need to decide?**

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# 30-Day Progress Tracker

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## Connection Level Tracker

Plot your daily connection level (1-10) to visualize progress.

[Visual: Graph with Y-axis 1-10, X-axis Day 1-28]

- **Week 1 Average:** \_\_\_\_ / 10
- **Week 2 Average:** \_\_\_\_ / 10
- **Week 3 Average:** \_\_\_\_ / 10
- **Week 4 Average:** \_\_\_\_ / 10

**Overall Trend:**  Improving steadily  Up and down but overall up   
Staying flat  Getting worse

## Completion Tracker

- **Week 1 (Awareness):** \_\_\_\_ / 7 days completed
- **Week 2 (Communication):** \_\_\_\_ / 7 conversations had
- **Week 3 (Reconnection):** \_\_\_\_ / 7 touch assignments done
- **Week 4 (Clarity):** \_\_\_\_ / 7 vision questions answered

**Total Completion:** \_\_\_\_ / 28 days

## Milestone Celebrations

### Did you achieve any of these?

- Had a difficult conversation without fighting  Saw a positive change in my partner's behavior  Felt genuine connection (even briefly)  Learned something new about our pattern  Touched more this week than last month combined  Made a clear decision about the future  Felt hope for the first time in a while  Realized I deserve better (and acted on it)

### Which milestone meant most to you?

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# What Happens After Day 30?

You've completed 30 days. Here's what to do next.

**IF YOU'RE STAYING:** Continue the practices that worked: \* Weekly check-ins \* Daily touch (even 20-second hugs matter) \* Monthly "State of Us" conversations

## Consider:

- Couples therapy (now that you know the pattern)
- Re-reading your guides every 3 months
- Repeating this workbook in 6 months

**IF YOU'RE LEAVING:** Refer to: "Toxic Relationship Survival Kit" guide (if applicable)

## Remember:

- You save it a genuine 30-day effort
- You made an INFORMED decision
- You're allowed to choose yourself

## Next steps:

- Plan your exit
- Tell ONE trusted person
- Seek individual therapy

**IF YOU'RE STILL UNSURE:** That's okay. Clarity takes time.

**Consider:**

- Extending the check-ins for another 60 days
- Setting a firm decision deadline
- Individual therapy to process confusion

**Ask yourself:** "If nothing changes in 90 days, will I be okay with that?"

**Final Reflection**

**THE MOST IMPORTANT THING I LEARNED IN  
THESE 30 DAYS:**

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**ONE THING I'M PROUD OF:**

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**MY NEXT STEP:**

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**YOU DID THE WORK. THAT MATTERS.**

Whether you stay or go, you made an informed choice.

**THAT'S COURAGE.**