

Spark V2: Reconnection Sprint

Rediscover - Rebuild - Reignite

DAY 1: The Memory Dive

Theme: Nostalgia is the fastest route to emotional re-anchoring.

Prompt:

Each of you finds one photo, video, voice note, or place that represents a 'golden memory' in your relationship. Share it and tell the full story behind it-what you felt, what you miss about that version of each other.

Ask each other:

- What part of *us* from back then do you want to bring back into now?

[Goal]: Reconnect through shared identity. Memories are emotional APIs-use them.

DAY 2: Curiosity Reboot

Theme: Deep questions open new emotional bandwidth.

Prompt:

Do a 30-minute 'reverse interview.' One person is the interviewer; the other answers. Alternate tomorrow.

Ask each other:

- What have you been pretending is fine but actually isn't?
- What do you wish I understood about you, without having to explain it?
- When do you feel proudest of who we are?

[Goal]: Validate each other's evolution. Understanding rebuilds intimacy.

DAY 3: The Micro-Adventure

Theme: Novelty = dopamine = spark.

Prompt:

Do something new together. Examples:

- Cook a new meal (no phones, playlist on)
- Go somewhere in your city you've never explored
- Do an 'aesthetic switch' date-dress in each other's style

[Goal]: Break routine. Shared novelty mimics the feeling of falling in love again.

DAY 4: The User Manual Swap

Theme: Clarity is love's cheat code.

Prompt:

Write your Emotional User Manual. Template:

- When I'm hurt, I usually...
- My love language is...
- If you want me to feel safe, do this...
- When I feel disconnected, I need...
- Things I'm scared to admit...

Swap, read, reflect. Ask questions with zero judgment.

[Goal]: Minimize future friction by increasing mutual clarity.

DAY 5: The Future You Preview

Theme: Rebuild forward momentum.

Prompt:

Each of you answers:

- What's the future version of us I'm most excited about?
- If we were thriving six months from now, what would our day look like?

Then: Set one monthly ritual to reinforce your connection.

[Goal]: Shift from reflection to future-building.

DAY 6: Retrospective

Sit together and reflect on your 5-day journey. Ask:

- What felt real this week?
- What do we want to keep doing?

This isn't an end-it's a re-beginning.