

Top 5 Areas of Conflict

| Description | Intensity (1-10) | Desired Repair |
|-------------|------------------|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Top 5 Connection/Play Activities

| Description | Notes |
|-------------|-------|
| | |
| | |
| | |
| | |
| | |

Instructions: Plan a date night with your partner(s) to fill out the chart on the back. Be sure to be descriptive, as this will serve as a reference sheet for the future. Remember, this is an activity that is intended to feel fun and playful (If describing conflict areas becomes too tense, or if the intensity is higher than a 7, it may be helpful to complete this part with the help of a therapist). Don't be afraid to reminisce on fun memories while adding play activities to the chart.

Once the chart is complete, flip it over. Each partner will brainstorm 5 ways to use their "play" categories to address any of the 5 conflict areas. Be as creative as possible! Once finished, put this worksheet somewhere where you and your partner(s) will see it often. If partners reside in different homes, make sure to create a copy! Use the date suggestions to practice making the desired repairs.

| Partner 1 - Date suggestions | Partner 2 - Date Suggestions |
|------------------------------|------------------------------|
| | |
| | |
| | |