

COUPLES'

GOALS



5

*STEPS TO
BETTER
TALKS*

EXPRESS

STEP

1

GRATITUDE

1. Express appreciation for your partner's efforts, no matter how small they seem.
3. Acknowledge their value in your life.
4. A simple 'Thank You' can work magic, making your bond stronger.




*Let's
sprinkle
it daily!*

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REGRET

1. Mistakes are stepping stones towards growth.
2. Learn to express regret and be accountable for your actions.
3. Humility fosters trust, opening the gateway to a more meaningful bond.



*Stumble, fall,
but rise again
stronger.*

HURT

1. Open your heart, let your feelings flow.
2. Communicate your feelings in a non-accusatory way, inviting your partner to empathize with your emotions.
3. Remember, it's not about blaming, but about understanding each other better.



*It's OK to
express
hurt.*

ASK FOR

STEP

4

HELP

1. Don't shy away from asking for help.
2. Trust in your partner's ability and willingness to support you.
3. Remember, you are on the same team - strength lies in unity.



*Let's grow
stronger,
together!*

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JUST

STEP

5

LISTEN

1. Listen with the intent to understand, not just waiting to reply.
2. Make eye contact, read body language, and focus on your partner's emotions.
3. Tune in, connect, and feel understood.

A young couple is shown in profile, smiling and looking at each other. The woman has curly hair and is wearing a brown jacket. The man has a beard and is wearing a dark hat and a brown jacket. They are positioned in the lower left and center of the page.

*Let's connect
on a deeper
level!*