

A FREE GUIDE FOR MEN AND WOMEN

A Little Closer.

7 small steps toward more love and connection



From Candi & Greg

Whether you are single, beginning again, or sharing your life with someone, you deserve room for kindness, joy and connection.

Inspired by our lived experience. This reflection guide is not therapy or professional counseling. Only try shared exercises where you feel safe and free to say no.

SMALL STEPS / REAL CONNECTION

01 / Begin with yourself.

Before asking what you need from someone else, take a quiet moment to notice how you feel. There is no perfect answer.

Ask yourself: What would help me feel more like myself this week?

With a partner: Each share one thing that restores your energy. Listen without trying to fix it.

02 / Name what matters.

Think about the qualities you want to give and receive: kindness, honesty, respect, playfulness or something else. Choose three that matter most to you.

Write: The three qualities I want to make room for are...

With a partner: What does one of those qualities look like in an ordinary day?

SMALL STEPS / REAL CONNECTION

03 / Let appreciation be heard.

Choose one sincere, specific thing you appreciate about yourself or someone in your life. Say it or write it down today.

Try: I appreciated it when you ____ because ____.

Single or partnered: Appreciation can be shared with a friend, family member or partner. You do not have to force contact.

04 / Listen with curiosity.

Make a little room for an answer you have not heard before. Ask one open question, put distractions aside and let the other person finish.

Try: What is something you would love me to understand better?

On your own: Reflect on when you feel heard and what helps you listen well.

SMALL STEPS / REAL CONNECTION

05 / Ask for one little thing.

A clear, kind request gives the other person something concrete to respond to. Leave room for a different answer and a conversation.

Try: Would you be willing to take a short walk with me this week?

On your own: Name one boundary or request you would like to express more clearly.

06 / Make room for laughter.

Choose one simple moment of enjoyment. Sing a favorite song, share a funny memory, cook something together or enjoy an activity on your own.

Choose: One small thing I can do for joy this week is...

With a partner: Pick something both of you want to do. Shared time should feel like an invitation.

ONE SMALL BEGINNING

07 / Choose your next step.

You do not need seven changes at once. Return to the step that felt most useful and choose one action you can realistically take.

My next step is _____. I will make time for it on _____.

With a partner: Ask, What is one little thing we could do this week to feel more connected?

A little check-in

After you try your step: What felt good? What felt difficult? What would you like to try next? You can adjust the step, take more time or choose something different.

Keep the conversation going.

Find more of our story and ways to connect at relationshipswithcandiandgreg.com.

A note of care: These prompts are for voluntary, respectful connection. You do not owe someone closeness, forgiveness or access to you. If a relationship feels unsafe, prioritize your safety and seek appropriate support.