

PREMIUM EDITION

A LOVETYPE PROGRAMME

# Love Booster

7 DAYS · 30 DAYS · ONE RELATIONSHIP

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*A practical reset for a relationship that's still  
worth protecting.*

LOVETYPE



# LoveType

LOVE BOOSTER · PREMIUM EDITION

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*The 7-Day Reset and the 30-Day Connection Rhythm,  
together in one guide.*

*This programme is a practical tool for ordinary relationship friction. It is  
not therapy, and it is not built for abuse, threats, coercion, or situations  
where you feel unsafe with your partner.*

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# I

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SECTION ONE

## Welcome & How This Works

# What This Is

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Love Booster is a practical reset for a relationship that's still worth protecting — not because it's in crisis, but because it's drifted, gone quiet, or picked up some friction that's become automatic.

It works in two phases. The first seven days are intensive: one focused action a day, designed to interrupt whatever's gone stale or tense and prove that small, deliberate moves change the texture of a week. The following thirty days are lighter — a rhythm, not a second reset — built to turn what worked into something sustainable.

This programme will not fix everything, and it won't do the work for you. What it will do is give you one clear, doable thing to act on today, every day, instead of a pile of things to think about.

What this isn't: it's not therapy, it's not a guarantee, and it's not built to resolve deep, ongoing safety concerns.

*A boundary worth stating clearly: this programme is built for ordinary relationship friction — tension, distance, routine, the normal wear a long relationship goes through. It is not built for, and should never be used in place of help for, abuse, threats, coercion, or feeling unsafe with your partner. If that's your situation, this isn't the right tool. Please reach out to someone who can actually help.*

# How to Use It

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## TIME

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Most days take 10–20 minutes. A few take less.

## TOGETHER OR ALONE

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Every day includes a version for a partner who isn't participating, doesn't know about the programme, or is currently distant. You don't need a perfectly cooperative partner for this to be worth doing.

## THE TOOLKIT

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The Reconnect & Repair Toolkit isn't something you get to later — it's available from Day 1. If a real argument, shutdown, or hard conversation comes up at any point, go there immediately, then come back to where you left off.

## IMPERFECT PARTICIPATION STILL COUNTS

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If you miss a day, skip a script, or a night goes badly, that doesn't reset the programme or undo what came before. Pick up where you left off.

## AFTER THE 7 DAYS

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The 30-Day Connection Rhythm continues the same work at a slower, sustainable pace — it's one programme, not two.

# II

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SECTION TWO

## Relationship Check-In

*Four minutes to know exactly what you're working  
with.*

# Where You Stand Right Now

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You don't need to fix anything yet. Before you do, it helps to know exactly what you're working with — not in general, but this week, in this relationship, as it actually is.

Answer based on what's really happening, not what you'd want it to look like, and not a guess at how your partner would answer.

This takes about four minutes. Nothing here is scored out of 100, and nothing here is a diagnosis — it's a starting point that tells you exactly which parts of the next 7 days to lean into.

## DOING THIS ALONE?

*Answer based on what you've actually noticed, not on a conversation you haven't had yet. If you genuinely can't tell where an area stands because it's never really been talked about, mark it Sometimes rather than guessing — not knowing is itself useful information. Your result is still accurate: it describes the relationship as you're experiencing it right now, which is exactly where change starts either way.*

# The Five Areas

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For each pair, mark Mostly True · Sometimes · Not Right Now.

MOSTLY TRUE    SOMETIMES    NOT RIGHT NOW

## Connection

- ☐ ☐ ☐ We still check in about each other's day, not just logistics.
- ☐ ☐ ☐ My partner asks how I am, not just what's on the calendar.

## Communication

- ☐ ☐ ☐ When something's bothering me, I say it — I don't wait for them to notice.
- ☐ ☐ ☐ We can disagree without it turning into an argument about something else entirely.

## Attraction

- ☐ ☐ ☐ We still make some effort for each other — how we look, how we show up — not just for other people.
- ☐ ☐ ☐ We touch each other outside of logistics or sex: a hand, a hug, something that isn't functional.

## Trust

- ☐ ☐ ☐ I don't feel like I have to read the room before I say what's on my mind.
- ☐ ☐ ☐ When something's wrong, it usually comes out within a day or two — not weeks later.

## Routine

- ☐ ☐ ☐ This week didn't feel identical to last week.
- ☐ ☐ ☐ We've done something together recently that wasn't errands, chores, or screens.

# How to Read Your Answers

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For each area, look at your two answers:

- Both Mostly True → *Strong Right Now*. This area is genuinely working. Leave it alone.
- One Mostly True + one Sometimes, or two Sometimes → *Needs Attention*. It's not broken, but it's drifting — worth deliberate effort over the next 7 days.
- At least one Not Right Now → *Priority Area*. This is where the next 7 days should do the most work.

Mark each of your five areas with one of these three labels before moving on.

# The 5 Love Killers

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Check every one that's actually active right now — not just the obvious one.

- 1 **Constant Criticism** — feedback that used to be about a specific moment now sounds like it's about who they are (“you always,” “you never”).
- 2 **Emotional Distance** — conversations stay on schedules and tasks; the deeper layer has gone quiet.
- 3 **Routine** — nothing this month has been new, chosen, or planned — just repeated.
- 4 **Resentment** — something from before hasn't been resolved, and it resurfaces in arguments that are technically about something else.
- 5 **Lack of Attention** — check-ins, small plans, or messages have quietly dropped off — not from a fight, just default absence.

# Find Your Pattern

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Go through these in order and stop at the first one that fits.

## Rebuilding

*If 3 or more areas came out Priority Area, and you checked 3 or more Love Killers.*

**Why you're here:** this isn't one weak spot — several areas are under strain at the same time, and the killers driving them are active together. It's been building for a while, not a rough week.

**Focus:** all seven days, in order, deliberately. Keep the Reconnect & Repair Toolkit bookmarked from the start.

## Reconnecting

*If Trust or Communication came out Priority Area, and you checked Resentment and/or Criticism.*

**Why you're here:** there's a specific, nameable issue sitting between you — not just distance. Trust or honesty is the part actually under pressure.

**Focus:** Day 1 (Reset the Tension), Day 5 (Say What You Actually Need), Day 6 (Choose "Us" On Purpose). If there's been a recent blow-up, open the Reconnect & Repair Toolkit before Day 1.

# Find Your Pattern · Continued

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## Drifting

*If Connection and/or Attraction came out Priority Area or Needs Attention, and you checked Routine and/or Lack of Attention.*

**Why you're here:** conflict may not be the main issue — you're functioning fine as a team, but what's missing is anything that's specifically about each other, not just the logistics of running a life together.

**Focus:** Day 1 (Reset the Tension), Day 2 (Notice Each Other Again), Day 3 (Break the Routine).

## Steady but Stale

*If Trust and Communication are holding up (Strong Right Now or Needs Attention, not Priority), but Attraction and/or Connection are lagging.*

**Why you're here:** the relationship may still be stable, but active connection has become less intentional. Routine took over where effort used to be.

**Focus:** Day 3 (Break the Routine), Day 4 (Make Room for Attraction).

Whichever one you landed on, keep it in mind — the days ahead point back to it by name.

# III

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SECTION THREE

## The 7-Day Love Booster Reset

*One focused action a day, for seven days.*

# Reset the Tension

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## TODAY'S FOCUS

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Today isn't about solving anything. It's about interrupting whatever tension has become automatic between you — so the rest of this week isn't filtered through irritation before it even starts.

If the current friction goes untouched, every exercise this week gets read through it: attention feels like an obligation, honesty feels like an attack, effort feels suspicious. Today just lowers that static, once, on purpose.

If your Check-In pattern was Rebuilding or Reconnecting, today is the most important day this week — don't skip ahead. If you landed on Drifting or Steady but Stale, there's less active friction to clear, so move through today lightly and keep going.

## TODAY'S SIGNAL

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Tension between two people rarely looks like a fight. It usually looks smaller and quieter:

- Clipped, one-word replies
- Finding reasons to be in a different room
- Snapping at something that isn't actually the problem
- Reading a neutral comment as an attack
- Going quiet instead of saying what's actually going on

If two or three of these have been showing up regularly, there's a good chance tension is running the interaction — not either of you personally.

TONIGHT'S CONNECTION CHALLENGE

# The Two-Minute Reset

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Before you get into logistics, before you address anything that's been bothering you, before the TV goes on: spend two minutes on one deliberate, low-stakes exchange.

Sit down, put your phone face-down, and ask one specific question about their actual day — not “how are you,” which invites “fine.” Ask for one detail. Listen. Don't pivot into anything else. That's the whole exercise.

“  
*Hey — before we do anything else tonight, tell me one thing about your day I don't know yet.*

“  
IF THERE'S REAL TENSION HANGING OVER THINGS:  
*I don't want to get into [the thing] right now — I just want two minutes where we're not annoyed at each other. What's one thing from today I don't know about?*

“  
IF THEY'RE CLOSED OFF AND EVEN THAT FEELS LIKE TOO MUCH:  
*Rough day or fine day?*

## IF THEY RESPOND BADLY

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**One-word answer (“Fine.”):** Don’t chase it or explain yourself. Say “okay” and let it sit. One attempt tonight is the goal, not a breakthrough — you get another shot tomorrow.

**Defensive (“What’s this about?”):** Don’t over-explain. “Nothing — just want two minutes before the rest of the night” is enough.

**“Not now.”:** Respect it immediately. “Okay, later.” Don’t push.

**Stays cold the whole time:** The exercise isn’t measured by their reaction — it’s measured by whether you did one thing differently than the usual pattern. You did. It counts.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If your partner doesn’t know you’re doing this, or isn’t in a place to meet you halfway tonight, the assignment still applies — just aimed at yourself. At some point today, notice one moment where you’d normally answer tension with a clipped tone, a sigh, or silence. Once, choose a neutral response instead — not warm, not performed, just neutral. That’s the whole assignment. You’re not faking peace; you’re testing whether the tension was actually necessary in that one moment, or just a reflex.*

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## Reflection

- ? *What actually happened tonight — better, worse, or about the same as you expected?*
- ? *Which signal from today’s list showed up the most this week?*



## TOMORROW

Today wasn’t about resolving anything — it was proof that one small, deliberate move can interrupt the pattern, even if the reaction wasn’t perfect. Tomorrow builds on that directly: instead of just breaking the tension, you’ll practice actually noticing your partner again — the specific kind of attention that’s the easiest thing to quietly stop giving once things get tense.

# Notice Each Other Again

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## TODAY'S FOCUS

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Routine can make people stop seeing each other, even when how they feel hasn't actually changed. You can live with someone, manage a life with them, and still miss what's actually going on with them week to week. Today isn't about grand romantic gestures. It's about noticing one true, specific thing that routine has made invisible.

If your Check-In pattern was Drifting, today matters as much as Day 1 — this is close to the core of what's been missing.

## TODAY'S SIGNAL

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- You couldn't say what's actually been on their mind this week.
- Your compliments are about logistics ("thanks for handling that"), not the person.
- You glance at your phone before you actually look at them when they walk in.
- You've stopped noticing small changes — mood, stress, effort — because you're not looking.

TONIGHT'S CONNECTION CHALLENGE

# The One Specific Thing

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Notice one specific, true, current thing about your partner that you haven't said out loud — not a generic compliment (“you look nice”), but something real: how they've handled something stressful lately, a small effort they've been making, a way they've changed recently. Say it today, without following it with a request, a segue, or a “but.”

“

*I noticed you've been [specific real thing] lately — I don't think I've actually said that.*

“

IF IT'S ABOUT SOMETHING THEY'RE STRUGGLING WITH:

*I know [specific situation] has been a lot. I've noticed how you've been handling it.*

“

IF IT'S SMALL AND LIGHT:

*I noticed you did [specific small thing] today. That was genuinely thoughtful.*

## LOVE TYPE NOTE

*Different people show attention differently — some say it out loud easily, some show it through action instead of words. What matters today isn't whether this feels naturally “you” yet — it's whether you actually said it.*

## REAL-WORLD FRICTION

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If they brush it off (“...okay”) or seem thrown by it: don’t chase a reaction or explain why you said it. The exercise was saying it, not their response. If it feels stiff or awkward coming out of your mouth: that’s normal after a stretch on autopilot — it gets easier by Day 3 or 4.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If your partner isn’t part of this yet, the noticing itself is still real — but don’t let it stay private if you can help it. Notice something specific and true, and say it in whatever small form fits the moment, even a text: “Noticed you’ve been dealing with a lot this week.” Attention that’s never expressed doesn’t create connection — it just stays an observation.*

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### Reflection

- ? What did you notice that you’d genuinely stopped seeing?
- ? What was it like to say it out loud?



### TOMORROW

Noticing each other is the input. Tomorrow works on the container it happens in — because right now, most evenings look identical, and identical evenings are easy to stop paying attention to.

# Break the Routine

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## TODAY'S FOCUS

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Routine isn't the enemy — but when every evening is predictable before it happens, there's often nothing left to actually look forward to together. Today isn't about a big date. It's about choosing something on purpose instead of letting the evening just happen to you.

If your Check-In pattern was Drifting or Steady but Stale, this is one of your two most important days this week.

## TODAY'S SIGNAL

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- You could describe tonight accurately before it happens.
- Weekends look the same as the last several weekends.
- Most interactions are transactional — schedules, chores, errands.
- “Date night,” if it exists, has quietly become another chore.

TONIGHT'S CONNECTION CHALLENGE

# The 20-Minute Break

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Do one small thing together tonight that isn't part of your normal routine, lasts about 20 minutes, and has zero functional purpose — not errands, not planning, not passive screen time. A walk with no destination. Cooking something you don't normally make. Sitting outside with no phones. One full song, actually listened to, actually talked about. It doesn't need to be impressive. It needs to be chosen.

“

*Want to do something different for 20 minutes tonight — no phones, no errands? I was thinking [specific idea].*

“

IF THEY'RE TIRED OR RESISTANT:

*Doesn't have to be big — just 20 minutes, then we can do whatever.*

## REAL-WORLD FRICTION

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If they say not tonight: don't force it — ask “tomorrow, then?” and shrink today's version instead of skipping it entirely (5 minutes outside, no destination, still counts). If it happens but feels quiet or awkward: that's fine — the goal is doing something unscripted, not having a great time. Awkward still counts as different.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If your partner won't participate right now, break your own routine today in a way that's visible without asking permission or making it about the relationship — cook something different, take a different route home, change up one ordinary habit. You're not staging a demonstration; you're showing, quietly, that change is possible before you need their buy-in for it.*

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## Reflection

- ? *What did you choose, and why that specifically?*
- ? *What's the actual difference between an evening that happens to you and one you decided on?*



## TOMORROW

*Breaking routine opens space. Tomorrow uses that space carefully — for something a lot of couples avoid talking about honestly: attraction.*

# Make Room for Attraction

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## TODAY'S FOCUS

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Attraction isn't something you can switch back on in a night, and today doesn't try to. What can quietly wear it down over time is autopilot: relating mostly as co-managers of a household, little effort in how you show up for each other, touch that's become purely functional. Today is about removing some of what may be getting in the way — not forcing anything to appear.

If attraction has been low for a long time, that's genuinely fine to be true right now. Today's goal is smaller and more honest than “feel a spark by tonight”: presence, effort, and being seen as a person, without pressure.

If your Check-In pattern was Steady but Stale, this is one of your two most important days.

## TODAY'S SIGNAL

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- You mostly relate as co-managers of logistics — schedules, chores, kids — rather than as people.
- You haven't made an effort in how you look or show up specifically for them in a while.
- Touch has become purely functional (a goodbye kiss) or has quietly stopped.
- You've stopped being curious about them as a person, separate from their role in your life.

TONIGHT'S CONNECTION CHALLENGE

# One Deliberate Moment

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Create one deliberate 10-minute moment where neither of you is operating in a functional or logistics role — no phones, no chores, no TV, and no pressure toward sex or physical intimacy.

During that moment, make one deliberate effort in one of these: attention, appearance, or closeness. Pick one — not all three.

**Attention:** Hold eye contact during an ordinary conversation instead of multitasking.

**Appearance:** Dress like you're going somewhere, even if you're not.

**Closeness:** Sit close instead of across the room, or offer a hug that lasts a little longer than usual.

“

SAY THIS (OPTIONAL, LOW-PRESSURE):

*I want to actually hang out tonight — not logistics, not half-watching something. Just us for a bit.*

“

FOR PHYSICAL CLOSENESS, IF IT FITS:

*Can I sit with you for a bit?*

## LOVE TYPE NOTE

*Connection can look like conversation, shared time, touch, practical effort, or space followed by return — it doesn't have to look “romantic” to count. Pick whichever effort actually fits where you are right now.*

## REAL-WORLD FRICTION

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If they're not receptive to closeness or it feels uncomfortable: respect that fully, no pushing, no guilt — “no worries” — and stay in the attention or presence part instead. If it feels rusty or strange because it's been a while: that's normal. Naming it plainly (“this feels a little out of practice, that's okay”) often works better than pretending it's effortless.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If attraction or closeness is currently a painful or sensitive subject, or your partner isn't participating, today is entirely about how you show up — not what you ask of them. Make one small effort in appearance or attention today, for the relationship, not for anyone else. Be fully present during one ordinary interaction — phone down, actually looking at them — without expecting anything back.*

---

### Reflection

- ? *What actually got in the way of presence tonight — distraction, habit, or something else?*
- ? *Did anything feel even slightly different?*



### TOMORROW

*Presence creates the room. Tomorrow fills some of that room with honesty — specifically, turning whatever frustration you've been carrying into something your partner can actually act on.*

# Say What You Actually Need

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## TODAY'S FOCUS

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Relationship frustration often gets stuck at the complaint level — “you never help,” “you don’t get it” — which describes a feeling but gives the other person nothing to actually do. Today’s job is narrow and concrete: take one real frustration and turn it into one specific, doable request.

If your Check-In pattern was Reconnecting or Rebuilding, this is one of the most important days in the whole programme.

## TODAY'S SIGNAL

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Listen for this language in your own head this week:

- “You never...”
- “You don’t even...”
- “It’s like you don’t care”
- “I shouldn’t have to ask.”

All real feelings — none of them requests anyone can act on.

TONIGHT'S CONNECTION CHALLENGE

# One Frustration, One Request

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Pick one thing that's been bothering you — not the biggest, oldest issue, something real but sized for a first attempt. Privately, write the vague version you'd normally say. Then rewrite it as a specific, doable request: who does what, when, how often.

**Vague:** "You never pay attention to me."

**Specific:** "Can we put our phones away for the last 20 minutes before bed and just talk?"

**Vague:** "You don't help enough."

**Specific:** "Could you take the trash out every Tuesday without me having to ask?"

“

SAY THIS:

*Can I ask you for something specific? [the specific request].*

“

IF IT'S ABOUT ATTENTION OR AN EMOTIONAL NEED:

*I don't need you to fix anything — I just want [specific concrete thing]. Can we try that?*

## REAL-WORLD FRICTION

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If they get defensive (“so I’ve been doing it wrong?”): clarify it’s not a verdict on the past. “I’m not trying to turn this into a verdict on everything. I’m asking for one specific thing going forward.” If you’re not confident they’ll follow through: that’s fine — today’s win is asking clearly, not enforcing it. If it turns into a bigger argument: pause it and use the Toolkit’s “I need to bring up something difficult” or “pausing without punishment” entries — don’t force this exercise to resolve a much larger conversation in one sitting.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If saying it out loud isn’t possible right now — too tense, or the timing genuinely isn’t right — do the private half anyway: write the vague version, then rewrite it as one specific, doable request. Even unsent, this changes what you’re carrying from something unanswerable (“they never...” ) into something specific you’re waiting for the right moment to ask.*

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### Reflection

- ? *What was the vague version you’d normally have said?*
- ? *What changed about how it felt to ask, once it was specific?*



### TOMORROW

*You’ve learned to ask for one thing. Tomorrow is about choosing, together, what you’re both actually protecting — on purpose, not by accident.*

# Choose “Us” On Purpose

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## TODAY’S FOCUS

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Many relationships can end up running on autopilot until a crisis forces a decision. Today makes one decision on purpose, without a crisis behind it — proof that this relationship is something you’re actively choosing, not just something that’s still going.

## TODAY’S SIGNAL

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- You can’t remember the last decision you made together that wasn’t logistics (whose turn, which bill, whose parents).
- Plans involving “us” get deprioritized under almost anything else.
- You’ve stopped protecting any time or attention for each other from work, other people, screens, or kids.

TONIGHT’S CONNECTION CHALLENGE

# One Protected Thing

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Together, choose one specific, recurring thing you will protect going forward. Not a vague intention (“spend more time together”) — a concrete, checkable commitment. It can be a ritual, a boundary, or a standing plan:

- “Sunday mornings are ours before either of us checks a phone.”
- “We eat at the table, screens off, at least four nights a week.”
- “No work messages during dinner.”
- “We don’t cancel our protected time together unless something genuinely can’t wait.”
- “A shared boundary on screens after a certain time.”
- “One recurring plan — a walk, a call, a standing night — that stays protected from the rest of the week’s routine.”

“

SAY THIS:

*I want us to actually decide on one thing we protect, instead of just hoping it happens. What if [specific proposal]?*

## LOVE TYPE NOTE

*What actually protects a relationship doesn’t have to look traditionally romantic — a screen boundary or a kept plan can matter just as much as a gesture. What works for the two of you is what counts.*

## REAL-WORLD FRICTION

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If they don’t want to commit to anything right now: don’t force a joint decision — use the solo version below. If they agree easily but you’re skeptical it’ll last: that’s fine — this doesn’t need to be permanent yet. Days 29–30 of the 30-Day Rhythm come back to exactly this.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If this can’t be a joint decision yet, choose one thing you will protect on your side, regardless of their participation — a specific time or attention boundary you fully control. “When they’re home, my phone goes away for the first ten minutes.” “I stop bringing up work stress the moment we sit down to eat.”*

---

### Reflection

- ? *What did you choose, and how will you know in a week whether you kept it?*
- ? *What almost got chosen instead, and why did you pick this one?*



### TOMORROW

One more day — not a bigger exercise, a chance to look back honestly at what actually moved this week, before this turns into something you carry forward without needing daily instructions.

# Carry It Forward

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## TODAY'S FOCUS

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This isn't a finish line. Nothing about a relationship gets solved in seven days, and that was never the goal. The goal was proving that small, deliberate moves change the texture of a week — and today is about noticing what actually shifted, deciding what's worth keeping, and setting up how you'll keep going without this much structure every day.

## TODAY'S SIGNAL

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Signs it actually moved:

- A slightly easier evening.
- A moment this week you'd have skipped a month ago.
- Less rehearsed irritation.
- Noticing something instead of missing it.

TONIGHT'S CONNECTION CHALLENGE

# The Week in Review, Together

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Sit down together for 10–15 minutes and answer three things out loud:

- 1 Which day or exercise this week actually landed, even a little?
- 2 Which day felt hardest or most awkward, and why?
- 3 One specific thing from this week you both want to keep doing on purpose — not because a programme said to.

Write down just that one thing. It becomes the first ritual of your next 30 days.

“

SAY THIS:

*Can we do something quick — just look back at this week, what worked and what we want to keep?*

## REAL-WORLD FRICTION

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If one of you engaged a lot more than the other: say that plainly, without blame — “I know I was more into this than you this week — what’s one thing you’d actually want to keep anyway?” If the week felt like it mostly didn’t work: that’s real information, not failure. Note which specific days landed least and revisit those, not the whole week, once you’re in the 30-day rhythm.

### FACENDOLO DA SOLI / DOING THIS ALONE?

*If you’re reviewing this without your partner, do your own version privately: which exercise this week actually changed something, even slightly — and which one you’re going to keep doing on your own, regardless of their involvement.*

---

## Reflection

? *What surprised you most about this week?*



## TOMORROW — INTO THE NEXT 30 DAYS

*The next 30 days aren’t a second version of this week — they’re lighter, a rhythm instead of a reset. You’ve already done the hard part: proving the pattern could be interrupted. What comes next is making it stick.*

# IV

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## SECTION FOUR

# Reconnect & Repair Toolkit

*Nine situations. One page each. Find it, use it, come  
back.*

HOW TO USE THIS TOOLKIT

# Reconnect & Repair Toolkit

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This isn't Phase 3, and it isn't something you read once at the end. It's available from Day 1 onward. If a real argument, shutdown, or hard conversation comes up at any point in the programme — or after it — come here, find the situation that matches, use it, then go back to wherever you left off.

# 01

## We Just Had a Bad Argument

### WHAT'S HAPPENING

The argument itself has already peaked or ended, but both of you are likely still keyed up. This is about recovering afterward — not stopping mid-fight (see #7 for that).

### DON'T

- try to resolve everything immediately
- replay who said what worse
- demand an apology or agreement on the spot

### TRY THIS

- Step back on purpose — not as punishment — and let both of you actually calm down (20–30 minutes is often enough) before continuing.

### SAY THIS

*“I don’t want to keep going right now and make this worse. Can we take twenty minutes and come back to it?”*

---

### IF THEY'RE NOT READY

If they won’t agree to pause and keep escalating, take yours anyway: “I’m going to step away for a bit — I’m not walking away from you.” Then actually return.

# 02

## One of Us Has Shut Down

### WHAT'S HAPPENING

One of you has stopped engaging or responding — often without a clear trigger like an argument at all — because there's nothing left right now to give the conversation. This is different from a deliberate pause (#7): it's disengagement, not a chosen step back.

### DON'T

- chase them for a reaction
- accuse them of not caring
- raise the volume to force a response

### TRY THIS

- Give real space with a stated return point, not an open-ended wall.

### SAY THIS

*"I can see you need some space. Can we check back in about an hour?"*

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### IF THEY'RE NOT READY

If the hour passes and they're still closed, ask once more gently, then let it be: "Whenever you're ready." Repeated pushing tends to extend shutdown rather than shorten it.

# 03

## The Same Argument Keeps Coming Back

### WHAT'S HAPPENING

It's not one moment — it's a pattern. The same disagreement, or a close variation of it, keeps showing up across separate days or weeks, usually circling a recurring topic (chores, time, money) rather than one single incident.

### DON'T

- keep re-arguing the surface topic with better evidence — it usually isn't an evidence problem

### TRY THIS

- Name the pattern itself, separate from tonight's instance, and ask what tends to be underneath it.

### SAY THIS

*"I think we keep getting stuck on the same version of this. Is there something bigger underneath it for you?"*

---

### IF THEY'RE NOT READY

Don't force it mid-argument. Name it and revisit later, calmly: "Let's actually talk about what's really going on here — not tonight, but soon."

# 04

## I Need to Bring Up Something Difficult

### WHAT'S HAPPENING

Something's been sitting unspoken, and the longer it waits, the bigger and more loaded it can start to feel.

### DON'T

- ambush them mid-task
- lead with the harshest version of the complaint
- bring it up when either of you is already stressed or exhausted

### TRY THIS

- Name upfront that it's a real conversation, choose an actual moment for it, lead with the specific issue — not a character judgment.

### SAY THIS

*“Can we talk about something? Not urgent, but real — is now an okay time, or should we find one?”*

---

### IF THEY'RE NOT READY

Take the offer to reschedule seriously, and hold a real time, not an indefinite one: “Okay — tonight after dinner?”

# 05

## Defensiveness — Theirs or Yours

### WHAT'S HAPPENING

Defensiveness can show up when a comment lands as feedback about who someone is, rather than about one specific moment — in either direction.

### DON'T

- push harder against a wall that's already up
- repeat the same point louder

### TRY THIS

- If they're defensive, narrow the point back to one specific behavior, not "you always." If you notice yourself getting defensive, name it instead of arguing past it.

### SAY THIS

#### IF THEY'RE DEFENSIVE

*"I'm not saying that's who you are — I'm talking about just this one thing."*

#### IF YOU'RE DEFENSIVE

*"I think I'm getting defensive — give me a second. I do want to hear this."*

---

### IF THEY'RE NOT READY

If the wall doesn't come down, don't force resolution in the same conversation. Return to it later, calmer.

# 06

## There's Resentment Underneath Everything

### WHAT'S HAPPENING

A specific earlier event or unmet need was never actually resolved, and it can quietly colour reactions to unrelated things now. This is about one particular unresolved thing — not a recurring topic like #3 above.

### DON'T

- avoid naming it because it feels like reopening a wound
- let it keep leaking into unrelated arguments instead

### TRY THIS

- Name the actual old thing directly, once, outside of an active argument.

### SAY THIS

*"I think something from [specific thing] never actually got resolved between us, and I don't want it sitting under everything else anymore."*

---

### IF THEY'RE NOT READY

Don't force resolution in one sitting. Agree on when, not if: "Can we come back to this this week?"

# 07

## Pausing Without Making It a Punishment

### WHAT'S HAPPENING

Tension is still rising, and continuing right now seems more likely to escalate than resolve anything. This is about stepping out before it peaks — not repairing after, like #1 above.

### DON'T

- go quiet with no explanation
- use the pause as leverage
- let it stretch indefinitely with no plan to return

### TRY THIS

- State the pause out loud, with a reason and a rough return point.

### SAY THIS

*“I need to pause — not to punish you, because I don’t trust what I’d say right now. Let’s pick this up in a bit.”*

---

### IF THEY'RE NOT READY

If it still lands badly despite the explanation, restate the intent once, then let the pause do its job: “This isn’t about shutting you out — I just need a minute.”

# 08

## I Said Something Badly and Need to Repair It

### WHAT'S HAPPENING

Something came out harsher, meaner, or more careless than you meant, and it's sitting there.

### DON'T

- over-explain your intent before acknowledging the impact
- minimize it
- wait for them to bring it up first

### TRY THIS

- Name specifically what you said without defending it first, then explain what you actually meant, if it's still true.

### SAY THIS

*"What I said about [specific thing] was out of line. I'm not going to explain it away — I'm sorry."*

---

### IF THEY'RE NOT READY

Don't push for immediate forgiveness. "You don't have to say anything back right now — I just wanted you to hear it."

# 09

## We Are Talking but Going Nowhere

### WHAT'S HAPPENING

You're both engaged and talking, but the conversation keeps circling — same points, no movement.

### DON'T

- repeat your own point with more force
- assume enough talking will eventually break the loop

### TRY THIS

- Name the loop itself, then ask one different, more specific question than the one you keep circling.

### SAY THIS

*"I think we're saying the same things back and forth. What's the one specific thing that would actually change something here?"*

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### IF THEY'RE NOT READY

If naming the loop doesn't help in the moment, this is a good candidate for "pausing without punishment" rather than pushing through exhaustion.



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SECTION FIVE

# The 30-Day Connection Rhythm

*Four weeks. One theme each. A rhythm worth keeping.*

HOW THIS PHASE WORKS

# A Rhythm, Not a Reset

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The intensive part is over. This phase is lighter, on purpose — a rhythm to sustain, not a second reset to survive. Each week has one theme, one weekly ritual worth protecting, and a short daily nudge that usually takes under a minute to read and a few minutes to do. There's one honest check at the end of each week.

# 01 Attention & Presence

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## WEEKLY RITUAL

*Pick one moment that already exists in your day — dinner, the first ten minutes home, right before bed — and protect it, phones away, every day this week.*

## LOVE TYPE NOTE

*Attention doesn't have to look the same for both of you — for one of you it might be conversation, for the other it might be sitting in the same room in comfortable quiet. What works matters more than whether it looks a certain way.*

- |                    |                                                                          |
|--------------------|--------------------------------------------------------------------------|
| DAY 1              | Say one specific thing you noticed about them today.                     |
| DAY 2              | Phones away for the first five minutes you're both home.                 |
| DAY 3              | Ask one real question about their day, and actually wait for the answer. |
| DAY 4              | Do one small useful thing for them today, without being asked.           |
| DAY 5              | No phones during the ritual today. No exceptions.                        |
| DAY 6              | Share one thing from your own day you wouldn't normally mention.         |
| DAY 7 — WEEK CHECK | Did the ritual happen most days? What made it easier or harder?          |

## 02 Novelty & Connection

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### WEEKLY RITUAL

*Plan and do one small, non-routine thing together this week — decided in advance, not spontaneous leftovers.*

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DAY 8            Suggest one small change to tonight's routine, even a tiny one.

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DAY 9            Do something together you haven't done in a while, even for 10 minutes.

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DAY 10           Ask: "What's something you'd want to try that we haven't?"

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DAY 11           Skip a normal habit tonight — screens, the usual dinner spot — on purpose.

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DAY 12           Lock in this week's planned "different thing" — day, time, what.

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DAY 13           Do the planned thing.

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DAY 14 — WEEK CHECK            What did the different thing actually change about the week, even slightly?

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## 03 Honest Communication & Repair

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### WEEKLY RITUAL

*Once this week, use the Day 5 method — vague complaint into one specific request — on something new.*

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**DAY 15** Notice a vague complaint forming in your head. Don't say it yet — just notice.

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**DAY 16** Rewrite it as one specific, doable request.

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**DAY 17** Say the specific version out loud.

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**DAY 18** If friction comes up, try the Toolkit's "pausing without punishment" script.

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**DAY 19** Check whether anything this week needed a Toolkit page. If so, use it.

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**DAY 20** Repair one small thing you let slide this week, even minor.

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**DAY 21 — WEEK CHECK** What's easier to say now than it was on Day 5?

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## 04 Attraction, Partnership & Protecting “Us”

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### WEEKLY RITUAL

*Revisit the Day 6 “protected thing.” Confirm it’s actually happening. If it’s slipped, recommit to it out loud, adjusted if needed.*

- |                     |                                                                        |
|---------------------|------------------------------------------------------------------------|
| DAY 22              | Make one small effort in how you show up today, for them.              |
| DAY 23              | Create one moment of undistracted presence — no phones, no tasks.      |
| DAY 24              | Check honestly: has the Day 6 protected thing actually been happening? |
| DAY 25              | If it’s slipped, recommit to it out loud today.                        |
| DAY 26              | One small, non-demand moment of closeness — whatever fits right now.   |
| DAY 27              | Ask them what’s felt different this month, if anything.                |
| DAY 28 — WEEK CHECK | What are you glad you kept doing? What quietly stopped?                |

# Integration

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## DAY 29

Sit down together (or alone, if you've been doing this solo) and go through the whole month honestly: what's worth keeping permanently, without a programme telling you to. Choose one to three things — not everything.

## DAY 30

Decide concretely how those one to three things continue without a checklist — a standing plan, a habit, an understanding between you. Close the programme on that decision, not on a page count.

# VI

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SECTION SIX

## Keeping It Going

*The LoveType Next Step*

# What Actually Changed

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Look back at your original Check-In pattern and the signals from Day 1. Which of those signals still show up regularly? Which have genuinely faded? You don't need to redo the Check-In — just notice the honest difference between where you started and where you are now.

# What to Keep

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From everything in this programme, you likely found a small number of things that actually mattered — a specific script, a protected ritual, a way of asking for what you need. Keep those. Let the rest go. A relationship doesn't need every exercise in this programme running at once; it needs the two or three that actually worked, kept up on purpose.

# Where LoveType Fits From Here

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You've spent 37 days working on the relationship itself — the habits, the routines, the everyday friction most couples deal with. At this point, the questions that are left are usually more specific than anything a general programme can answer: "Why does this keep happening to us?" "How do I actually bring this up?" "What do I do next, in this exact situation?"

That's where LoveType becomes useful. Your LoveType profile shows how you specifically tend to love, argue, and reconnect. Ask LoveType Coach takes an actual situation — not a general topic — and works through it with you directly.

You've learned how to work with the relationship. If the next question is about your exact situation, that's the next step.

# LoveType

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*Thank you for giving this relationship seven days of  
attention, and thirty more of rhythm.  
That choice, repeated, is the whole practice.*

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