

The Five Minute Date

A Simple Practice for Daily Connection and Emotional Bonding

The Five-Minute Date is a short, structured ritual to help you and your partner reconnect emotionally. Think of it as a daily “touch point” that keeps your relationship steady and your bond strong.

Step 1: Get Ready

Set aside five uninterrupted minutes together. Turn off distractions (phones, TV, etc.). Sit comfortably, face each other, and take a deep breath.

Step 2: The Format

Use the prompts below, taking turns. Each person shares for about 60–90 seconds per prompt. Listen gently—this is not a time to solve problems or debate. The goal is to check-in on the details of each other’s lives & support each other

1. **What are highs & lows for you today?**
2. **How are you feeling about life today?**
3. **Is there any encouragement or help I can give to you today?**

Step 4: Commit

Will you do a Five-Minute Date again tomorrow?

☐ Yes ☐ Maybe ☐ Let’s talk about when

Step 3: Reflect (if time)

Take a moment to write or share one insight from today’s Five-Minute Date:
What surprised you? What did you feel during this time? What stood out to you?



For Couple Therapy

Discuss any barriers to engaging the 5 minute date, set realistic goals with your therapist to connect in small ways daily.

