# 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

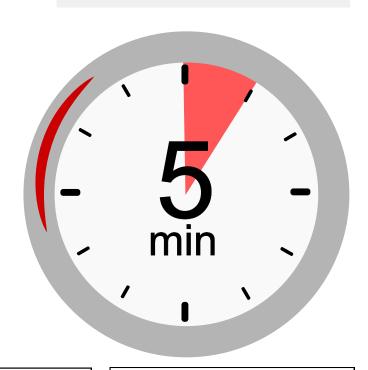
Use the prompts below, taking turns. Each person shares for about 60–90 seconds per prompt. Listen gently—this is not a time to solve problems or debate. The goal is to check-in on the details of each other's lives & support each other

- 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 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?



# Step 4: Commit

Will you do a Five-Minute Date again tomorrow?

□ Yes □ Maybe □ Let's talk about when

# For Couple Therapy

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