

EXCLUSIVELY FOR TODAY'S ATTENDEES

The Couples Communication Action Plan

A working companion to tonight's talk — scripts, rituals, and repair moves you can start using this week.

What this plan is

This is the working companion to what Stephanie taught from stage. It converts the ideas from the talk into specific sentences, weekly rituals, and repair moves you can start using tonight. Nothing here is theoretical. Every practice below has been used with real couples inside The Relationship Solution System™.

Read it once end-to-end. Then pick **one** practice from Section 3 and run it for seven consecutive days. One practice, done consistently, will outperform five practices done sporadically. That is the entire secret.

Section 1 · The three failure modes

Almost every hard conversation between committed partners breaks down in one of three predictable ways. Learning to name the failure mode in real time is half the work.

Escalation

The volume, stakes, or accusations climb faster than either of you can process. Within minutes you are arguing about the argument.

The tell: Voices raised, sentences starting with "you always" or "you never," old grievances pulled into a new fight.

The move: The person who notices first says: *"I want to keep talking about this, and I can't do it well right now. Twenty minutes, same couch."* Then you actually come back.

Withdrawal

One partner goes quiet, physically leaves, or emotionally checks out. The topic isn't resolved — it's shelved, and shelved things rot.

The tell: Short answers, a wall of screen time, "I'm fine," doors closing softly, days of surface pleasantness with no real contact.

The move: The withdrawing partner names it out loud: *"I'm shutting down. I'm not leaving. I need thirty minutes and then I'll come find you."* The other partner does not chase during those thirty minutes.

Score-keeping

The conversation stops being about the current issue and becomes a ledger — who did what, when, how many times, and who therefore owes whom.

The tell: Phrases like "last time," "you also," "what about when I," or a mental spreadsheet showing up in speech.

The move: Name the pattern, not the person: *"We're keeping score. Can we put the ledger down and just deal with tonight?"*

Section 2 · Scripts you can steal

These are not magic phrases. They are pre-decided sentences so that you don't have to invent language while your nervous system is already loud. Say them, or say something close.

To open a hard topic

"I want to talk about something that matters to me. I'm not looking for a fight and I'm not testing you. Is now okay, or is there a better window today?"

To ask for a repair

"Something you said yesterday is still with me. I'd like to tell you what I heard, and I'd like to hear what you meant. In that order."

To slow an escalating fight

"I love you, and I am about to say something I'll regret. I need twenty minutes. I'll be back on this couch by [time]."

To ask for support without criticism

"I'm carrying something and I don't need you to fix it. I need you to sit next to me for ten minutes and let it be hard."

To offer support without invading

"I can see this is heavy. Do you want me to listen, help you think, or just be near you right now?"

To name a pattern instead of a person

"I don't want to make this about you. I want to name a pattern I keep seeing between us so we can both look at it."

To repair after you were the one who hurt them

"I was wrong. I understand now that what I said landed as [X]. I'm sorry. Here is what I'm going to do differently."

To close a conversation on purpose

"I don't want to leave this open. Can we agree on one thing that changes because of tonight, even a small one?"

Section 3 · Weekly practices (choose one)

Pick one. Run it for seven days. Then, and only then, decide whether to add a second.

The 20-Minute State of the Union

Same time each week. No phones. Three questions, in order: (1) What worked between us this week? (2) What didn't? (3) What is one thing we're each committing to next week? Ten minutes each. No cross-talk during the other's turn.

The Daily Six-Minute Check-In

Two minutes each, plus two minutes silent. Prompt: *"One thing that was hard today. One thing that was good. One thing I need from you tomorrow."* The silence at the end is not filler — it is the point.

The Repair Window

Any unfinished conversation must be re-opened within 48 hours or explicitly retired. Nothing is allowed to just "go quiet." Put it in the shared calendar the moment you shelve it.

The Money Ritual

Fifteen minutes, once a week, both partners, one screen. Look at the numbers together. No decisions in the first meeting — only observation. Decisions start in week two, once you're both looking at the same reality.

The Appreciation Practice

Once a day, out loud, one specific appreciation. "Thank you for X" — not "you're a good partner." Specificity is what makes it land.

Section 4 · The 48-hour rule

No hard conversation is allowed to sit unresolved for more than 48 hours. Either you re-open it on purpose, or you jointly decide to retire it. What is not allowed is the third option — letting it quietly stay open and turn into resentment. This single rule, followed strictly for 90 days, changes more relationships than any other technique in this guide.

Section 5 · When to bring in outside help

- You keep having the same fight, in different clothes, more than three times.
- One or both of you have started to imagine life without the other, in detail.
- You are managing the relationship instead of being in it.
- There is contempt in the room — eye-rolling, mockery, silent write-offs.

- A major transition is coming — a move, a merger, a diagnosis, a new baby, empty nest — and you are not aligned.
- You scored below 105 on the Relationship IQ™ Assessment, or below 20 in any single domain.

If any of the above is true, book a complimentary **Relationship Strategy Call**. It is a private, 45-minute conversation with Stephanie's team to determine whether the Relationship Solution System™ is the right structure for what you are actually navigating.

This guide is educational and is not a substitute for therapy, medical, legal, or financial advice. If you are unsafe in your relationship, please contact appropriate local emergency and support services first.