

## **The Reassurance Ritual**

**5 minutes a day, plus a weekly worry window. For when we worry about us.**

1. **Daily reassurance, 1 to 2 minutes.** Same time every day. "I love you, we are good. I will be in touch at \_\_\_\_."
2. **Worry list, anytime.** Write the worry and rate it 1 to 10. Do not ask yet. "This is a worry, not a fact."
3. **Evening cross-out, 1 minute.** Cross out what faded.
4. **Weekly worry window, 20 minutes.** Up to three worries. "The story I told myself was..." Calm answer, one small change, thanks both ways.

**Practical questions can always be asked right away.**

*From CoupleCareRoutine.com*