

EMOTIONAL INTELLIGENCE GROWTH

Partner A: _____ Partner B: _____ Week: _____

SELF-AWARENESS & REGULATION

Naming Feelings
Pausing Before Reacting
Expressing Needs Clearly

EMPATHY & CONNECTION

Active Listening
Validating Partner
Conflict De-escalation

GROWTH DISCUSSION NOTES

INTENTIONS FOR NEXT WEEK

Shared awareness is the foundation of lasting intimacy.