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5 Gentle Reflections for Supporting your Relationship

An invitation to pause, notice, and
reflect

BEFORE WE BEGIN

Relationships are complex, and there is no single “right” way to be in relationship.

We are often surrounded by advice about how to communicate better, fix problems, or get things right. This handout isn’t intended to add more to that noise.

Instead, these reflections offer a gentle pause — a few ideas you might sit with, notice, or return to when it feels helpful.

Nothing here needs to be done perfectly, or even at all. You may recognise yourselves in some of these points, or you may not. Take what feels relevant, and leave the rest.

5 SIMPLE WAYS TO SUPPORT A HEALTHY RELATIONSHIP

01

Noticing how you check in with each other

02

Listening with curiosity

03

Speaking from your own experience

04

Focusing on repair rather than perfection

05

Knowing when support might be helpful



01. NOTICING HOW YOU CHECK IN WITH EACH OTHER

It can be helpful to notice whether there is space in your relationship to check in with one another — emotionally as well as practically.

This might look like gently wondering, "How are we doing just now?" or "Is there anything we haven't had space to say?"

These moments don't need to be planned or heavy. They often happen naturally — during a walk, over a meal, or in quieter moments together.

02. LISTENING WITH CURIOSITY

Feeling heard is often central to emotional connection.

Listening with curiosity can mean staying open to your partner's experience, even when you don't agree or notice defensiveness arising.

You might become aware of moments when you're already preparing a response — and gently return to listening, simply to understand rather than to fix.

03. SPEAKING FROM YOUR OWN EXPERIENCE

When conversations feel charged, it can be helpful to notice how experiences are shared.

Speaking from your own experience — rather than about what the other person is doing wrong — can sometimes soften exchanges and reduce blame.

For example:

"I feel disconnected when we don't spend time together"
rather than
"You never make time for me."

This isn't about saying things perfectly, but about creating a little more safety in conversation.

04. FOCUSING ON REPAIR RATHER THAN PERFECTION

All relationships experience misunderstandings and moments of disconnection.

What often matters most is how — or whether — you find your way back to one another.

Repair might involve acknowledging hurt, offering reassurance, or reaching out again, even when it feels uncomfortable or vulnerable.

05. KNOWING WHEN SUPPORT MIGHT BE HELPFUL

Reaching out for support doesn't mean something is wrong with your relationship.

Some people find it helpful to have a calm, neutral space to explore patterns, communication, or emotional needs — particularly when things feel stuck or confusing.

Support can offer clarity and understanding, rather than answers or instructions.



YOU DON'T NEED TO
HOLD ALL OF THIS IN
MIND AT ONCE.

If any of these reflections linger or bring up questions, that can be a sign something meaningful is being touched — not something that needs fixing alone.

Counselling can offer a calm, confidential space to explore what's happening at your own pace.

You're welcome to get in touch to find out more.

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