

Try tonight: six short exercises for two

Each one takes a few minutes and needs no app. Pick one, not all six.

1. Say what you need

Pick one argument that keeps coming back. Each of you finishes this sentence out loud: "Under that fight, what I need is...". One sentence each. Then one minute with no replies.

From Pragma's Speaking From Needs program

2. One thing you never mentioned

Each of you names one small thing the other did this week that you noticed and never mentioned. One sentence each.

From Pragma's Appreciation Habit program

3. One thing they got right today

Each of you names one moment from today when the other got something right. One sentence each, out loud, before bed.

From Pragma's Appreciation Habit program

4. What do we most want to change?

Each of you finishes this sentence: "The thing I most want to change between us is...". If both answers are about habits, distance or small fights, start with practice. If either answer is about trust, fear or something you cannot say out loud, call a counselor first.

A two-minute test of whether you need practice or a counselor

5. Chase, or go quiet?

Each of you answers in one sentence: "When we fight, I tend to..." (chase, or go quiet). Say it without judging the other's answer. Naming the pattern is the first step.

The pattern Emotionally Focused Therapy names

6. The hour before the fight

One of you describes a small recent fight, from the hour before it started. The other asks only questions, no replies, for three minutes. Then swap. You will usually find the fight started earlier than you thought.

The first five minutes of a coaching session, without an app

Pragma, the AI relationship coach for two

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