



THE RECONNECTED SERIES • GUIDE 2

The Reconnection Toolkit

*A 30-Day Whole-Person Path Back to Each Other — the Small Daily Moves That
Wake a Quiet Marriage*

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Before We Begin: An Important Note

This guide is an **educational resource**. It shares general information, skills, and encouragement drawn from clinical training, current research, and more than thirty years of nursing experience. It is written with great care — and it still cannot do what a clinician or couples therapist sitting with you can do.

- This guide is **not medical advice**, diagnosis, or treatment, and it is not psychotherapy or couples therapy.
- Reading it does **not** create a provider–patient relationship between you (or your spouse) and Beth Makar or Integrative Mind Body Psychiatry.
- This is the *doing* book. Its companion, **Married but Lonely** (Guide 1), explains the why — the drift, the pursue–withdraw cycle, and the treatable health problems that wear a relationship costume. The Toolkit stands alone, but it lands deeper on that foundation.
- I write from and about marriage, and my examples use husbands and wives; the tools apply to any committed partnership, and you are welcome exactly as you are.

TWO THINGS THAT COME BEFORE ANY OF THIS

This program is for relationships that are safe but distant. If your relationship involves violence, threats, sexual coercion, or a pattern of control and fear, connection exercises are not the remedy and can increase danger. Call the **National Domestic Violence Hotline: 800-799-7233** (text START to 88788 · thehotline.org, 24/7, confidential) before anything in this book.

And if you ever feel hopeless to the point of not wanting to be here, call or text 988 (Suicide & Crisis Lifeline, 24/7). Marriages have seasons; you are needed in all of them.

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A Letter From Beth

Dear reader,

This is the doing book. If you've read *Married but Lonely*, you know the machinery of a quiet marriage — the drift, the missed bids, the pursue–withdraw loop, the health problems that wear a relationship costume. Now we change what the machinery is fed, for thirty days, on purpose.

Why thirty days? Because connection is rebuilt the way it eroded: **in small, repeated moments, not big ones.** A weekend away can't undo six months of a spouse not feeling seen — but a month of six-second kisses, real greetings, one owned domain, and twenty daily minutes of undivided attention genuinely can begin to. Thirty days is long enough for a guarded nervous system to notice the weather has changed, and short enough to commit to before you feel like it. That last part matters, because the deepest principle in this book comes straight from what I teach families about low moods: **action comes before motivation, not after.** You will not feel like doing Week One. Do it anyway. The feelings are the caboose, not the engine.

Three honest expectations. **One:** this program works best done by two, and it still works started by one — most cycles shift when one person changes their steps consistently, and Chapter 7 covers the solo start. **Two:** expect awkwardness. Rusty is what restarting sounds like; awkward is not failing, it's Tuesday. **Three:** expect a wobble in Week Three territory — old hurts surface exactly when things start to soften. That's not the program breaking; that's the armor coming off. Chapter 5 is built for it.

And the standing note from my clinical lane: if flatness, irritability, low desire, or checked-out-ness are pervasive — traveling with one of you everywhere, not just at home — that may be depression, anxiety, ADHD, alcohol, hormones, or a medication side effect wearing a marriage costume. Guide 1's Chapter 2 walks through all of it. Thirty days of connection cannot out-run untreated physiology; get both engines serviced.

You can do this. Small, daily, unglamorous, and — I have watched it hundreds of times — quietly miraculous.

Respectfully,

Beth Makar, RN, Dual-MSN, PMHNP-BC

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Chapter 1 • How the Toolkit Works

The shape of the month

Four weeks, four themes, each building on the last: **Presence** (Week One — you can't reconnect with someone you're not actually with), **Curiosity** (Week Two — you can't love a map you haven't updated), **Repair** (Week Three — you can't build on rubble), and **Rekindling** (Week Four — warmth, play, touch, and the future). Underneath all four run the **Daily Foundations** of Chapter 2 — five small practices, every day, all month. The Workbook's 30-Day Calendar lays the whole month on two pages.

The four rules

- **Rule 1 • Go first, and keep going first.** No scorekeeping, no waiting for reciprocity on your timeline. A guarded spouse believes behavior on a delay — offer the version of this you'd sustain even if the thaw took months. (It rarely does.)
- **Rule 2 • Small and daily beats big and occasional.** Nothing in this program takes longer than twenty minutes. The dose is the medicine; consistency is the active ingredient.
- **Rule 3 • No weaponizing.** The program is never evidence in an argument (“I've been doing the Toolkit and you—”). The moment it becomes leverage, it stops being love and starts being ledger.
- **Rule 4 • Feelings are the caboose.** You'll do most of this before you feel like it, and some of it while actively annoyed. That's the design. Warmth follows warm behavior — in you, and eventually, in them.

Starting together, or starting alone

Together: read this chapter and Chapter 2 aloud, put the five foundations on the fridge, and pick your start date — a boring Monday beats a loaded anniversary. **Alone:** simply begin — foundations first, weeks in order, no announcement required (or the one-line version: “I'm going to try some things for us this month. You don't have to do anything with it.”). Chapter 7's solo-start script has the full language. Either way, mark Day 1 in the Workbook; you'll want the before-picture later.

Chapter 2 • The Daily Foundations

Five practices, every day, all thirty days. On paper they look almost insultingly small. So does a prescription. The dose is the point — each one is a repeated message aimed straight at the loneliest beliefs a quiet marriage grows: *you don't see me, you don't know me, you wouldn't miss me.*

1. The real reunion (2 minutes)

The first moment you're back in the same space — after work, school runs, errands — **stop what you're doing, find them, eyes, touch, a real hello.** Not a call from the other room; not a debrief of logistics; just the message, daily: *you are the headline of my homecoming.* Researchers have long noticed what couples confirm: the greeting sets the whole evening's temperature.

2. The six-second kiss and the long hug

Once a day, a kiss long enough to notice (six seconds is longer than you think) or a full-body hug held past the pat-pat stage — **with nothing expected to follow.** This is not foreplay; it is infrastructure. Held affection releases the bonding chemistry (oxytocin) that two touch-starved nervous systems have been missing, and its no-agenda-ness is exactly what makes it safe to enjoy. Expect laughing and awkwardness for a week. Both are medicine.

3. The twenty minutes — no logistics, no problem-solving, no screens

The heart of the program, and the marriage version of what I teach in every guide I write: **twenty minutes a day of undivided attention with three rules.** No logistics (nothing about calendars, kids' schedules, or the gutter guy), no problem-solving (not the money conversation — that gets its own scheduled slot, outside these minutes), and no screens (phones in another room, physically). What's left? The two of you: the walk after dinner, coffee on the porch, sitting on the bed debriefing the inner weather — “what was today actually like for you?” If silence falls, let it; shoulder-to-shoulder silence is connection too. This is the daily deposit everything else draws on.

4. One specific appreciation, out loud

Once a day, one concrete thing: “Thank you for handling the school call — I know it was a headache.” Specific lands; generic drifts. Appreciation is the direct antidote to the contempt that corrodes marriages — and after years of thin praise, expect early ones to be received with suspicion. Keep going. You are retraining two attention systems at once: yours to notice, theirs to trust.

5. The synced goodnight

End the day together on purpose, even just some nights: bedtime aligned (or a tuck-in visit if schedules truly can't match), phones charging in the kitchen, and a goodnight that's a sentence, not a grunt — a thanks, a blessing, an “I'm glad we're doing this.” Days that begin with a real hello and end with a real goodnight hold a marriage between them.

THE DAILY FIVE, ON ONE LINE

Five foundations · every day · all month: **Reunion · Kiss/Hug · Twenty Minutes · Appreciation · Goodnight.** Copy the Workbook's calendar onto the fridge and check the boxes like the prescription it is.

Chapter 3 • Week One — Presence

Theme: **turning toward**. This week you become impossible to miss. No conversations about the relationship; no processing; just presence, daily, until the house feels different. (It will. Give it five days.)

The week's practices

- **Day 1 — Install the foundations.** All five, today, plus the calendar on the fridge. That's the whole day. Start unglamorously.
- **Day 2 — Bid-watching.** Today you only *notice*: every sigh, every “look at this,” every half-question is a bid for connection. Log a few in the Workbook. You cannot turn toward what you haven't learned to see.
- **Day 3 — Turn toward everything.** Every bid you catch today gets the full treatment: phone down, body turned, response, one follow-up question. Unglamorous, and the whole game.
- **Day 4 — The parallel-evening intervention.** Tonight, the phones sleep early. One shared thing instead — a show *discussed afterward*, a puzzle, a deck of cards, the walk. You are breaking the nightly training program in turning away.
- **Day 5 — Own a domain.** Pick one load your spouse has been carrying — the appointments, the meal plan, the school emails — and take **full ownership**: plan it, remember it, carry it unmanaged, permanently. Announce it once, humbly, then just do it. For many exhausted spouses this is the loudest love in the book.
- **Day 6 — The empathy-first day.** Whatever they bring you today, feelings get received before anything gets fixed: “That sounds really hard.” If you're a fixer, this is your hardest day. “Do you want my thoughts or just my ears?” is the training wheel.
- **Day 7 — Rest and log.** Foundations only. Tonight, write the week's Workbook page: what you noticed, what shifted, what surprised you. Small shifts count; they are the story arriving early.

Chapter 4 • Week Two — Curiosity

Theme: **updating the map.** Feeling *known* is one of the strongest predictors of feeling connected — and most quiet marriages run on maps a decade old. This week you get curious again about the actual person in your house: who they've become, what today was really like, what they're afraid of and dreaming about lately. Foundations continue underneath.

The week's practices

- **Days 8–9 — Question nights.** Use the twenty minutes for the Workbook's Question Menus — real questions, light then deeper: “What's been the best part of your week — actually?” “What are you dreading right now?” “What did you love doing at ten years old?” “If the next five years went well, what would they look like?” One rule: answers are received with curiosity, never corrected, never litigated.
- **Days 10–11 — The beginning, remembered.** Tell each other the early story — how you met, what you first noticed, the near-misses, the terrible apartment. Pull out the photos. Couples who retell their beginning warmly tend to find the warmth is still on tap; the telling itself re-opens the account.
- **Day 12 — The real date.** Out of the house, phones off, and **not a movie** — you need each other's faces, not a shared screen. Cheap is fine; new-to-you is better than fancy (novelty wakes attention). One topic ban: no kids, no logistics, for one evening. If a sitter is impossible, build the date at home after bedtime — tablecloth and all. Treat it as unmissable.
- **Day 13 — Their world, honored.** Enter something of theirs you usually opt out of: watch their team, hear the work saga with real questions, sit with their hobby. You are saying: *what matters to you is interesting to me because it's yours.*
- **Day 14 — Rest and log.** Foundations only. Workbook: what did you learn about them this week that you didn't know — or had forgotten you knew?

Chapter 5 • Week Three — Repair

Theme: **clearing the rubble.** By now something has softened — which is exactly when old hurts surface. Expect this week to be the hardest and the most important: couples who last aren't the ones who never fight; they're the ones who repair well. Foundations continue; if a real fight erupts mid-week, Chapter 7 has the script.

The skills, then the days

The soft startup. Raise anything hard as *complaint about a situation + need*, never criticism of character: “When the plans changed without a heads-up, I felt like an afterthought — I need to be in the loop” (not “you always steamroll everything”). First three minutes predict the whole conversation; startup is where the four corrosive habits (criticism, contempt, defensiveness, stonewalling) either get the wheel or don't.

The regulated break. Flooding — heart pounding, going hot, thoughts all defense — means the connected brain has left the room. The move: name it, break with a stated return time, actually return. “I care about this too much to do it badly. Twenty minutes, and I'm coming back.” A named break is regulation; a storm-off is abandonment. Practice until your spouse trusts the difference.

The clean apology. Names the specific thing; owns your part **with no “but”**; asks nothing in return: “I was short with you this morning. That wasn't fair to you. I'm sorry.” No context, no counter-charges, no invoice. One clean apology outperforms an hour of defended history.

The week's practices

- **Days 15–16 — Micro-repairs.** Sweep the recent past for small unrepaired moments (the snap, the eye-roll, the forgotten thing) and deliver one clean apology each day. Small ones first; you're building the muscle and the trust before the heavy lifting.
- **Days 17–18 — The listening exchange.** In the twenty minutes, one speaks one hurt (soft startup, five minutes, one topic — not the archive); the other only reflects: “So what I hear is...” — no defense, no rebuttal, ending with “is there more?” Next night, switch roles. You are not solving; you are proving each other's inner world is hearable. **If your backlog includes an affair, a betrayal, or years of accumulated injury, do not excavate it alone at the kitchen table — that's precisely what couples therapy is built for (Chapter 10), and the Toolkit's job is everything around it.**
- **Day 19 — The forgiveness step.** Where a repair has genuinely landed, say the closing sentence out loud: “Thank you for that. I'm letting it go — I don't want to carry it anymore.” Forgiveness at this scale is a door closed gently, so the house can warm.
- **Days 20–21 — Rest, lighten, log.** Foundations, something deliberately fun (Week Four is coming), and the Workbook page: what got repaired, what needs the professionals, what feels lighter.

Chapter 6 • Week Four — Rekindling

Theme: **warmth, play, and the future.** The rubble is lower, the map is fresher, presence is habit. Now the marriage gets to be *enjoyed* again — and pointed somewhere. Foundations continue (they're yours for life now).

The week's practices

- **Days 22–23 — The touch ladder, outside in.** Deliberately expand no-agenda affection: the hand on the back in passing, sitting actually touching on the couch, the slow dance in the kitchen, the back rub that is *only* a back rub. For many people — many women especially — desire is **responsive**: it follows safety, affection, and beginning, rather than arriving spontaneously in advance. Pressure kills what it seeks; a week of agenda-free warmth grows it. Let physical closeness follow emotional closeness up the same ladder, at the pace of the slower person, and keep every rung billing-free.
- **Day 24 — Play.** Do something together that has no purpose and might make you laugh: mini-golf, the trampoline park, the terrible dance video, the board game from the closet. Couples who play together re-become *friends* — and friendship is the soil desire actually grows in.
- **Days 25–26 — The intimacy conversation.** With three weeks of safety banked, talk about the bedroom — gently, outside it, using Week Three's skills: what you miss, what feels good, what's changed (bodies change; seasons change; Chapter 8 covers the physiology honestly). Desire-gap couples: hear the reframe — a gap is *normal*, nobody's fault, and navigated rather than won. If this conversation opens something bigger than it can hold, that's Chapter 8 and Chapter 10, not a failure.
- **Days 27–28 — Dream forward.** Use the twenty minutes to design something ahead: the trip you keep not taking, the garden, the empty-nest plan, the thing you'll build or serve in together — your **third thing**, bigger than logistics. Couples aimed at a shared future stop walking backward through their weeks.
- **Days 29–30 — The review and the vow.** Reread your Day-1 Workbook page together (or alone, if you ran solo). Name out loud what's different. Then choose what you're keeping — most couples keep all five foundations and the weekly ritual (Chapter 9) — and say the small vow: “This is how we live now, not what we did for a month.”

Chapter 7 • Scripts for the Hard Moments

The moments that derail the month, and language for them. The posture throughout: soft, unhurried, aimed at the cycle — never at your spouse.

The rejected bid (you reached; they didn't turn)

Inside your own head first: *guarded is not gone. Behavior on a delay.* Then don't score it, don't name it, don't quit the program over it. Reach again tomorrow.

If the pattern holds for a week or two: “I've been trying some things — the walks, the questions — because I miss us. No pressure to do anything. I just want you to know it's on purpose, and it's for you.”

“What's gotten into you?” / “This feels fake.”

“That's fair — it probably does look sudden. It's on purpose: I realized how far apart we'd drifted and I didn't want to keep living like that. It might be clumsy for a while. It's not fake — it's rusty.”

(Do not retreat into secrecy after this — the honest naming, once, is what converts 'weird new behavior' into 'my spouse is trying'.)

The mid-program fight

During, if flooded: “I care about this too much to do it badly. I need twenty minutes and I'm coming back at 8:30.” **(Then come back at 8:30 — the return is the whole lesson.)**

After, within a day, the clean apology for your part — only yours: “I got loud and sarcastic last night. That wasn't fair to you. I'm sorry.”

And the frame that saves the month: “One bad night doesn't undo three good weeks. We fight; now we also repair. That's the actual upgrade.”

Running it solo (your spouse isn't participating)

The one-time announcement, optional but honest: “I'm spending this month trying to be better for us — you'll probably notice some new habits. You don't have to do anything with

this.”

Then: all five foundations, the owned domain, the empathy-first responses, your own repairs. Cycles shift when one dancer changes steps — not always, but far more often than the lonely night believes.

Give the solo version the full thirty days before evaluating anything. And if Day 30 arrives truly unmet, that's not proof of the end — it's information for Chapter 10: the pattern has roots that need professional hands.

The slide-back (Week Six, and the foundations are quietly gone)

No shame spiral, no starting over from zero: “We drifted off our stuff — I miss it. Walk tonight?” One foundation restarted tonight beats five re-planned for Monday.

(Slides are the maintenance schedule announcing itself. Chapter 9's weekly meeting exists precisely so the slide gets caught in week one, not month six.)

Chapter 8 • The Body and the Bedroom

The short, honest physiology chapter — because a month of connection cannot out-run an empty tank, and because more 'marriage problems' are body problems than almost anyone tells couples.

The four levers, briefly

Sleep (two underslept people have thinner patience and duller warmth before a word is spoken; sync bedtimes, phones in the kitchen, treat exiling snoring medically). **Alcohol** (sells relaxation, delivers degraded sleep, blunted desire, and a lower fight threshold — run the two-week experiment without the nightly pour). **Movement and daylight** (mood, energy, stress reactivity, hormones, desire — the after-dinner walk stacks all of it, together). **Food and the gut** (the same five foundations from all my work — protein-forward, half-plate plants, fermented foods, omega-3s, water first; the gut makes most of the body's serotonin, and **the brain follows the gut** — as does the evening mood you bring each other).

Hormones, medications, and the changes that aren't anyone's fault

If desire or warmth changed and *stayed* changed, look under the hood before blaming the marriage: **low testosterone in men** (low drive, flatness, fatigue, irritability — easily misread as indifference); **perimenopause and menopause in women** (which can begin earlier than couples expect, and can reshape desire, arousal, sleep, mood, and energy for years — deserving real, menopause-informed care, not self-blame); thyroid, anemia, sleep apnea, chronic pain; and the **medication trap** — SSRIs and some other medications can quietly mute both warmth and sexual function, and this is often *adjustable*: never stop or change a psychiatric medication on your own, but absolutely raise it with the prescriber. These evaluations are ordinary medicine, this is my daily lane, and I have watched 'failing marriages' turn out to be treatable chemistry more times than I can count.

How the bedroom comes back

Gently, from the outside in, at the pace of the slower person. The sequence that works is the one Week Four teaches: safety → affection → responsive desire → intimacy — with pressure removed at every rung, because pressure kills the very thing it seeks. Where pain, dryness, arousal, or performance changes are part of the story, those are *medical* conversations with kind solutions, not embarrassments to endure silently. And where the bedroom's silence has deeper roots — betrayal, trauma, years of hurt — pair this chapter with Chapter 10's professional doors. The goal is not the frequency of anyone else's marriage; it is two people unafraid of each other's touch. Everything else grows from there.

Chapter 9 • Keeping It — Life After Day 30

The weekly marriage meeting (20 minutes, same time weekly)

The single best maintenance tool I know. Four quick rounds over coffee: **appreciations** (two or three specific ones each), **calendar and load** (the week ahead, who's carrying what — logistics get *this* slot so they stop devouring the daily twenty minutes), **repairs** (anything from last week that needs a clean-up, soft startup rules), and **the fun round** (what are we looking forward to together — book the date, guard the ritual). Twenty minutes weekly catches every drift while it's still a lean, not a distance.

The ritual calendar

Rituals are connection made automatic — they carry the marriage on the weeks love is tired. Keep the daily five. Add weekly anchors (the meeting, the date or its at-home version, the shared service or worship that holds your third thing). Add the annual ones: the anniversary that gets *planned*, the getaway that gets booked in January, the traditions your family calls its own. Put every one of them on the actual calendar — **what gets scheduled survives; what floats, drifts.**

The maintenance mindset

Marriages don't stay reconnected; they *keep being reconnected* — the way gardens keep being tended, by unremarkable weekly acts, forever. Expect seasons: illness, teenagers, aging parents, hormonal weather, grief. In each one the tools are the same ones this month taught you — foundations, soft startups, repair, the walk — applied sooner, with less drama, because now you know the way back. The slide-back script in Chapter 7 isn't for *if*; it's for *when*, and when is fine.

Chapter 10 • When to Bring in Help — and Hope

The doors, and when to walk through them

- **Couples therapy** — when the cycle keeps winning despite a real month of this work, when Week Three surfaced more than kitchen-table repair can hold, or when betrayal or years-deep injury is in the backlog. Look specifically for **Emotionally Focused Therapy (EFT)** or **Gottman Method** training — the approaches with the strongest research records. Reluctant spouse? “Would you come three times, just to see” outperforms “we need therapy” — and going alone still moves systems.
- **Individual care** — when Guide 1's Chapter 2 list is live in either of you: depression (which in men often looks like irritability and withdrawal, not sadness), anxiety, adult ADHD, alcohol, hormones, medication side effects, wrecked sleep. Own engines first; it frees capacity for the shared work. This is what psychiatric evaluation is for, and it is what practices like mine do all day.
- **The safety door** — if the page-one box is your situation, the National Domestic Violence Hotline (**800-799-7233**) comes before and instead of any of this.
- **The crisis line** — hopelessness that reaches *not wanting to be here* is **988**, today. Every season of this story needs you in it.

Why to hope

Here is what thirty years has actually taught me about quiet marriages: most of them are not dying — they are *dormant*, and dormant things wake. I have watched couples who hadn't touched in a year find their way back through six-second kisses and gutter-free walks; watched 'irreconcilable distance' dissolve when a depression got treated or a hormone got replaced; watched one stubborn spouse's thirty solo days turn a whole household's weather. Not every time — some marriages need the professionals, and some seasons are long. But the direction of the story, far more often than the lonely night believes, is *back toward each other*. You have the map now, and the tools, and the daily five. **Be the weather. Stay the weather. And let the thaw take its own sweet, certain time.**

The Workbook

Print these pages (or copy them onto paper — no special forms required). Pencil beats perfection. These pages are yours alone unless you choose to share them.

Workbook Page 1 • The 30-Day Calendar

The daily five across the top; check boxes like the prescription it is. Weeks: 1 Presence • 2 Curiosity • 3 Repair • 4 Rekindling.

Day 1 date: _____ Done by two ☐ Running solo ☐

Before-picture (Day 1): where we honestly are right now —

Week One log — what I noticed, what shifted:

Week Two log — what I learned about them:

Week Three log — what got repaired; what needs professionals:

Week Four log — what we're keeping; our small vow:

Workbook Page 2 • Question Menus (Week Two)

Light, then deeper. Answers are received with curiosity — never corrected, never litigated.

- What's been the best part of your week — actually? • What are you dreading right now? • What did you love doing at ten years old? • What's something you've changed your mind about?
- What does a perfect ordinary Saturday look like to you now? • What's something you miss that we used to do? • Who are you worried about these days?
- What are you proudest of from our years so far? • If the next five years went well, what would they look like? • What do you need more of from me that you've stopped asking for?

Questions of our own we want to ask:

Workbook Page 3 • The Repair Worksheet (Week Three)

The moment I'm repairing (specific, recent, one thing):

My part in it, owned with no "but":

The clean apology, drafted: "I _____. That wasn't fair to you. I'm sorry."

Soft startup for the harder topic: "When _____, I felt _____, and I need _____."

My flooding signs and my named-break line (with return time):

What I'm choosing to let go of, out loud, when the repair lands:

Workbook Page 4 • The Appreciation Log

One specific appreciation, out loud, daily. Log a week of them here to train the noticing.

Day _____ · What I named out loud: _____ How it landed:

Day _____ · What I named out loud: _____ How it landed:

Day _____ · What I named out loud: _____ How it landed:

Day _____ · What I named out loud: _____ How it landed:

Day _____ · What I named out loud: _____ How it landed:

Day _____ · What I named out loud: _____ How it landed:

What I'm noticing about what I notice:

Workbook Page 5 • Our Ritual Plan (Chapter 9)

The daily foundations we're keeping (circle): Reunion • Kiss/Hug • Twenty Minutes •
Appreciation • Goodnight

Our weekly meeting: day _____ time _____ where _____

Our date (or at-home date): day _____ The topic bans: _____

Our 'third thing' (the shared project/service/dream we're building):

Annual traditions we're claiming (planned, booked, on the calendar):

The season-watch: signs we're sliding, and our first move when we see them:

About the Author

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Start with Guide 1: Married but Lonely if you haven't — the why beneath this month. And for the family: **The Calm & Connected Parent series** (*The Anxious Child, The Sad or Withdrawn Child, The Distracted Child*). All at **integrativemindbodypsychiatry.com**.

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