

## **The First 6 Months Relationship Protection Plan**

### **From Couple to System Without Losing Each Other**

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#### **You're Not Failing. Your System Just Changed.**

Remember when you used to finish each other's sentences?

Now you can barely finish a conversation before the baby cries.

Remember when you were a team?

Now you're keeping score of who changed more diapers and who got more sleep.

Remember when you liked each other?

Now you're wondering if you'll ever feel connected again.

#### **Here's what nobody tells you:**

The biggest change in the first six months is not the lack of sleep.

It's not the feeding schedule.

It's not even the physical recovery.

#### **It's the shift from "we are a couple" to "we are a system."**

And you're trying to operate as a couple when you've actually become something else entirely.

That's why everything feels so hard.

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#### **The Problem Isn't Your Relationship. It's Your Operating System.**

You're exhausted. Your partner is exhausted.

Someone's always resentful about something.

Communication has turned into logistics: "Did you burp her?" "When did he eat last?" "Whose turn is it?"

Intimacy? You can't even remember the last time you had a real conversation, let alone anything else.

And the worst part?

**You feel guilty for even wanting time together when there's a tiny human who needs you every second.**

So you push it down. You tell yourself it'll get better "when the baby sleeps through the night" or "when things settle down."

But here's the truth: It won't get better on its own.

Because you're not just tired. **You're operating without a system.**

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### **What If You Had a Plan?**

What if, instead of fumbling through the first 6 months hoping you don't lose each other...

#### **You had a roadmap?**

- Daily check-ins that take 5 minutes but keep you connected
- A weekly schedule that protects "us time," "me time," and "baby time"
- Scripts for the hard conversations (so you know exactly what to say)
- A way to catch resentment BEFORE it explodes
- A system that actually works with your exhaustion (not against it)

What if you could:

- ✓ Have your first real conversation in weeks—**tonight**
  - ✓ Feel like a team again instead of roommates passing a baby back and forth
  - ✓ Stop the resentment spiral before it destroys your connection
  - ✓ Protect your relationship during the most vulnerable 6 months
  - ✓ Build a family system that includes BOTH of you, not just the baby
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### **Introducing: The First 6 Months Relationship Protection Plan**

**Everything you need to go from "we're barely surviving" to "we're actually doing this together."**

This isn't a course you have to find time for.

This isn't theory or fluff.

**This is a complete system you can start using TODAY.**

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**Here's Everything You Get:**

🌟 **PART 1: The Foundation (Your "Aha!" Moment)**

- **"You're Not a Couple Anymore—You're a System"** foundational guide (this reframe alone will change everything)
- The 3 types of time every new parent system needs: Us Time, Me Time, Baby Time
- What to expect emotionally in months 1-6 (so you know you're normal)

📋 **PART 2: Know Your System (Personalized Assessment)**

- **"What Type of System Are We Building?"** assessment
- Understand your unique partnership style, stress responses, and connection needs
- Get personalized insights for YOUR relationship

🗺️ **PART 3: Your 90-Day Roadmap**

- Month-by-month focus areas so you know what matters most right now
- Month 1: Survival + Grace
- Month 2: Communication + Systems
- Month 3: Connection + Recalibration
- Months 4-6: Strengthening Your System

💬 **PART 4: Daily Connection Tools**

- **30 Different 5-Minute Check-In Scripts** (so it never gets repetitive or awkward)
  - Morning check-ins, evening check-ins, hard day check-ins, weekend check-ins
  - The exact questions to ask each other
- **The Grace-Giving Language Guide** (what to say when you're both running on empty)
- **Red Flag Phrases & Better Alternatives** (stop fights before they start)

## **PART 5: Your Weekly Planning System**

- **"Us, Me, Baby" Weekly Schedule Template** (fillable—takes 10 minutes every Sunday)
- How to carve out couple time (even 15 minutes counts)
- How to give each other solo time without resentment
- How to share responsibilities fairly

## **PART 6: Conversation Starters & Scripts**

- **50 Conversation Starters for Exhausted Parents**
  - Light & fun topics (when you need easy connection)
  - Deeper topics (when you're ready to reconnect emotionally)
  - Problem-solving topics (when you need to work through something)
- **Hard Conversation Scripts** for the tough stuff: unequal labor, intimacy, resentment, in-laws, money

## **PART 7: Monthly Check-Ins (6 Months of Guidance)**

- One worksheet for each month
- Track what's working and what needs adjustment
- Set intentions together
- Stay connected long-term

## **PART 8: Tracking & Accountability**

- **Weekly "Us, Me, Baby" Time Tracker** (did we actually protect our time?)
- **Resentment Check-In Tool** (catch it early before it becomes a fight)

## **PART 9: Emergency Tools (For the Really Hard Days)**

- **The Really Hard Day Reset Checklist** (when everything is falling apart)
- **Sleep Deprivation Communication Shortcuts** (how to talk when you can barely function)
- **Quick Reconnection Activities** (5-15 minutes, zero energy required)

## **PART 10: Bonus Resources**

- Sample schedules from real parents (so you can see what this looks like in real life)
  - Common mistakes new parent systems make (and how to avoid them)
  - When to ask for help (red flags that you need outside support)
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### **What You'll Experience in the First 24 Hours:**

**Hour 1:** You read "You're Not a Couple Anymore—You're a System" and feel SEEN for the first time in months. You're not failing. You just needed a different framework.

**Hour 2:** You both take the assessment and finally understand why you've been clashing (and what you each actually need).

**Hour 3:** You have your first 5-minute check-in using one of the scripts. It's the first real conversation you've had in weeks. You remember why you chose each other.

**Hour 4:** You fill out your first "Us, Me, Baby" weekly schedule together. You actually have a PLAN now.

**By the end of Day 1:** You have hope. You have tools. You have a system.

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### **Within 7 Days, You'll Have:**

- ✓ A daily check-in rhythm that keeps you connected (even on exhausting days)
  - ✓ Scheduled "us time" on the calendar (even if it's just 15 minutes)
  - ✓ Solo time for each of you (because you both need to remember who you are outside of "parent")
  - ✓ Less resentment (because you're finally communicating what you need)
  - ✓ Shared language for hard moments ("I need grace right now" instead of snapping)
  - ✓ A system that actually works FOR you
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### **Within 14 Days, You'll Feel Like a Team Again**

You'll stop keeping score.

You'll start assuming the best instead of the worst.

You'll have inside jokes again.

You'll remember that you actually LIKE this person.

And when hard moments come (because they will), you'll have the tools to navigate them together instead of turning on each other.

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### Here's What This Is Worth:

- 💰 **Relationship coaching for new parents:** \$200+ per session
- 💰 **Personalized assessment:** \$37
- 💰 **30 check-in scripts (saves you from figuring out what to say):** \$47
- 💰 **50 conversation starters:** \$27
- 💰 **6 months of structured guidance:** \$97
- 💰 **Weekly planning templates:** \$27
- 💰 **Hard conversation scripts:** \$37
- 💰 **Emergency tools for really hard days:** \$27
- 💰 **Everything organized in one place (so you're not Googling at 3am):** \$67

**TOTAL VALUE: \$500+**

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### Your Investment Today: Just \$27

Less than one date night that you probably can't get a sitter for anyway.

Less than two coffees you desperately need but feel guilty buying.

**Less than one therapy session to fix the resentment that's building right now.**

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### This Is for You If:

- ✓ You're a first-time parent in the first 6 months (or expecting and want to get ahead)

- ✓ You feel disconnected from your partner and don't know how to fix it
  - ✓ You're drowning in logistics and forgetting to be a couple
  - ✓ You want to protect your relationship during the hardest season
  - ✓ You need something you can use RIGHT NOW (not another course to complete)
  - ✓ You're both exhausted but you still love each other and want to make this work
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#### **This Is NOT for You If:**

- ✗ You want a magic fix that requires zero effort from both partners
  - ✗ You're looking for sleep training advice or baby care tips (this is about YOUR RELATIONSHIP)
  - ✗ You're dealing with serious relationship issues that need professional therapy (this helps healthy relationships stay strong—it's not marriage counseling)
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#### **Why This Works When Other Advice Doesn't:**

**Most advice tells you to "make time for date night" or "communicate better."**

Cool. HOW? With what energy? Using what words?

#### **This gives you:**

- The exact scripts (so you know what to say)
- The exact schedule templates (so you know how to make time)
- The exact system (so you can operate as a team, not two exhausted individuals)

**You don't have to figure it out. It's already figured out for you.**

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#### **The Truth About the First 6 Months**

You can survive the first 6 months and come out exhausted, resentful, and distant.

OR

You can navigate the first 6 months WITH A SYSTEM and come out stronger, closer, and actually liking each other more than before.

**The baby isn't going to give you less to do.**

**Sleep isn't going to magically get easier.**

**But your relationship can get stronger—if you have the right tools.**

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## **Frequently Asked Questions**

**Q: Is this a course I have to take?** A: Nope! It's a complete toolkit you download and start using immediately. No videos to watch, no modules to complete. Just open the PDF and use what you need today.

**Q: How long does it take to use this?** A: The 5-minute check-ins take... 5 minutes. The weekly planning takes 10 minutes. You can read the foundation guide in 15 minutes. Everything is designed for exhausted parents with zero extra time.

**Q: What if my partner won't do this with me?** A: Start with the foundation guide and assessment yourself. Once your partner sees you have a SYSTEM (not just complaints), they'll likely be more open. Plus, the scripts make it easier to invite them in: "Hey, can we try this 5-minute check-in thing?"

**Q: We're past 6 months. Will this still work?** A: Yes! The principles of operating as a system (not just a couple) apply at any stage of parenting. You might be past the newborn phase, but if you're feeling disconnected, this will help.

**Q: What if we're already really struggling?** A: If you're experiencing serious issues (contempt, stonewalling, considering separation), please seek professional help. This is designed to help good relationships stay strong through a hard season. It's preventative, not crisis intervention.

**Q: What format is this?** A: You get a master PDF with everything, PLUS separate downloadable files for each tool (worksheets, templates, trackers) so you can print what you need. Everything is fillable or printable.

**Q: Is there a refund policy?** A: Yes! If you use the tools for 14 days and don't feel more connected to your partner, email us for a full refund. We want this to actually help you.

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**You Have Two Choices Right Now**



**Choice 1:** Close this page. Keep doing what you're doing. Hope it gets better on its own. Watch the resentment build. Drift further apart. Maybe you'll be okay. Maybe you won't.

**Choice 2:** Invest \$27 and get a complete system that takes the guesswork out of protecting your relationship during the hardest season of your life.

**One choice keeps you stuck.**

**The other gives you a roadmap.**

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**Your relationship is worth \$27.**

Your connection is worth 5 minutes a day.

Your future together is worth having a system.

**Get The First 6 Months Relationship Protection Plan now and start rebuilding your connection today.**

[BUY NOW FOR \$27]

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**One More Thing...**

Six months from now, you'll either look back and think:

*"I wish we had done something when things started feeling hard"*

OR

*"I'm so glad we invested in our relationship when it mattered most"*

**The choice is yours.**

But right now, for \$27, you can choose the second one.

[YES, I WANT TO PROTECT MY RELATIONSHIP]

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*P.S. – You can start your first 5-minute check-in TONIGHT. You can fill out your weekly schedule THIS WEEKEND. You don't have to wait for things to get better. You can make them better starting today.*

*P.P.S. – Remember: You're not failing. Your system just changed. This gives you the new system you need.*