



Platinum Life Counseling



THE
COUPLES
EMOTIONAL
Connection
HANDBOOK

Faith. Intimacy. Communication.

Dr. Kahilah Whyte



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HOW TO USE THIS WORKBOOK



Welcome Platinum People! Whether you're navigating a tough season or simply seeking deeper connection, this workbook is your space to slow down, tune in, and build emotional intimacy.

How to use it:

- ✦ Complete it together during a quiet moment each week
- ✦ Use it as a check-in tool during or after conflict
- ✦ Keep it judgment-free—this is a space for curiosity, not criticism. This isn't about being perfect. It's about being present—with yourself and each other.



COMMON COMMUNICATION PITFALLS

Every couple faces challenges.

Here are five patterns that may be showing up in your dynamic:

- 1. Interrupting** – Reacting before your partner finishes can lead to feeling unheard
- 2. Mind Reading** – Assuming you know what they're thinking creates distance
- 3. Stonewalling** – Shutting down instead of sharing can trigger disconnection
- 4. Scorekeeping** – Bringing up past mistakes blocks progress
- 5. Using Absolutes** – 'You always...' or 'You never...' erodes safety

Goal: Awareness, not blame.

THE 'PAUSE & REFLECT' METHOD

When emotions run high, use this 3-step tool:

1.

PAUSE:

Take 10 deep breaths.
Step away if needed—just
agree to return.

2.

REFLECT:

Ask yourself: What am I really feeling?
What do I need right now?

3.

RE-ENGAGE:

Use this phrase:

*"When _____ happened, I felt _____.
What I need is _____."*

This simple structure creates space for empathy, not escalation.

10 WEEKLY CONVERSATION STARTERS

1. What made you feel loved this week?
◆—————◆
2. When did you feel disconnected from me?
◆—————◆
3. How can I support you better right now?
◆—————◆
4. What are you proud of me for?
◆—————◆
5. What's a small way we could reconnect this week?
◆—————◆
6. When do you feel most seen by me?
◆—————◆
7. What's one thing I did that made you smile?
◆—————◆
8. Is there anything we need to clear the air about?
◆—————◆
9. What's your dream for us this year?
◆—————◆
10. How do you feel about our intimacy lately?

CONFLICT REPAIR CHECKLIST

Use this after an argument or tough conversation:

- I paused and calmed myself before responding
- I took ownership for my part
- I listened without interrupting
- I validated my partner's feelings
- I shared what I needed, not just what I disliked
- We made a plan or boundary moving forward
- I offered (or received) a repair (hug, apology, loving word)

WEEKLY CONNECTION RITUALS

Choose 1–3 to try this week:

- ✦ 10-second hug before leaving or returning home
- ✦ ‘What went well today?’ gratitude check-in
- ✦ Sunday morning ‘connection check’ (use the workbook prompts!)
- ✦ Share a meal with no screens
- ✦ Light a candle and ask: ‘How’s your heart?’
- ✦ Sabbath afternoon walk
- ✦ Celebrate small wins together—don’t wait for big milestones



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THANK-YOU!

*I'm so excited to continue working with you.
Please reach out to learn more.*

At Platinum Life Counseling, we believe healing happens through safe, intentional connection. Whether you're rebuilding trust or simply craving deeper intimacy, therapy offers a path forward—with compassion, clarity, and support.

This workbook is a first step.
If you're ready to go deeper,
I invite you to book a consultation.

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