

## Journaling Prompts To Reflect On Your Relationship

How do you usually feel in the presence of your partner?

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How connected have you felt to your partner lately?

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Are there any behaviors you would like to improve in yourself for the benefit of the relationship?

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Are there any problematic patterns in your relationship? How do you engage in them?

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When do you feel most loved by your partner?

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How have you expressed your love toward them lately?

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