

THE COUPLES GUIDE TO SOFT LANDINGS



To bounce back from difficulties, create soft landings. Soft landings are retreats from life's stressors, where couples recharge, engage, and connect.

3 SOFT LANDING COMPONENTS



LOVE-BANK FILLERS



Stable, happy couples have five positive interactions for every negative one. Use soft landings to catch up on positive connection deficits and to make love-bank deposits.

CONNECTICATION



Connectication is any communication that draws a couple closer. Use soft landings to connecticate by enjoying each other's presence.

INTO-ME-SEE



Into-me-see is deep communication that involves peering into a loved one's inner world. Use soft landings to engage your partner's heart.

3 TYPES OF SOFT LANDINGS

DAILY SOFT LANDINGS



Morning coffee together



"Us time" after the kids are in bed



Couple's devotionals or conversation starters

WEEKLY OR MONTHLY SOFT LANDINGS



A regular date night



Walking together



Game nights

QUARTERLY OR YEARLY SOFT LANDINGS



Anniversary getaways



Vision boarding



Quarterly planning meetings

During stressful times, every couple needs to know they have a soft place to land.