A CARD FOR THE WEEK AHEAD

One small promise, kept.

Choose one situation, one realistic action from each person and a way to handle changes. Leave the rest of the week room to breathe.

1 · NAME THE MOMENT

One thing we want to make easier

Describe the situation, without guessing an intention

2 · CHOOSE THE ACTION

A small promise we can keep

One person's chosen action

The other person's chosen action

How will we know the agreement happened?

3 · ALLOW FOR REAL LIFE

If the plan changes

How we will update each other, when practical and safe

A short conversation afterwards

When will we talk about how it went?

One privacy boundary to keep

If it did not work, what might we adjust?

Choose one agreement. Avoid constant check-ins, passwords or location-sharing as proof of trust.