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— L M S W —

A GUIDE FOR COUPLES

The Connection Framework

*A simple monthly rhythm for staying intentionally,
actively connected — one week at a time.*

WHY THIS EXISTS

Connection doesn't happen by accident

Left on its own, life fills every open hour. This framework gives your relationship a standing appointment it can count on.

Most couples don't drift apart because they stop loving each other, they drift apart because connection quietly slips to the bottom of the list. Work, kids, errands, exhaustion. It's no one's fault, and it's incredibly common.

The Connection Framework is a simple structure with one intentional touchpoint each week, so that over the course of a month, you have covered every dimension of what keeps a relationship close — romance, play, intimacy, and honest conversation.

It's not complicated. It's not another thing to “get right.” It's four small, repeatable commitments that add up to a relationship that feels tended to, month after month.

“During all of it — the date, the game night, the intimacy, the check-in — phones are put away. It's just the two of us.”

THE STRUCTURE

Four weeks, four kinds of connection

Each week has its own purpose. Together, they cover the full range of what a relationship needs.

WEEK 1

ROMANCE

A Date

Get out of the house, and create a moment that feels separate from ordinary life. The goal isn't logistics, it's remembering what it feels like to date each other.

WEEK 2

PLAY

Game Night

Pick a night and play old-fashioned board games. Playfulness and light competition build a different kind of closeness than a serious conversation ever could.

WEEK 3

INTIMACY

A Day of Sex & Intimacy

A day set aside for physical closeness, without the pressure of also fitting it around everything else. Protecting time for this keeps it from becoming an afterthought.

WEEK 4

HONESTY

Monthly Check-In

Pick a night to sit down together and go through the same set of questions every month — the ones on the following page. This is where you catch small things before they become big ones.

Monthly Check-In Questions

Go through these together, out loud, every month. Same questions, every time — consistency is what makes patterns visible.

- 1 What is something I did this month that made you feel loved?
- 2 What went well in our relationship this month?
- 3 What went poorly? How can we fix it?
- 4 How would you rate our communication this month? How can we improve?
- 5 How could I help you more on a regular basis?
- 6 Is there something I've done that upset or hurt you this month? How can I make it better?
- 7 Did we make time for closeness and connection this month? If not, how can we prioritize that in the future?
- 8 How are you feeling about our sex life?
- 9 What can I do to help or support you now or in the coming month? (Stressors, projects, etc.)
- 10 How are our finances?
- 11 Are there any trips or special events we need to plan/think about?
- 12 Are our game nights, check-in, and date night planned out for the next month?
- 13 Is there anything else you want to share?

PUT IT INTO PRACTICE

This Month's Plan

Fill this in together at the start of each month — five minutes now saves the “we never have time” spiral later.

Week 1 • Date

Week 2 • Game Night

Week 3 • Intimacy Day

Week 4 • Check-In

Phones away. Just the two of you. One month at a time.