



RESET RECONNECT RESOLVE

The *RelationFit* Conflict Recovery Guide and Playbook



CONTENTS

Introduction	3
RESET	5
Looking Back · Conversation 1	9
Looking Forward · Conversation 2	10
RECONNECT	11
Connection Anchors	12
Looking Back · Conversation 3	15
Looking Forward · Conversation 4	16
RESOLVE	17
Understand · Own · Prepare	20
Looking Back · Conversation 5	21
Looking Forward · Conversation 6	22

PLAYBOOK	23
RESET	25
RECONNECT	26
RESOLVE	27

What would you like to do next?	30
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INTRODUCTION

Some couples argue often. Others rarely argue at all. But every relationship experiences moments when partners lose connection.

Some of those moments are small and you move on quickly. Others leave us wondering how we ended up so far apart. We replay conversations in our minds, wish we'd said something different, or wonder whether our partner really understood what we were trying to say. Conflict isn't the problem. It's what happens next that shapes a relationship.



Over the years, in our own marriage and in our work with couples, we've noticed something encouraging. The happiest couples aren't those who never disagree. They are the couples who learn how to recover well. That's what this book is about.

ROMAN & BELLA. PHOTO BY AGNED MITCHELL.

We won't teach you how to avoid conflict.

We won't promise a relationship without disagreements.

We won't offer a list of perfect phrases that magically solve every argument.

Instead, we'll help you build **three practical skills that every couple can learn**.

First, you'll learn how to **RESET**, creating enough space to become more available after a moment of disconnection from your partner.

Then you'll learn how to **RECONNECT**. This will help you to stay on the same team while the problem is still unresolved.

Finally, you'll learn how to **RESOLVE** the conflict between you. You'll work to understand what happened, take ownership of your own part and create a better way forward together – even when the problem itself doesn't simply disappear.

You don't have to master all three skills overnight. One small step is enough. One better conversation. One better recovery. **One new move.**

A NEW MOVE

A new move is simply doing something different from what you would normally do in that moment.

As you read this guide, you'll notice that we ask a lot of questions. That's intentional. We're coaches. Rather than giving every couple the same answers, we want to help you discover what works best for your relationship.



Each part of the guide includes **two conversations** for you to have as a couple. The first helps you **look back** and notice what already happens between you. The second helps you **look forward** and decide what you might try differently next time.

Throughout the Playbook, you'll find spaces to add the things you've discovered about what works for the two of you. Fill these in as you work through the first four conversations. That way, when conflict hits, you don't have to remember everything you've learned. Some of what you need will already be right there when you need it.

The Conflict Playbook we just mentioned can be found at the end of this guide. **This is the practical part you can return to together when things get difficult.** It will help you Reset, Reconnect and Resolve using what you've already discovered about your relationship.



Our hope is simple: The next time conflict happens, you'll know how to recover a little better than last time. Hopefully, this guide will help you in doing that.

CHAPTER 1

RESET

Before you change the conversation, change your state.

Imagine this: You and your partner have just had an argument. Your heart is racing. Your mind is full of reasons why you're right. You can already predict what they're about to say, and you're preparing your response before they've even finished speaking.

Perhaps you're becoming louder or maybe you are getting quieter. Perhaps you've even walked away. Whatever your usual pattern, one thing is happening to both of you: neither of you is at your best.

One thing we've noticed, both in our own marriage and in our coaching work, is that couples often try to solve a problem before they are ready. The intention is good. They care about the relationship and want things to be better. Yet the conversation keeps going round in circles because neither person is in a good enough place to process what's happening or listen well in the midst of a disagreement.

Many conflicts benefit from a RESET, especially when emotions are running high. When your body settles, your mind becomes more available. You can listen more carefully, speak more thoughtfully and make choices that reflect the kind of partner you want to be.

Doing a RESET isn't about ignoring the conflict. It's about creating enough space to respond instead of react.

Think of a RESET as deliberately pressing pause rather than stop.

You're not walking away from the relationship. You're giving yourselves the best chance of returning to the conversation as the kind of person you would hope to encounter in an argument by choosing your response rather than reacting.



Relationship Insight – Daniel Siegel

Psychiatrist Daniel Siegel's work in interpersonal neurobiology explores how our minds, brains and relationships affect one another. When we feel threatened or overwhelmed, it becomes harder to stay open, curious and thoughtful. We can slip into familiar, automatic reactions instead.

BY GAGE SKIDMORE, CC BY-SA 3.0, [HTTPS://COMMONS.WIKIMEDIA.ORG/W/INDEX.PHP?CURID=110386366](https://commons.wikimedia.org/w/index.php?curid=110386366)

And that doesn't always look like becoming visibly upset. Sometimes we might look calm on the outside while becoming distant, shutting down or mentally leaving the conversation. That's important in conflict.

Sometimes what looks like a communication problem is, underneath, a regulation problem. Regulation is about becoming available enough to listen, think clearly and choose what you do next. Before we can choose a new move, we may first need enough space inside ourselves to have a choice. That's why the first skill in recovering well from conflict isn't finding better words.

It's becoming regulated enough to use them.



One thing we've noticed is that a RESET can feel like a defeat when it's actually a victory. A couple we were coaching had become stuck in a familiar pattern. Earlier, they had rehearsed what a healthy RESET might look like.

Part way through the conversation, one partner paused and quietly said,

"I need to go to the toilet for a moment. I'm feeling overwhelmed."

A few minutes later, they returned. The conversation continued, but this time it felt different. What had felt like stepping back was actually moving the relationship forward.

When we're overwhelmed or shutting down, pressing RESET isn't giving up on the conversation.

It's giving the conversation its best chance of succeeding.

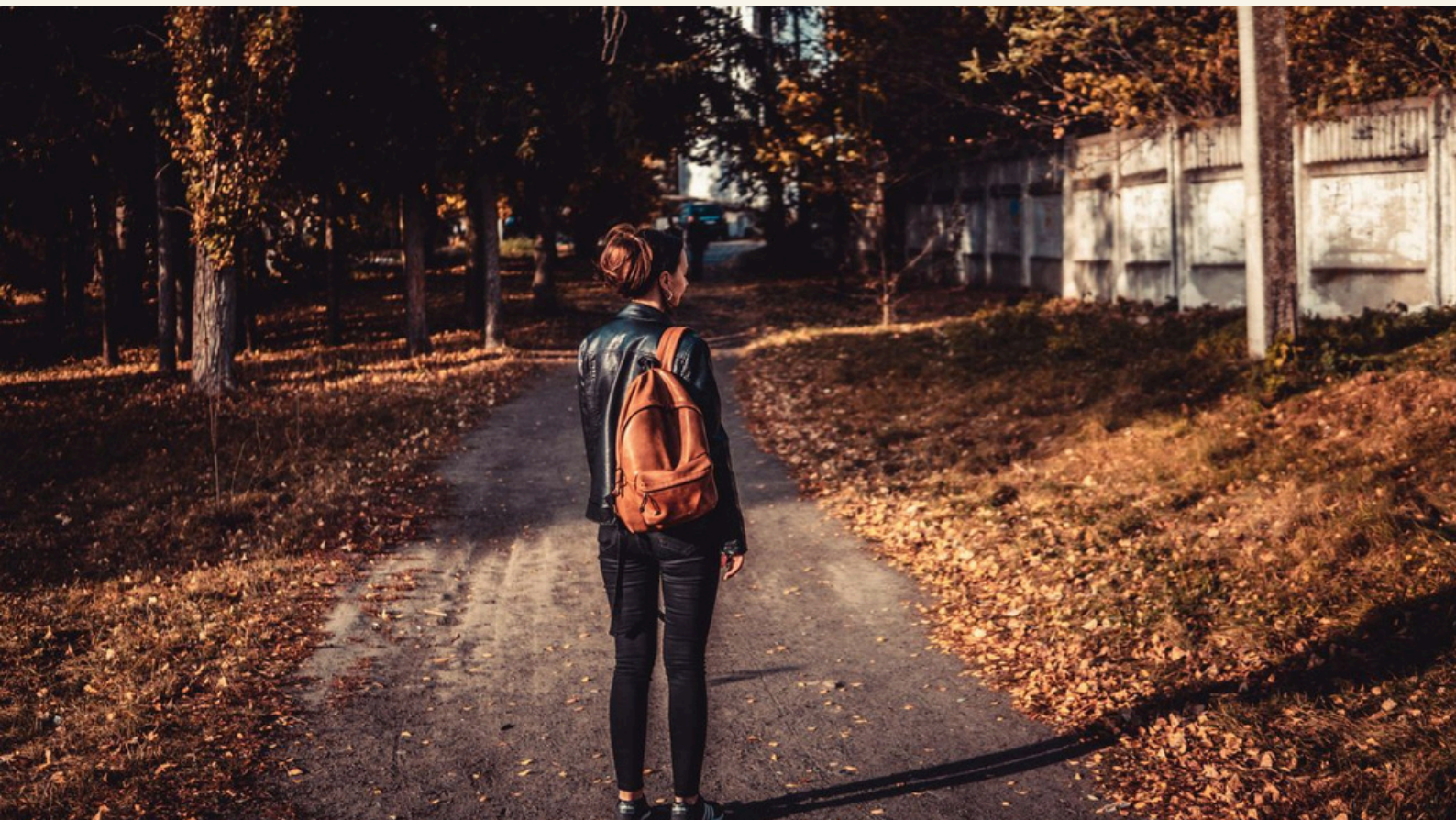


One day while we were on holiday in the Czech Republic, a conversation began to get heated. We both wanted to solve the problem, but we could feel ourselves getting pulled into a familiar cycle. We recognised where the conversation was heading. We'd been here before, and we knew that if we kept going, we were likely to keep doing more of the same.

So we tried a new move. Roman decided to go for a brisk walk around the block, letting Bella know that we'd come back to the conversation afterwards. A few years earlier, we would have kept going in the hope of resolving things, but experience had taught us that this rarely happened. This time, we both agreed that a RESET was the better choice.

A little later, we came back together. The disagreement was still there. We just weren't stuck in the same cycle anymore. We've discovered that pressing RESET isn't about avoiding the conversation.

It's about giving ourselves the best chance of having it well.



PUTTING RESET INTO PRACTICE

A RESET is a deliberate pause that helps you move from reacting to responding. In practice, it has three simple parts.

NOTICE.

Recognise the signs that you're finding it harder to listen, think clearly or stay engaged in the conversation.

PAUSE.

Let your partner know that you need a break and that you'll come back. Give yourselves at least 20 minutes.

Relationship researchers John and Julie Gottman recommend taking at least 20 minutes when a conflict reaches the point where it's becoming difficult to listen, think clearly or respond well. When we are "flooded," our heart rate rises and it becomes harder to process what's happening and respond thoughtfully. Giving your body time to settle helps you become more available for the conversation again.

The important part is not just stepping away physically. Make sure to take your mind off the argument too, rather than spending the break building your case or replaying what your partner got wrong.

RETURN.

Come back when you're both ready enough to listen, think clearly and reconnect. The goal isn't to become perfectly calm.

The goal is to become available enough to reconnect and show your partner that you're still on the same team.

From there, you're much better placed to understand one another and resolve the issue together.

CONVERSATION 1

Looking Back

THINK ABOUT THESE
QUESTIONS
TOGETHER WHEN
YOU'RE BOTH
FEELING SETTLED
ENOUGH TO TALK.

1. Looking back, **what has helped you become more available** during or after a disagreement?

2. **How do you know** when you're finding it harder to listen, think clearly, or stay engaged? What are the **warning signs**?

3. What happens in **your body**?

4. What happens in **your thoughts**?

5. What do you tend to do automatically in those moments – **your old move**?

6. **What has helped you** interrupt the cycle before things went too far?

7. **What has your partner done** that has helped you reset?

You've discovered some important things about how the two of you reset.



Take a moment to add the warning signs that tell you each of you might need a RESET – perhaps your voice gets louder, your heart starts racing or you begin to shut down – to your **Playbook on page 26**.

CONVERSATION 2

Looking Forward

NOW THINK ABOUT WHAT A HELPFUL RESET COULD LOOK LIKE NEXT TIME.

TWO PARTS OF YOUR RESET PLAN ARE NON-NEGOTIABLE:

- EITHER OF YOU CAN CALL A RESET WHEN YOU NEED ONE. THE OTHER PERSON RESPECTS THE PAUSE, AND
- YOU BOTH COMMIT TO COMING BACK TO THE CONVERSATION.

1. How will we recognise that our conversation is **starting to go off track**?

2. What helps each of us become **ready to listen, think clearly and reconnect**?

3. **What words** could we use to let each other know we need a Reset?

4. When one of us calls a Reset, what will help us both **feel confident that we'll come back**?

5. **How much time and space** does each of us usually need?

6. **How will we let each other know** we're ready to return?



Now add two things to the RESET section of your Playbook on **page 26**:

- Words or a signal you can use to call a RESET.
- What helps each of you reset while you're apart – perhaps going for a walk, listening to music or doing something else that helps you take your mind off the conflict.

CHAPTER 2

RECONNECT

You don't have to solve the problem before you reconnect.

Conflict creates distance. Sometimes that distance lasts only a few moments. Sometimes it lasts for days. One of the most powerful things we've discovered, both in our own marriage and in our coaching, is that couples don't need to wait until every issue is resolved before moving towards each other again.

Reconnection comes first. After that, resolution often becomes easier.



Relationship Insight – Stan Tatkin

Relationship researcher and clinician Stan Tatkin's work highlights the importance of helping our partner's nervous system feel safe. During conflict, we're not only responding to words. We're also reading tone of voice, facial expressions, responsiveness and whether our partner seems emotionally available.

STAN TATKIN PHOTOGRAPH: SIGAL INENO, VIA WIKIMEDIA COMMONS, LICENSED UNDER CC BY-SA 3.0. BACKGROUND EDITED.

Feeling safe doesn't look the same for everyone.

For one person, it might mean knowing,

*"You're still here.
We're still okay."*

CLOSENESS

Small signals can communicate that you're still on the same team, even when things are hard between you. For some, that might be a warmer tone. For others, it might mean being given room to breathe. Reconnection doesn't have to mean moving physically closer or asking your partner to engage before they're ready.

In our work with couples, we've noticed that couples often wait until the end of an argument to reconnect. But reconnection doesn't have to wait for resolution. Couples who recover well often find small ways to signal, "I'm still with you," while the problem is still unresolved. We call these small signals Connection Anchors.

For another, it might mean knowing,

*"I have some space. I'm not being
pressured to sort this out right
now."*

SPACE

CONNECTION ANCHORS

A Connection Anchor is a small action that communicates, "I'm still with you."

Conflict creates distance. Sometimes that distance lasts only a few moments. Sometimes it lasts for days. One of the most powerful things we've discovered, both in our own marriage and in our coaching, is that couples don't need to wait until every issue is resolved before moving towards each other again.

Most anchors take less than a minute.

The connection anchor doesn't solve the problem. Using it doesn't mean you suddenly agree. It simply reminds your partner that you're on the same team.

Here is what throwing an Anchor might look like in your relationship:

- A nod or a smile
- A comment like "I'm on your side." or "We'll work this out."
- Making a cup of tea
- Sitting down beside your partner
- A moment of gentle humour
- Asking, "Would it help to take a little space and then come back to this?"



ANCHOR ON BLUE WOODEN BACKGROUND BY NAMEPIC FROM GETTY IMAGES

Not every anchor will work for every person. A touch might feel reassuring to one person and like too much closeness to another. Humour might soften one moment and feel unhelpful in another.

The important thing is discovering which anchors help the two of you find each other again.

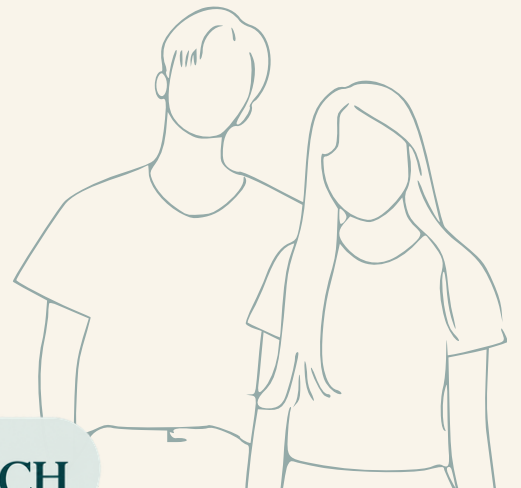
CATCHING AN ANCHOR

An anchor only works if someone catches it. Sometimes our partner throws us an anchor, and we're too hurt, angry or defensive to notice it. **Catching an anchor means noticing and responding to your partner's attempt to reconnect, even when part of you may still feel hurt or annoyed.**

One thing we've noticed is that catching an anchor can be just as important as throwing one. **Reconnection is a shared responsibility.** Both partners learn to throw anchors and both learn to catch them.



FROM THE
COUPLES COUCH



During one coaching session, the conversation had become difficult.
One partner paused and asked,

"Can I hold your hand for a moment?"

The other quietly said yes.
After a moment came the words,

"This must be really hard for you."

Nothing had been resolved, but something significant had happened in that short moment of reconnection. They started feeling like a team again before they were able to find a solution.



Recently, during a disagreement, one of us smiled and said,

"I'm such a harmony hamster. I hate it when we fight."

We'd heard the phrase somewhere before. The unexpected remark shifted the atmosphere, and we both laughed.

Nothing had been solved, but the humour reminded us that we were on the same team.

That tiny moment became a Connection Anchor—a new move that interrupted the familiar conflict pattern.



CONVERSATION 3

Looking Back

THINK ABOUT
THE
FOLLOWING
QUESTIONS
TOGETHER
WHEN YOU'RE
BOTH FEELING
SETTLED
ENOUGH TO
TALK.

1. Looking back, which Connection Anchors has your partner thrown that helped you feel connected again?

2. What Connection Anchors do you already throw that seem to help your partner reconnect?

3. Which Connection Anchors help you feel most connected again?

4. What helps you notice and catch the anchors your partner throws?

5. What helps you know that your partner is still with you?

You've discovered some of the Connection Anchors that already work for your relationship.



Add the ones you most want to remember to the RECONNECT section of your **Playbook on page 27**.

CONVERSATION 4

Looking Forward

**NOW THINK ABOUT
HOW YOU WOULD
LIKE TO RECONNECT
NEXT TIME CONFLICT
HAPPENS.**

1. Which Anchors help each of us feel most connected?

2. Which Anchors would we like our partner to know we particularly like to receive?

3. Which Anchors would we like to use more intentionally?

4. What helps each of us notice and catch an Anchor when the other person reaches out?

5. Are there particular words or phrases that help each of us know, "We're still on the same team"?

6. When one of us needs space, what could an Anchor look like without putting pressure on them to talk?

*You may have
discovered some new
Connection Anchors
you'd like to try.*



Add these to your **Playbook on page 27** too, so you have a growing collection of ways to reconnect when conflict happens.

CHAPTER 3

RESOLVE

Now we're ready to understand.

Many couples think the goal of conflict is to win an argument. We believe the goal is to understand each other well enough to create a better way forward together.

Resolution isn't about proving who was right. And resolution doesn't always mean making the problem disappear. Sometimes it means understanding each other better, taking responsibility for our part and finding a better way to meet the problem next time. It's about leaving the conversation stronger than when you entered it.



Relationship Insight – John Gottman

Relationship researcher John Gottman's work has found that **69% of conflict** between couples is about what he calls “**perpetual problems**” – recurring differences often rooted in personality, preferences, values or needs.

PHOTO: TKUNOVSKY/WIKIMEDIA COMMONS, CC0

That doesn't mean something has gone wrong. And it doesn't mean things can't get better. Sometimes we resolve the problem. Sometimes we resolve how we're going to handle the problem together.

When couples become curious about what matters underneath each person's position – the hopes, needs, values and meaning behind it – they can begin to understand why the issue matters so much to each of them.



GOOD WAYS FORWARD GROW FROM UNDERSTANDING EACH OTHER.

We often think of compromise as meeting in the middle: I give up a little, you give up a little. But when we don't really understand what matters to each other, compromise can easily become lose-lose – both people give something up, and neither feels they have really gained much.

When we understand each other, however – and feel understood ourselves – something different can happen. We can become more flexible and creative. Instead of simply splitting the difference, we may discover surprising ways forward that genuinely work for both of us.

There won't always be a perfect win-win solution. But understanding often opens up possibilities we couldn't see while we were busy defending our positions.

**THE PROBLEM MAY BE FAMILIAR.
OUR RESPONSE DOESN'T HAVE TO BE.**



FROM THE
COUPLES COUCH

Couples sometimes come to us after a disagreement hoping we can help establish who was right.

One couple came to a session after an argument they hadn't been able to resolve on their own. Each had a very different understanding of what had happened – and each could explain why their version made sense.

Rather than deciding who was right, we slowed the conversation down.

Each partner shared their side while the other listened, reflected back what they had heard, and gave small signals that they were still paying attention. As the two tried to understand, they began to discover how much had been lost in translation. Empathy grew. The apology wasn't demanded; it came naturally.

The couple hadn't made the underlying difference disappear. But they understood each other better – and that gave them a different way forward.



We've found ourselves using exactly the same framework.

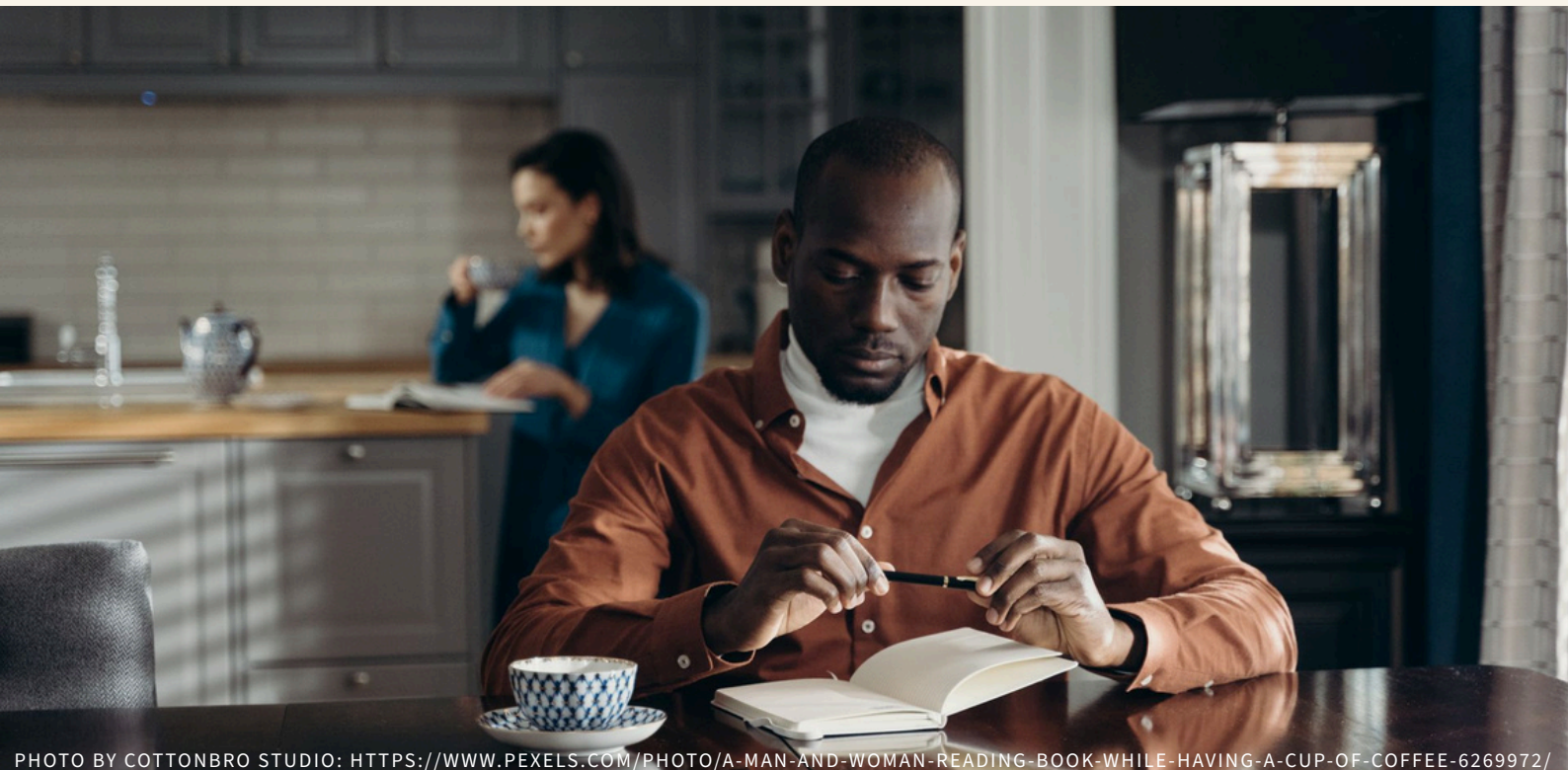
After a disagreement, we sometimes write our thoughts down before talking.

Over time, we've noticed that many arguments follow familiar patterns. Similar triggers, similar feelings and similar moves appear again and again.

Recognising the cycle earlier helps us interrupt it earlier.

The disagreement may look different on the surface, but often the underlying needs are remarkably similar. That gives us hope.

We're no longer starting from scratch every time.



YOUR WAY FORWARD TOGETHER

You don't need to resolve every disagreement perfectly. But you can learn something from it. Here are three things to focus on as you find your way forward together.

UNDERSTAND.

Listen until your partner can honestly say, *"Yes, that's what it was like for me."*

Understanding doesn't mean agreeing with everything your partner says. And it doesn't mean deciding whose version of events is correct. It means becoming curious enough to understand what the experience was like for them. Before trying to explain, defend or solve, see whether you can understand. Understanding comes before solutions.

OWN.

Take responsibility for your own part.

Once we've understood each other better, we may begin to see our own part more clearly too. That might mean acknowledging something we said or did, recognising how it affected our partner, or offering a genuine apology.

An apology doesn't mean taking responsibility for everything that happened. It means honestly owning the part that belongs to us.

Own what belongs to you. Don't own what belongs to your partner.

PREPARE.

Don't ask, *"What should you have done?"*

Ask, *"What will be our new move next time?"*

Imagine the same conflict happening again. How will you recognize the old cycle sooner? Which Connection Anchor will help? How will you stay on the same team?

The goal isn't simply to finish this disagreement.

It's to learn something that can help you the next time the old cycle appears.

READY TO PUT IT INTO PRACTICE?

On the next pages, we'll walk you through how to process a real argument together.

CONVERSATION 5

Looking Back

AT A SPECIFIC MOMENT
OF DISCONNECT

HOW TO DO THIS TOGETHER

- **Start separately.** Take a few minutes to think through the questions on your own.
- **Then come together and take turns.** Stay with one person's perspective at a time.

FOR THE SPEAKER

- **Stay with "I".** Share what was happening inside you, rather than what your partner did wrong.

FOR THE LISTENER

- **Ask questions that help your partner explore their experience without interrupting.**
- **Reflect back.** Briefly summarise what you heard and ask, "Did I understand you correctly?"

USE THESE PROMPTS:

1. I noticed I was triggered when...

2. My first thought was...

3. I felt...because I needed...

4. What I did automatically – my old move – was...

5. Did I try to throw a Connection Anchor? What was it?

AFTER HAVING HEARD EACH OTHER, REFLECT TOGETHER:

- A. What surprised me as I listened to your perspective?
What do I understand better now?

- B. What do I want to own/take responsibility for?

- C. What will be our Connection Anchors and our NEW MOVE next time?



There is nothing to add to your Playbook for conversations 5 and 6. This will be different each time you use it because every conflict brings something different to understand and own. Your Playbook is there to help you through the process when you need it.

CONVERSATION 6

Looking Forward

**NOW PREPARE TOGETHER
FOR THE NEXT TIME A
FAMILIAR CONFLICT
APPEARS.**

1. What tends to trigger each of us in a similar situation?

2. What does our familiar cycle look like?

3. How might we recognise it sooner?

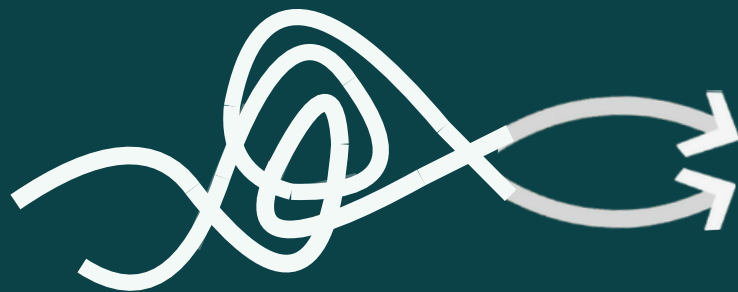
4. What could each of us do differently – our New Moves?

5. Which Connection Anchors could help us next time in a similar situation?

6. What helps each of us stay on the same team?

7. Imagine a similar situation happening again, but this time things go well between you. Picture it like a short film. What happens? What does each of you say or do differently? Create your best-case scenario together in as much detail as you can.

The RelationFit Conflict Playbook





The RelationFit Conflict Playbook

By now, you've explored the RelationFit Recovery Framework and worked through the six conversations together.

You've done the preparation. Now comes the part you'll probably use most. When conflict hits, it can be surprisingly difficult to remember what you've learned. Strong emotions can make it harder to think clearly, listen well or remember what helps your partner. That's why we've created the RelationFit Conflict Playbook.

Think of it a little like a first-aid kit for conflict. You prepare it before you need it, keep it somewhere easy to find and return to it when things get difficult. The Playbook isn't here to teach you something new. It's here to help you use what you've already discovered about yourselves and each other.

We highly recommend filling in the "What works for us" sections of your playbook while working through the guide. That way, when conflict hits, you don't have to remember everything. Some of what you need will already be right here.

The Playbook is designed for the two of you to use together.

Don't wait for your biggest disagreement to try it for the first time.

Start with something small. Practising when the stakes are lower can help the process become familiar, so it's easier to return to when things get difficult.

If either of you stops being ready enough to continue, return to Reset. The aim isn't to complete the steps. It's to find your next helpful move.

Use the Playbook to guide your own next move, rather than to correct your partner. Don't rush. If either of you becomes overwhelmed or needs more space at any point, return to Reset before continuing.

The goal isn't to win, it's to recover well together.



DO WE NEED A RESET?

Can we both...

- talk calmly without blaming or defending?
- Listen attentively without interrupting or shutting down?
- Take an interest in what's happening for the other person?

NO to at least 1



YES to all 3



RECONNECT

Warning signs that we need a Reset:



RESET

Needing a reset isn't a failure. It's a clever move that helps us to navigate conflict effectively and with more calm.

- Tell your partner you need a reset.
- Commit to coming back at a certain time
- Take at least 20 minutes place away from your partner
- While you are apart, do something that helps you **take your mind off the conflict**, rather than replaying the argument or building your case.

What helps us reset while apart:

NAME

NAME

Our words or signal for calling a reset:

READY TO RECONNECT?

YES? Read on



NOT YET



Take more time to reset and agree when you'll come back.

RECONNECT



Before you move on to resolve the problem, reconnect. Use a Connection Anchor – a small action that says: “I’m for you”

What do you prefer when reconnecting?

If you tend to want closeness and reassurance:

- ☐ “I’m still here.”
- ☐ “I want to work this out with you.”
- ☐ A hug or gentle touch

If you tend to need some space...

- ☐ “Take the time you need.”
- ☐ A cup of tea, side-by-side
- ☐ A little physical space

Or perhaps something completely different.

Connection Anchors that work for

NAME

Connection Anchors that work for

NAME

Reconnection is shared. Learn to throw the Anchors your partner prefers and to receive the Anchors they offer you.

CONNECTED ENOUGH TO CONTINUE?

NOT YET



YES



Spend more time in RECONNECT

Go to RESOLVE on the next page

UNDERSTAND. OWN. PREPARE.

You're ready to work through what happened.

Don't rush to fix the problem. First understand each other, then own your part, then prepare for next time.

RESOLVE

UNDERSTAND

Briefly prepare separately. Take a few minutes to think through your own experience. If helpful take notes.

- I noticed I was triggered when...
- My first thought was...
- I felt... because I needed...
- What I did automatically – my old move – was...
- Did I try to throw a Connection Anchor? What was it?

Then come together and start with one person's perspective.

Speaker

- Use the prompts above to share what was happening for you.
- Stay with "I" statements rather than telling your partner what they did wrong.

Listener

- Listen without interrupting
- Ask questions that help your partner explore
- Briefly reflect back what you heard and check with your partner if they feel understood

Then swap roles. Now stay with the other person's perspective until both of you feel understood.

HOW ARE WE DOING?

Can you honestly say you understand your partner better and feel more understood?

**YES? Continue
with OWN**



**NO!
WE'RE LOSING
CONNECTION**



RECONNECT
on page

OWN

Now own your part.

- What do I want to own and take responsibility for?
- What might I need to apologise for? Maybe it's something I did, something I said or something I failed to do.

Own what belongs to you. Leave with your partner what belongs to them.

PREPARE

After you've done the hard work take a little time to prepare for a similar situation in the future. **After one conflict is before the next conflict.** If you prepare well now, the next time something similar happens, it is much more likely to go more smoothly.

- What'll be our new move next time? What will each of us do to change the dynamics if a similar situation comes around?
- What will help us stay on the same team?

Imagine it going differently...

Imagine a similar situation happening again. This time, picture it unfolding more positively, almost as if you were watching a short film of the two of you.

Create your best-case scenario together.

- What would happen?
- What would each of you say or do differently?
- How would you respond to each other?

Make it as detailed as you can. The clearer the picture, the easier it will be to recognise a different way forward when a similar moment comes.



We hope this guide has supported you to deal with conflicts in a helpful and structured way.

WHAT WOULD YOU LIKE TO DO NEXT?

Understanding what happens between you can open up new possibilities. If you'd like some support putting that understanding into practice, there are a few ways to continue.

»» **We're both ready for personalised support**

Explore 2:2 Couples Coaching, where the two of you work with both of us to understand what's happening between you and create meaningful change together.

➡ [HTTP://WWW.GETRELATIONFIT.CO.UK](http://www.getrelationfit.co.uk)

»» **I'm ready, but my partner isn't**

Love Catalyst is a personalised three-month journey focused on what you can understand, influence and change from your side.

➡ [HTTP://WWW.GETRELATIONFIT.CO.UK/LOVE-CATALYST](http://www.getrelationfit.co.uk/love-catalyst)

»» **We currently do not need coaching, but want to work on our relationship, either separately or together**

Want to build the habits of happy couples?
Try SPARK – a 30-day relationship experience with one simple, 10-minute practice each day. Do it together or individually and discover small ways to bring more connection into everyday life.

➡ [HTTP://WWW.GETRELATIONFIT.CO.UK/SPARK-PROGRAMME](http://www.getrelationfit.co.uk/spark-programme)

**Choose what fits
where you are right now.**



THE RELATIONFIT CONFLICT RECOVERY GUIDE AND PLAYBOOK

VERSION 1.0.2

IMAGE CREDITS

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DISCLAIMER

This ebook is for informational and educational purposes only and is not a substitute for professional therapy, diagnosis or treatment. It is designed for couples experiencing ordinary relationship conflict and is not intended for relationships involving abuse, coercive or controlling behaviour, or situations where either partner feels unsafe. If you have concerns about your relationship or wellbeing, please seek support from an appropriately qualified professional.

The names and circumstances of the client stories in this book have been changed to protect privacy. The stories are composite stories and do not represent particular individuals.

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TRADING AS RELATIONFIT

16 EAST FERGUS PLACE
C/O NEW VOLUNTEER HOUSE
KIRKCALDY
KY1 1XT
FIFE
SCOTLAND
UNITED KINGDOM