

# CONNECTION REVIVER WORKBOOK

A black and white photograph of a woman with long dark hair, smiling and looking down at her smartphone. She is holding a phone to her ear with her left hand. She is sitting at a desk with a laptop in front of her and a cup of coffee to her right. The background is blurred, showing an office or home workspace.

BY CLAY ANDREWS AND  
MODERNLOVE.LIFE

## **What Is The Situation?**

(Ex. "My ex said we should just be friends.")

## **How Did You Respond / What Did You Say?**

(Ex. "I told him that I could never be friends and that we would either get back together or be nothing at all.")

## **How Did Your Ex React?**

(Ex. "Well, then I guess we shouldn't see each other for awhile.")

## **What Do You Think They Feel That Would Cause Them to React That Way?**

(Ex. He probably doesn't feel emotionally ready to make a choice right now, so he is choosing to do nothing. He probably needs to know that we can get along better first before he feels comfortable making a choice about getting back together.)

## **Based On How They Feel, What Do You Think They Need To Hear From You To Open Up Emotionally?**

(Ex. I'm not trying to force anything that isn't there. I'm okay with taking things slow.)

## **If You Could Imagine That You Are Your Ex, And That You Heard That Message, How Would You Likely Interpret It?**

(Ex. He would probably think “What does it mean to take things slow?”)

## **How Could You Make This Message Sound Better From Your Ex’s Point Of View?**

(Ex. It’s okay to take things slow. I’m not trying to force anything that’s not there. I’m okay to be friends for now. So let’s not rush and just figure out how we can enjoy our time together.)

## **Do You Need to Make Any Changes In Order to Still Feel That This Message Expresses How You Genuinely Feel?**

(Ex. I said that because I was afraid of losing what we have. It's okay to take things slow. I'm not trying to force anything that isn't already there. The truth is I just like spending time with you, and I think you like spending time with me too.)

## **What Happened After You Sent The Message / Said It To Your Ex?**

(Ex. He seemed really receptive to it, and we were able to have a great conversation, focusing on just connecting, rather than stressing about what "we" are.)