

10 Ways to Stay Connected With Your Spouse

While going through Infertility



1. Bubble bath

2. Have a game night: play cards or board games

3. Couple massage

4. Take a class together- cooking, exercise class, dance class, etc.

5. Volunteer together

6. Take a picnic to the local park



7. Make a travel bucket list

8. Go window shopping



9. Work on a DIY project around the house

10. Try that new restaurant you have been wanting to try

REFLECTION

Worksheet



Use this page to reflect each time you have done an activity from the list together. Feel free to print this page out multiple times.

How did it feel to do something for yourself or each other?

How did it feel to do something for yourself or each other?

What trait do you love of your partner that you were reminded of by doing this activity?

What trait do you love of your partner that you were reminded of by doing this activity?

During or after the activity, did you feel more comfortable talking with your partner?

During or after the activity, did you feel more comfortable talking with your partner?

What is one thing you want to improve the next time you do a connection activity with your partner?

What is one thing you want to improve the next time you do a connection activity with your partner?