

A GUIDED WORKBOOK FOR COUPLES

Closer

Building a stronger relationship, together — deepening communication and trust, creating safety, resolving conflict well, and truly understanding each other's hearts and needs.

COMMUNICATE · TRUST · CONNECT

FOR BOTH OF YOU

PREPARED BY

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A companion for your journey together · To be worked through as a team

PRIVATE

How to use this workbook

This workbook is for the two of you — a shared guide to understanding each other better and building the relationship you both want. The very fact that you're here says something hopeful: you both still care enough to try. That willingness is the soil everything else grows from.

A few agreements before you begin

For this to work, you'll both need to approach it in a particular spirit. Read these together and agree to them:

- **You're a team facing the problem — not opponents.** The enemy is never your partner; it's the pattern between you. It's "us vs. the problem," not "me vs. you."
- **Honesty with kindness.** Be truthful, but gentle. The goal is to understand, not to win or wound.
- **Safety first.** What's shared here is held with care. No using someone's openness against them later.
- **Both experiences are valid.** You can see the same moment completely differently and you can both be telling the truth. Curiosity beats "who's right."

How to work through it

- **Go at a steady pace** — one section or exercise per sitting. Set aside regular, unhurried time together, free of distractions.
- **Some exercises are done separately, then shared** — you'll see partner columns (A and B) for these. Decide who is A and who is B and keep it consistent.
- **If something gets heated**, pause and use the conflict tools in Module 4. You can always come back when you're both calm.
- **Do it alongside your sessions** — bring what comes up to your work with your therapist.

An important note

This workbook is for relationships where both people feel safe and want to grow together. If there is any abuse, intimidation, or fear for your safety in the relationship, this is not the right tool — please reach out to your therapist or a domestic-support service in your area, on your own, for help suited to that situation. Your safety comes first, always.

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Understanding your relationship

Before the exercises, it helps to understand what actually makes relationships thrive or struggle. Most couples in distress aren't short on love — they're caught in patterns that keep that love from getting through. Once you can see the pattern, you can change it together.

What healthy relationships are really built on

Lasting, satisfying relationships tend to share a few foundations. Think of these as the pillars you'll be strengthening throughout this workbook:

Friendship & fondness — genuinely liking each other, not just loving each other.

Trust & commitment — knowing you've got each other's backs.

Emotional safety — feeling you can be yourself, flaws and all, without attack.

Repair — the ability to reconnect after conflict, which matters more than never fighting.

Communication — being able to share and to truly hear each other.

Respect for differences — two whole people, not one merged into the other.

The cycle that keeps couples stuck

Most recurring fights aren't really about the dishes, the money, or the in-laws. Underneath, a **negative cycle** is running: one partner does something that hurts or scares the other → that partner reacts to protect themselves (by criticizing, defending, or withdrawing) → which triggers the first partner's protective reaction → and round it goes. Both people end up feeling unloved and misunderstood, even though both are just trying to protect themselves. **The cycle becomes the real enemy — and naming it together is the first step out.**

The "four horsemen" — habits that erode love

Relationship research has identified four communication habits that, left unchecked, quietly corrode a relationship. Learning to spot and replace them is one of the most protective things you can do:

The habit	Replace it with
Criticism (attacking character: "you always...")	A gentle complaint about a specific behavior + what you need.
Contempt (mockery, eye-rolling, disrespect)	Respect and reminders of what you appreciate. (This is the most damaging one.)
Defensiveness (counter-attacking, excuses)	Taking some responsibility, even a small part.
Stonewalling (shutting down, withdrawing)	Naming you're overwhelmed and taking a short break to calm, then returning.

Where are we now? A shared snapshot

Take stock together — gently, without blame. This is just a starting point you can look back on later to see how far you've come.

PARTNER A

What I most want to improve in us:

What I love and value about us:

PARTNER B

What I most want to improve in us:

What I love and value about us:

OUR RECURRING FIGHT — WHAT IT'S USUALLY "ABOUT" ON THE SURFACE

NAMING OUR NEGATIVE CYCLE TOGETHER: "WHEN ___ HAPPENS, A TENDS TO ___, AND B TENDS TO ___, AND WE BOTH END UP FEELING ___."

Name it to tame it

Once you can name your cycle as a **shared** thing that catches both of you — rather than something one of you does to the other — everything shifts. You can start to say, "We're in the cycle again," and team up against **it** instead of each other. That sentence alone can interrupt a fight before it spirals.

"The goal isn't to never have problems. It's to become a team that faces problems well — together."

01 The art of communication

Most communication problems aren't about **what** couples are trying to say — it's **how** they say it. The same message can land as an attack or as an invitation, depending entirely on its delivery. This module teaches you to express yourself in a way that your partner can actually take in, instead of having to defend against.

Soft start-up: the most important communication skill

How you **begin** a hard conversation predicts how it will end. A "harsh start-up" (blame, criticism, contempt) guarantees defensiveness. A "soft start-up" opens the door. The formula:

"I feel _____ (emotion) about _____ (specific situation, no blame). I need _____ (positive request)."

Compare: "You never help, you're so lazy" → "I feel overwhelmed by the housework lately. I'd really appreciate us splitting the evening cleanup."

Speak from "I," not "you"

"You" statements ("you always," "you never," "you make me...") feel like accusations and trigger defensiveness instantly. "I" statements share your experience without attacking — and people can't argue with how you feel. This one shift can transform your conversations.

PARTNER A — PRACTICE

A "you" complaint I often make → rewritten as an "I" statement:

PARTNER B — PRACTICE

A "you" complaint I often make → rewritten as an "I" statement:

COMPLAINT, NOT CRITICISM

There's a world of difference between a complaint (about a **behavior**: "I was hurt when the plan changed without telling me") and criticism (about **character**: "you're so inconsiderate"). Complaints invite repair; criticism invites war. Aim every concern at the specific action, never at who your partner is as a person.

Get under the surface emotion

We often lead with a "hard" emotion like anger or frustration — but underneath it usually sits a softer, truer feeling: hurt, fear, loneliness, feeling unimportant. Anger pushes your partner away; the softer feeling underneath draws them closer. Sharing what's **underneath** is far more likely to be met with care.

From hard feeling → to the soft feeling underneath

- "I'm furious you were late" → "I felt unimportant and worried when you were late."
- "You're always on your phone" → "I miss you. I feel lonely when we don't connect."
- "Stop nagging me" → "I feel like I'm failing you, and that's hard for me."

A RECENT HARD FEELING I EXPRESSED — AND THE SOFTER FEELING THAT WAS REALLY UNDERNEATH IT

Timing and tone matter as much as words

- **Pick the moment.** Don't launch serious talks when either of you is tired, hungry, rushing, or already upset. Ask: "Is now a good time, or should we talk later?"
- **Watch your tone and body.** Crossed arms, a sharp tone, or an eye-roll can undo the kindest words. Aim for warm and open.
- **One topic at a time.** Don't pile on every past grievance. Stay with the single issue in front of you.
- **Take turns.** Speak, then genuinely make space for your partner. A conversation is not two monologues.

A practice for this week

Each of you, once this week, raise something using a soft start-up and an "I" statement that names the soft feeling underneath. Notice how differently it goes. Small changes in **how** you speak create big changes in how close you feel.

02 Listening to understand

If communication has two halves, listening is the one couples neglect most. Most of us listen in order to **reply** — building our defense or rebuttal while our partner is still talking. Real listening, the kind that makes a partner feel deeply understood, is different — and it's the single fastest way to feel close again.

Listen to understand, not to respond

The shift is from "How do I answer / defend / fix this?" to "**What is my partner feeling, and what are they really trying to tell me?**" You don't have to agree to understand. Understanding your partner's experience isn't conceding the argument — it's the thing that ends the war. People will move mountains for a partner who truly **gets** them.

The Speaker-Listener technique

A simple, powerful structure for hard conversations. One person holds the "floor" as Speaker; the other's only job is to understand. Then you switch.

- 1 **Speaker shares** — using "I" statements, one issue, in short pieces (not a ten-minute monologue).
- 2 **Listener reflects back** what they heard, in their own words: "So what I'm hearing is... Did I get that right?"
- 3 **Speaker confirms or clarifies** until they feel accurately understood.
- 4 **Listener validates** — "That makes sense," "I can see why you'd feel that way" — **before** any response of their own.
- 5 **Then switch roles.** The listener becomes the speaker. Each person gets fully heard.

Validation is not agreement

This trips up almost everyone: you can validate your partner's feelings **without** agreeing with their view or admitting fault. "I understand why that hurt you" doesn't mean "you're right and I'm wrong." It means "your feelings make sense to me." That simple acknowledgment dissolves more conflict than being right ever could.

The skills of deep listening

Practice these whenever your partner is sharing something that matters:

- ☐ **Give full attention.** Phone down, body turned toward them, eyes on them. Presence is the first gift of listening.
- ☐ **Don't interrupt or rehearse.** Let them finish. Quiet the voice in your head preparing a rebuttal.
- ☐ **Reflect and check.** "Let me make sure I understand..." Mirroring back shows you're truly with them.
- ☐ **Get curious.** Ask gentle, open questions: "Tell me more." "What was that like for you?"
- ☐ **Validate the feeling.** Name and honor the emotion: "That sounds really painful."
- ☐ **Resist fixing.** Often your partner doesn't want a solution — they want to feel heard. Ask: "Do you want help with this, or do you just need me to listen?"

Listening practice

Take turns. Each partner shares something they've been feeling (start with something low-stakes), while the other practices the skills above. Then reflect together.

PARTNER A REFLECTS

When I felt truly listened to, I noticed...

PARTNER B REFLECTS

When I felt truly listened to, I noticed...

The magic question

When your partner brings you something hard, try asking: "Do you want me to just listen, or would you like my help thinking it through?" So much frustration comes from one partner offering solutions when the other just needed to feel heard. This one question prevents it.

03 Trust & emotional safety

Trust and emotional safety are the ground a relationship stands on. When they're strong, you can weather almost anything. When they're shaky, even small things feel threatening. This module is about building — or rebuilding — the security that lets both of you relax, open up, and truly be yourselves together.

What emotional safety actually means

Emotional safety is the felt sense that you can be open, vulnerable, and imperfect with your partner without being attacked, mocked, dismissed, or abandoned. It's knowing that when you turn toward them with a need or a hurt, you'll be met with care rather than criticism. Without it, people armor up — and you can't be close to someone you're defending yourself against.

Trust is built in small moments

Trust isn't built mainly through grand gestures — it's built (or broken) in countless small, every-day moments: a "bid" for attention noticed or ignored, a promise kept or dropped, a vulnerable moment met with warmth or with a phone screen. Every time you **turn toward** your partner's bid for connection instead of away from it, you make a tiny deposit in the trust account. These small deposits, repeated, are what build deep security.

Turning toward "bids" for connection

A "bid" is any small attempt to connect — a comment, a question, a sigh, a touch, "look at this." You can turn **toward** it (respond with interest), **away** (ignore/miss it), or **against** (respond with irritation). Couples who thrive turn toward each other's bids most of the time.

BIDS MY PARTNER MAKES THAT I WANT TO NOTICE AND TURN TOWARD MORE

Become a safe place for each other

Ask yourself: "When my partner comes to me with a feeling or a need, what do they experience — a safe harbor, or another storm?" Aim to be the person your partner can bring **anything** to. That safety is the greatest gift you can give a relationship, and it's built one caring response at a time.

Rebuilding trust after it's been broken

If trust has been damaged — by betrayal, broken promises, or repeated hurt — it can be rebuilt, but it takes time, consistency, and effort from both partners. It doesn't happen through words alone; it happens through changed behavior, repeated over time, until safety slowly returns.

What rebuilding trust requires

- **From the one who broke trust:** genuine accountability without excuses, real understanding of the hurt caused, patience with the other's pain, transparency, and consistent trustworthy action over time.
- **From the one who was hurt:** a willingness (when ready) to allow trust to be rebuilt, to express needs clearly, and to eventually move toward letting go of holding it over the relationship — without being rushed.
- **From both:** honest conversations about what happened and what needs to change, and great patience. Rebuilding is a process, not an event.

PARTNER A

What I need to feel safe and trusting again:

What I can do to build my partner's trust:

PARTNER B

What I need to feel safe and trusting again:

What I can do to build my partner's trust:

Keep the small promises

Nothing rebuilds trust faster than reliably keeping small, everyday promises. Each kept word says "you can count on me." Be careful what you promise, and then honor it. Consistency over time is what turns "I want to trust you" into "I do."

04 Resolving conflict well

Every couple fights — conflict itself isn't the problem. What matters is **how** you fight, and whether you can repair afterward. This module turns conflict from something that damages your bond into something that can actually deepen understanding between you.

The most important conflict skill: the time-out

When a conversation gets heated, your body floods with stress hormones, your thinking brain goes offline, and nothing productive can happen — you'll only say things you regret. The skill is to **recognize flooding and take a break**. Agree on a signal or phrase now ("I need a pause"), agree to step away for at least 20 minutes to truly calm down (not to stew), and agree to **come back**. A time-out isn't avoidance — it's what makes real resolution possible.

OUR AGREED TIME-OUT SIGNAL, AND WHAT EACH OF US WILL DO TO CALM DOWN DURING IT

Fair-fighting ground rules

Agree on these together as your rules of engagement — read them aloud and commit:

- ☐ No contempt, name-calling, or character attacks. Stay on the behavior, not the person.
- ☐ One issue at a time — no dragging in the past or piling on.
- ☐ No "always" and "never." They're almost never true and always inflame.
- ☐ Take time-outs when flooded — and always come back to finish.
- ☐ No threats to the relationship ("I'm done") used as weapons.
- ☐ The goal is understanding and a solution you both can live with — not winning.

There are no winners in a couple's fight

If one of you "wins" an argument, the relationship loses — because your partner is left feeling defeated and resentful. The only real victory is one where **both** of you feel heard and you find a way forward together. You're on the same team; act like it even mid-conflict.

A structure for working through a conflict

When you're both calm, use this to actually resolve (not just rehash) a recurring issue:

- 1 **Each share your side** using the Speaker–Listener technique — feelings and needs, not blame. Each person feels fully heard before moving on.
- 2 **Find the deeper need underneath** each position. Most conflicts are two valid needs in tension (e.g. closeness vs. space, security vs. freedom), not a right and a wrong.
- 3 **Look for what you agree on** and where there's flexibility. Separate "what I can't budge on" from "what I can be flexible about."
- 4 **Brainstorm solutions together** that honor both people's core needs. Aim for "us," not a winner.
- 5 **Agree on a small experiment** to try, and a time to check back on how it's going.

WORK THROUGH ONE RECURRING ISSUE TOGETHER USING THE STEPS ABOVE

A's feelings & deeper need	
B's feelings & deeper need	
What we agree on / can be flexible about	
Our experiment to try, and when we'll check back	

The art of repair

After every rupture, what matters most is the **repair** — the move back toward each other. A repair can be an apology, a bit of humor, a touch, taking responsibility, or simply "Can we start over? I don't like how that went." Couples who repair well stay close **despite** conflict. Learn each other's repair attempts, and — crucially — learn to **accept** your partner's repair when they reach for you, even if you're still a little hurt.

REPAIR ATTEMPTS THAT WORK FOR US (HOW WE EACH REACH BACK, AND HOW WE'LL ACCEPT THE OTHER'S)

05 Knowing each other's needs

So much conflict comes from a simple, fixable problem: we love our partner in the way **we** want to be loved, not the way **they** need to be loved — and we expect them to read our minds about what we need. This module is about learning, clearly and explicitly, what makes each of you feel loved, secure, and understood.

How each of you feels most loved

People receive love differently — some most through quality time, others through words, affection, helpfulness, thoughtful gestures, or shared experiences. When you give love in your partner's "language" rather than your own, it finally lands. Each of you, reflect:

PARTNER A	PARTNER B
I feel most loved when my partner...	I feel most loved when my partner...
_____	_____
_____	_____
Something small they could do that would mean a lot:	Something small they could do that would mean a lot:
_____	_____

Your core emotional needs

We all have core needs in a relationship. When they're unmet, we feel chronically unhappy even if we can't say why. Each circle the ones that matter most to you, then share — you may be surprised by your partner's answers.

To feel appreciated	To feel desired	Quality time	Affection & touch	Words of affirmation
To be understood	Reliability	Respect	Space & autonomy	Emotional support
To feel prioritized	Security	Honesty		Shared fun

PARTNER A — TOP NEEDS	PARTNER B — TOP NEEDS
_____	_____
_____	_____

Building your "love maps"

Couples who stay close keep updating their knowledge of each other's inner world — their dreams, stresses, joys, and worries. People change over time; assuming you already know everything about your partner is how couples drift apart. Stay curious about each other, on purpose. Take turns asking and really listening:

Questions to explore together

- What's been weighing on you lately that I might not fully know about?
- What are you most looking forward to right now? What are you dreaming about?
- When do you feel closest to me? When do you feel most distant?
- What do you need more of from me? What do you need less of?
- How can I best support you when you're stressed or down?

Expressing needs without blame

Knowing your needs only helps if you can express them — clearly, directly, and without expecting mind-reading or wrapping them in criticism. Use the soft, "I"-based formula: name the need as a positive request.

PARTNER A

A need I've struggled to express — stated clearly and kindly:

PARTNER B

A need I've struggled to express — stated clearly and kindly:

Your partner can't read your mind

"If they really loved me, they'd just know" is one of the most common and most damaging beliefs in relationships. Even a devoted partner cannot read your mind. Telling them what you need isn't unromantic and it doesn't "ruin it" — it's a gift that lets them succeed at loving you. Clear is kind.

06 Attachment & your patterns

Have you ever reacted to your partner far more strongly than a situation seemed to warrant? That's usually your **attachment system** at work — the deep, early-wired way each of us seeks closeness and responds to feeling disconnected. Understanding your patterns turns "why do they keep doing that?" into "ah, that's the cycle we get caught in" — and that understanding is deeply healing.

The attachment styles in relationships

Style	How it tends to show up under stress
Secure	Comfortable with closeness and space; can ask for needs and offer reassurance; handles conflict without panic or shutdown.
Anxious	Fears disconnection; seeks reassurance and closeness; can become protesting, pursuing, or clingy when feeling unsafe.
Avoidant	Values independence; closeness can feel overwhelming; tends to withdraw, go quiet, or need space under stress.
Disorganized	Wants closeness but fears it; can swing between pursuing and withdrawing — "come here / go away."

The pursue–withdraw trap

The most common painful couple cycle is **anxious + avoidant**: when one partner feels disconnected, they pursue — seeking reassurance, raising the issue, pressing closer. This makes the other feel overwhelmed, so they withdraw — going quiet, needing space. The withdrawal makes the first partner more anxious, so they pursue harder, which makes the other withdraw further. Both end up feeling alone. **Neither is the villain — you're both caught in a cycle, each reacting to the other's reaction.**

PARTNER A

My style leans... and under stress I tend to:

PARTNER B

My style leans... and under stress I tend to:

Soothing the cycle together

Once you can see your cycle, you can interrupt it as a team. The key is recognizing that beneath the pursuing is usually a fear of being abandoned, and beneath the withdrawing is usually a fear of failing or being overwhelmed. When you understand the soft fear under your partner's frustrating behavior, compassion replaces blame.

OUR CYCLE, NAMED TOGETHER: "WHEN WE DISCONNECT, A TENDS TO ___ (BECAUSE A FEARS ___), AND B TENDS TO ___ (BECAUSE B FEARS ___)."

How to soothe each direction

- **The pursuing partner can:** learn to self-soothe anxiety, approach gently rather than with criticism, and trust that space isn't abandonment.
- **The withdrawing partner can:** learn to stay present instead of disappearing, offer a reassuring word ("I'm not leaving, I just need a moment"), and turn back toward their partner.
- **Together you can:** agree on signals and reassurances that calm both fears — so closeness feels safe for one and space feels safe for the other.

WHAT EACH OF US CAN DO, AND THE REASSURANCE WE EACH NEED, TO BREAK THE CYCLE

Become a secure base for each other

The beautiful truth about attachment is that a safe, responsive relationship can **heal** old insecurities — partners can grow more secure together over time. Each time you respond to your partner's bid for closeness or honor their need for space with reassurance, you become a safer base for them. You're not stuck with the patterns you started with; you can build security together.

07 Keeping love alive

Resolving problems clears the weeds — but a relationship also needs to be actively **nourished** to flourish. Strong couples don't just avoid the negative; they intentionally build the positive: friendship, fondness, fun, affection, and a steady sense of being on the same team. This module is about feeding what's good.

Tend your friendship

Underneath every thriving romantic relationship is a strong friendship — genuine liking, interest, and enjoyment of each other. It's easy to let this fade under the weight of routine, work, and stress. Protect it deliberately.

- ☐ Stay curious about each other — keep asking, keep learning who your partner is becoming.
- ☐ Make time for fun and play together — laughter is glue.
- ☐ Show interest in your partner's world — their day, their stresses, their joys.
- ☐ Be each other's biggest supporter and safe place to land.

Build a culture of appreciation

It's easy to slip into scanning for what your partner does **wrong**. Flip it: deliberately notice and **express** what they do right. Thriving couples maintain far more positive interactions than negative ones — small appreciations, affection, thanks, warmth. Tell your partner what you value about them, often and specifically. What you appreciate out loud tends to grow.

PARTNER A

Three things I appreciate about my partner:

PARTNER B

Three things I appreciate about my partner:

Affection & intimacy

Physical and emotional closeness keep a couple bonded — everyday affection (a hug, a hand held, a kiss hello), and the deeper intimacy of being truly known and accepted. When this fades, talk about it openly and gently rather than letting distance grow in silence. Closeness is tended, not assumed.

Dream and grow together

Couples who flourish over the long run share a sense of "us" — common goals, dreams, and meaning that make the relationship feel like a shared adventure rather than just a logistics arrangement. Talk about the life you're building together.

DREAMS, GOALS, AND A SHARED VISION WE'RE EXCITED TO BUILD TOGETHER

Balancing "me" and "we"

Healthy couples are two whole people who choose each other — not two halves who've dissolved into one. Supporting each other's individual growth, friendships, and interests actually makes the relationship stronger and keeps it alive. Closeness and autonomy aren't enemies; the best relationships hold both.

PARTNER A

How my partner can support my individual growth:

PARTNER B

How my partner can support my individual growth:

Small things, often

Lasting love isn't built on grand romantic gestures — it's built on small things done consistently: the daily kindnesses, the turning-toward, the little appreciations, the kept promises. A great relationship is the sum of a thousand small, caring moments. Tend it daily, and it grows.

Your together plan

Lasting change comes from new habits, practiced consistently — not from reading once and hoping. These rituals weave everything you've learned into the rhythm of your life together. Choose the ones that fit you, and protect them like you'd protect anything precious.

Daily & weekly connection rituals

- **Daily check-in (a few minutes):** "How are you, really? How are we?" Turn toward each other every day.
- **Daily appreciation:** tell your partner one thing you appreciated about them today.
- **Daily affection:** a genuine hug, a moment of real connection — not in passing.
- **Weekly "us" time:** protected time together for fun and connection, free of chores and screens.
- **Weekly "state of us" talk:** a calm space to raise anything on your minds, using your communication and listening tools, before things build up.

THE RITUALS WE COMMIT TO (AND WHEN)

When the old patterns return

Progress isn't a straight line — old habits will resurface, especially under stress. That's normal. The difference now is that you have the tools and the awareness to catch it sooner and find your way back to each other.

OUR EARLY-WARNING SIGNS THAT WE'RE SLIPPING INTO THE OLD CYCLE — AND WHAT WE'LL DO

Our commitments to each other, going forward

- ☐ We'll treat each other as teammates, not opponents.
- ☐ We'll speak with kindness and listen to understand.
- ☐ We'll take time-outs when flooded — and always come back.
- ☐ We'll keep telling each other what we need, and keep turning toward each other.
- ☐ We'll repair after conflict, and keep tending what's good between us.

A PROMISE EACH OF US WANTS TO ADD

PARTNER A'S PROMISE

PARTNER B'S PROMISE

"A great relationship isn't something you find. It's something you build — together, on purpose, a little every day."