

# POCKETS OF PEACE

*Connection grows when we slow down  
enough to experience it.*

Mindfulness is the practice of being fully present with your partner.

Many couples spend time physically together while their attention remains elsewhere—focused on stress, responsibilities, distractions, or future concerns.

Strong relationships are strengthened through small moments of intentional presence.

These moments, what we might call **pockets of peace**, help create emotional closeness, trust, and connection over time.

The goal is not to solve problems.

***The goal is simply to be together.***



## REFLECTION

Think about your relationship.

**When do we feel most present together?**

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**What tends to pull us out of the moment?**

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## PRACTICE THIS WEEK



**SCHEDULE ONE 15-MINUTE  
POCKET OF PEACE.**

No phones.  
No problem-solving.  
No planning.

*Simply spend time together  
and practice being present.*

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

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*The quality of our attention often  
becomes the quality of our connection.*

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