

REKINDLE

A GENTLE JOURNAL FOR
FALLING IN LOVE AGAIN

A seven-day companion
for returning to presence,
tenderness, and connection

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Welcome

Sometimes rebuilding intimacy feels like trying to cup water in your hands — everything slips through your fingers before you even know where to begin. This guide is meant to be the opposite of overwhelming. No rigid rules. No pressure. Just small, humane invitations to come back into awareness of yourself, your partner, and the tiny moments that open the door to closeness again.

Take what feels right. Leave what doesn't. Go slowly. Let softness lead.

Before You Begin: A Self-Check

Just a moment with yourself before stepping forward. *Write what comes. One sentence is enough.*

Reflect:

- Where am I emotionally right now — hopeful, tired, guarded, willing, unsure?
- When I feel hurt or disconnected, what do I tend to do? Withdraw? Chase? Go silent? Get sharp?
- What helps my body feel safe with my partner?
- What kind of connection am I longing for — tenderness, attention, playfulness, desire, simplicity?

Speaking Without Blame (*NVC-inspired*)

When we're lonely or hurt, it's easy to speak from accusation: "*You never...*" / "*Why don't you...*" It pushes our partner away even when what we want is closeness.

Try this softer structure:

Observation → Feeling → Need → Invitation

Example:

"When the evenings pass and we barely talk (observation), I feel lonely (feeling). I need a bit of closeness (need). Could we sit together for a few minutes tonight?" (invitation)

Practice: Rewrite one recent complaint as a need.

Meeting Your Inner Parts With Kindness (*IFS-inspired*)

Inside all of us are protective parts that try to keep us safe — the one who withdraws so conflict won't escalate, the one who gets sharp so they won't be ignored, the one who pleases to avoid tension. Your work is not to silence them, but to listen.

Try this: Name the part that shows up most in conflict. *The Pleaser. The Fighter. The Disappearing One. The Fixer.*

Ask it quietly:

"What are you trying to protect?"

"What do you need from me right now?"

Often, what these parts need is simply reassurance: "*I've got this. We're safe.*"

Seven Days of Micro-Practices

Tiny actions that shift the emotional climate

Day 1 — Notice One Bid for Connection

A sigh, a glance, a comment about their day. Just notice.

Reflection: What tiny gesture did I almost overlook?

Day 2 — A Soft Touch in Passing

A hand on the back. Fingers brushing.

The body remembers safety first.

Reflection: How did this small touch shift the atmosphere?

Day 3 — Ask One Curious, Non-Practical Question

Not logistics. Not chores. Something human.

Reflection: What did I learn about them today?

Day 4 — One Shared Breath

Sit or stand together. One slow inhale, one release.

Just a moment of co-regulation.

Reflection: How did my body respond?

Day 5 — Speak One Appreciation Aloud

Something true. Something specific.

Reflection: What softened in me?

Day 6 — Share a Ritual of Presence

A candle, a coffee, a short walk, a small pause.

Reflection: What felt nourishing?

Day 7 — A Ten-Minute Slow Talk

Use the NVC steps. Go slowly. One person speaks, one listens.

Reflection: What felt new or surprising in this conversation?

Rituals of Togetherness

Choose one to weave into daily life

- Three-breath reunion when you see each other at the end of the day
- One-minute gratitude exchange
- A shared evening tea
- Sunday slow coffee
- Touch while doing ordinary tasks — a hand squeeze while cooking or folding laundry
- A weekly walk, phones away

Small rituals create emotional predictability — the soil where intimacy grows.

Repair & Reset

Every couple needs a language for repair — not perfection, just willingness.

Try softening phrases like:

- “Can we pause? I want to start again.”
- “That came out wrong. Let me try differently.”
- “I’m feeling tender. Can we slow down?”
- “I don’t want distance. Can we reconnect?”

Practice:

Write down two repair phrases you want to have ready for next time.

Your Personal Map

1. What did I notice about myself this week?

2. What do I want my partner to know about my needs and longings?

3. What practices felt most nourishing?

4. What shifted — even slightly — in the way I relate?

5. Which one tiny ritual or habit do I want to carry forward?

Let this become your compass.

Books for Deeper Understanding

- ***The Seven Principles for Making Marriage Work* (Gottman, 2015)**

A practical, research-based guide to understanding patterns, conflict, and emotional connection.

- ***Hold Me Tight* (Johnson, 2008)**

An accessible introduction to Emotionally Focused Therapy (EFT) and how attachment needs shape the way we love.

- ***Attached* (Levine & Heller, 2010)**

A clear and compassionate explanation of attachment styles and how they show up in adult relationships.

- ***Wired for Love* (Tatkin, 2012)**

A gentle look at the brain and nervous system in intimate partnership, full of concrete practices for staying connected.

Therapeutic Modalities to Explore

If the disconnection feels bigger than what two people can mend alone, seeking the help of a trained couples therapist can create safety, clarity, and momentum. There is no shame in needing support — it's often the bravest step toward change.

- **IFS (Internal Family Systems)**

For understanding and soothing the protective parts that arise in conflict or disconnection.

- **EFT (Emotionally Focused Therapy)**

A couples-based approach focused on bonding, safety, and secure connection.

A Closing Blessing

Love has seasons. This is not a sign of failure but of aliveness.

If you're here, reading this, it means part of you still believes in the possibility of tenderness — that something quiet and hopeful is still living in the soil of your relationship.

Let this week be a beginning.

Let softness return in small ways.

Let connection re-enter the room gently, without urgency or demand.

A single moment of warmth can change the direction of a season.

◆ For more reflections and free guides like this one, visit fromcentowholeness.com

◆ If you found this journal helpful, please support my work here:
<https://healingthevoid.kit.com/products/help-this-grow-pay-what-you-can>

Thank you!