



COUPLES RELATIONSHIP ANNUAL REVIEW

7 SIMPLE QUESTIONS ABOUT HOW YOU LOVED EACH OTHER THIS YEAR

For the couple committed to understanding,
repairing, and growing together.



Coach Rose Cecchetto, CPC, CPQC
Certified Relationship and PQ Coach/Gottman Leader
Fire Within Life



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ABOUT ME

Hi, I'm Rose, a Certified Relationship and Positive Intelligence Coach and Gottman Leader who has rebuilt from the inside out and learned what it truly takes to create healthy, lasting love.

I grew up navigating complex relationship dynamics, survived childhood trauma, and rebuilt my life after a long-term unhealthy relationship. Through that healing, I learned to love myself first so I could attract and create the kind of partnership I wanted.

I eventually met my "Mr. Wonderful," and together we've spent two decades growing, healing, and choosing each other through every season. Those years taught me that strong relationships are built on emotional safety, self-awareness, and the courage to keep choosing one another.

Today, I help individuals and couples release fear, deepen connection, and build relationships that feel safe, passionate, and alive.

You deserve love that brings out the best in you, and I'm here to help you create it.

Rose Cecchetto, CPC, CPQC
Certified Relationship & PQ Coach | Gottman Leader



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LIFE KEEPS TEACHING, BUT IT'S REFLECTION THAT TURNS ITS LESSONS INTO WISDOM.

— Adapted from modern reflections on
wisdom and experience

*You can work through this Annual Review
One chapter per night,
One per week, or
All in a weekend.*

*Go at a pace that honours your capacity and
your nervous systems*



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INTRODUCTION

It's easy to move through a year without ever really talking about what happened between you.

Life gets busy, conflicts get avoided, habits form, and suddenly you're wondering:

Are we still connected?

But the truth is:

If you don't reflect together, you stop growing together.

This workbook isn't about blame.

It's about stepping back, side-by-side, and looking honestly at your relationship.

You each experienced this year differently. When those two stories come together, you create a shared truth, and that's where real growth begins.



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Together, you'll explore:

- Where you moved closer and where you drifted
- What repair attempts worked and where they failed
- When you felt like a true partnership, and when you were just managing logistics
- Which resentments stayed unspoken but not unfelt
- What you both learned about love, commitment, and each other

Over the last decade, I've watched couples shift from:

- Reactive partnership (defensiveness, scorekeeping, assumptions) to Grounded partnership (curiosity, responsibility, repair)
- Avoiding hard conversations to leaning into brave honesty
- Taking each other for granted to intentionally choosing each other again and again

What made the difference?

They paused and reflected together.

This review invites you to do the same. Not to revisit old fights, but to understand how you both showed up this year, what shaped your connection, and how you want to love each other moving forward.



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HOW TO USE THIS WORKBOOK

What Created Emotional Aliveness This Year?

A few guiding principles:

1. Do it together, but start separately.

- Each of you answers the questions on your own first. No editing yourself based on what you think your partner wants to hear. Your job is to be honest with yourself.

2. Create a container.

- Choose a time (2–3 hours), turn off phones, put kids to bed, light a candle, make tea, signal to your nervous systems:
 - This matters. We are safe here.

3. Share to be understood, not to win.

- When your partner speaks, your first job is to listen.
- Not to correct. Not to justify.
- **Try:**
 - “Can you tell me more?” instead of “That’s not what happened.”

4. Look for patterns, not villains.

- You’re not here to prove who “the problem” is.
- You’re here to notice what you both do under stress, hurt, and fear.

5. End with intention, not perfection.

- You won’t fix everything in one evening. That’s not the goal.
- The goal is deeper understanding, and from that, clearer choices.



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CHAPTER 1: MINDSET SHIFTS

What Belief About Love Did We Change Our Minds On This Year?

Strong couples don't think they've "figured love out."

They stay humble and open. They let new experiences update old beliefs.

At some point, you may both have believed:

- "Real love means we barely fight."
- "If they loved me, they would just know what I need."
- "A good relationship shouldn't require this much talking."
- "We should be 50/50 on everything, all the time."
- "Conflict means something is wrong with us."
- "Love means becoming the same person."

This year may have taught you something different:

- That conflict well-handled actually deepens intimacy.
- That your partner is not a mind reader, and that asking for needs is mature, not needy.
- That emotionally healthy relationships require ongoing, brave conversations.
- That equity looks different in different seasons, and that's okay.
- That thriving couples are not the ones who never struggle, they're the ones who repair.
- That you don't merge into one person, you become more of yourselves, together.



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CHAPTER 1: MINDSET SHIFTS

What Belief About Love Did We Change Our Minds On This Year?

For Each Partner (Privately):

- What belief about love and partnership did I change my mind about in 2025?
- What did I learn about my partner that shifted how I see them?
- What assumption did I make about us that turned out not to be true?

Together:

- Where do your answers overlap?
- Where did each of you learn something different?
- What surprised you about what your partner wrote?

Goal:

- Name 2–3 mindset shifts you want to keep carrying into 2026. These are upgrades to your shared relationship “operating system.”



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CHAPTER 2: RELATIONSHIP ENERGY *What Created Intimacy and Joy Between Us This Year?*

Most couples can list what's going wrong faster than what's going right.

But your relationship grows where you place your attention.

Intimacy isn't only sex or deep talks. It's also:

- Shared jokes
- Small daily check-ins
- The coffee they bring you without asking
- The way you debrief your day
- The feeling of:
 - "We're on the same team."

Relationship energy is that quiet **"Yes, This Is Us"** feeling.

For Each Partner (Privately):

Reflect on your year:

- Which rituals made you feel most connected (Morning coffee, walks, Friday takeout, date nights, shared hobbies, bedtime talks)?
- When did you most feel like a true team (Handling a crisis, parenting, finances, supporting each other through stress)?
- What moments made you remember why you chose each other?
- When did you feel seen, appreciated, or deeply understood?

Write down 3–5 specific rituals or moments.



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CHAPTER 3: RELATIONAL DRAIN *What Created Distance or Resentment Between Us This Year?*

Most couples don't end the year resentful because of one big fight. They end resentful because small ruptures weren't repaired.

A rupture happens when:

- One of you feels dismissed, criticized, or abandoned.
- A promise is broken.
- A lie is told.
- A bid for connection goes unanswered.
- Hurt piles up in silence.

Without repair, these moments harden into stories:

- "I don't matter."
- "They never listen."
- "I'm always the one who cares more."

For Each Partner (Privately):

- What pattern kept repeating this year? (Same argument, same shutdown, same topic that never resolves)
- When did you feel most alone in the relationship?
- What did your partner do (or not do) that hurt you or created distance? (Be specific. Speak from your emotions. This is not about attacking. It's about truth.)
- What did you do that contributed to distance? (Withdrawing, snapping, avoiding, over-controlling, shutting down)
- What conversation did you need that never happened?



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CHAPTER 3: RELATIONAL DRAIN

What Created Distance or Resentment Between Us This Year?

Together:

- What surprised you about your partner’s experience of the year?
- Where can each of you say:
 - “I can see how that hurt. I’m sorry I didn’t see it then.”
- Are there 1–2 ruptures you never truly repaired?

Goal:

- Identify 2–3 moments or patterns that need repair. Use this as a chance to say what wasn’t said and offer (and receive) genuine repair.



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CHAPTER 4: RELATIONSHIP ANCHORS *What Patterns or Beliefs Held Us Back From Being “A Team” in Our Partnership?*

Every couple has certain patterns they repeat under stress. And the pattern often repeats itself, no matter the topic.

For example:

- **One pursues, the other withdraws.**
 - The pursuer feels rejected.
 - The withdrawer feels attacked.
 - Both feel alone.

- **One over-functions, the other under-functions.**
 - One feels burdened and resentful.
 - The other feels criticized and inadequate.
 - You both get defensive. No one feels heard.
 - Conversations escalate instead of being repaired.

These patterns aren't proof that your relationship is falling apart.

They're nervous system strategies, often rooted in old wounds.

But they are patterns you can change, together.



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CHAPTER 4: RELATIONSHIP ANCHORS *What Patterns or Beliefs Held Us Back From Being "A Team" in Our Partnership?*

For Each Partner (Privately):

Complete this:

- **"Our typical pattern when we're in conflict is:**
 - When [X happens], I tend to [do this], which leads my partner to [do that], and then we get stuck in a loop where [describe it]."
- **My part in this pattern:**
 - How do I keep the loop going (Blame, withdrawal, sarcasm, shutdown, stonewalling, over-explaining)?
- **What I'm protecting when I do this:**
 - (Fear of rejection? Fear of being controlled? Fear of failing? Old childhood wound?)
 - What would be possible if we shifted this pattern?



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CHAPTER 4: RELATIONSHIP ANCHORS

What Patterns or Beliefs Held Us Back From Being "A Team" in Our Partnership?

Together:

- Compare your "loop" descriptions.
 - Where do you agree? Where do you see things differently?
- Can you name your pattern simply?
 - (ex., "The Pursue-Withdraw Dance" or "The Scorekeeping Cycle")
- What one small change could each of you make to soften the pattern?

Goal:

Name your pattern with curiosity, not blame. Seeing it clearly is the first step to changing it.



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CHAPTER 5: RELATIONAL FEAR *What Did We Not Do or Say Because of Fear This Year?*

Fear in a relationship often hides behind “keeping the peace.”

But peace without truth isn’t peace. It’s tension with a smile on top.

Fear shows up as:

- Swallowing your words or needs so you don’t “start a fight”
- Not sharing something vulnerable because you’re afraid of being judged
- Not asking for support because you don’t want to be “too much”
- Avoiding topics such as money, sex, in-laws, parenting, because they feel loaded
- Holding back affection or appreciation because you’re still hurt

For Each Partner (Privately):

- The conversation I’ve been avoiding is...
- The feeling I haven’t fully shared is...
- The request I haven’t made is...
- I’m afraid to say/do this because...
- If I did, the worst thing that could happen is...
- And the best thing that could happen is...



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CHAPTER 5: RELATIONAL FEAR *What Did We Not Do or Say Because of Fear This Year?*

Together:

- Share one thing at a time.
- **The listener's job:**
 - Reflect back what you heard before responding (and take notes if needed).
 - Try:
 - "What I'm hearing is... Did I get that right?"
- **Ask each other:**
- "How can I make it safer for you to bring fears or needs to me in 2026?"

Goal:

- Name the conversations you've been circling around. Commit to moving toward them gently in the coming year, instead of away.



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CHAPTER 6: RELATIONAL WINS & MISSES *What Were Our Greatest Wins and Hardest Lessons This Year?*

One of you may look back and see mostly the good.

The other might remember mostly the hard.

Neither is lying.

Your nervous systems just log different things.

To grow, you need both:

The wins that show your strengths,
and the misses that reveal where you're still learning.

For Each Partner (Privately):

Your Wins - List moments when you:

- Showed up for each other during stress
- Had a conversation that brought you closer
- Celebrated something together
- Repaired after a rupture
- Chose kindness over defensiveness
- Made your partner feel loved, desired, or important
- Protected your connection from outside stressors

For each win, ask:

What made this possible? What qualities were we accessing?



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CHAPTER 6: RELATIONAL WINS & MISSES

What Were Our Greatest Wins and Hardest Lessons This Year?

Your Misses - List moments when you:

- Got defensive instead of curious
- Checked out emotionally
- Kept score
- Said yes when you meant no
- Didn't follow through
- Walked away instead of reaching back
- Let resentment build without naming it

For each miss, ask:

What was I protecting? What was I afraid of? What did we learn?

Together:

- Share your wins first. Really take them in.
- Then share your misses with vulnerability, not attack.
- Can you see each other's humanity instead of each other's "failures"?

Goal:

Look at and hold on to the full picture:

You are a couple who have both struggled and grown.
That balance builds compassion and motivation.



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CHAPTER 7: RELATIONSHIP WISDOM *What Did We Learn About Love, Each Other, and Partnership This Year?*

Wisdom is what emerges when you step back and say:

“Given everything we went through... what does it all mean?”

This isn't about clichés.

It's about your specific truth as a couple.

For Each Partner (Privately):

Complete these sentences:

- I learned that my partner is...(stronger than I thought, more sensitive, deeply loyal, still learning, just like me)
- I learned that love is...(messier, kinder, harder, softer, more daily-practice than I ever imagined)
- What I learned about myself is... (I can change. I can apologize. I can stay. I can soften. I still get triggered. I'm still healing.)



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CHAPTER 7: RELATIONSHIP WISDOM

What Did We Learn About Love, Each Other, and Partnership This Year?

We learned together that...

Together:

Co-create 5–10 shared statements of wisdom.

They might sound like:

- “We can fight and still be on the same team.”
- “Repair matters more than perfection.”
- “When we feel safe, we’re generous. When we feel threatened, we protect.”
- “Our different styles aren’t wrong, just different.”
- “We’re not done growing as individuals or as a couple.”
- “We grow most when we choose to talk before resentment builds.”

Goal:

Write your shared wisdom somewhere you’ll see it, a note on the fridge, a journal, a framed page in your bedroom.

Let it anchor “us” in 2026.



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OUR SHARED INTENTION FOR 2026

One Relationship Commitment We're Making Together

Complete this together:

In 2026, our relationship commitment is...

Make it about how you want to show up, not what you want the other person to do.

Examples:

- "To assume the best about each other before assuming the worst."
- "To talk about things when they're small, not when they explode."
- "To protect our connection, not our ego."
- "To repair quickly when we miss each other."
- "To keep being curious about each other's inner worlds."

Write it. Say it out loud. Revisit it regularly.

This workbook is a mirror for your partnership.

Not to show you where you're failing.

To show you where you're human.

You have both done the best you could with the tools, patterns, and stories you had up until now.

Now, you have more awareness.

And awareness is the beginning of different choices.



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OUR SHARED INTENTION FOR 2026 *One Relationship Commitment We're Making Together*

The couples who thrive are not the ones who never struggle.

They are the ones who:

- Tell the truth
- Repair after rupture
- Ask for help when they're stuck
- Stay curious about each other's heart

If you find yourselves repeating the same patterns, stuck in the same gridlock, or unable to find your way back to each other, that's where couples therapy or coaching can be powerful.

Needing support is a sign that you care enough to invest in each other.

- Take your time with these questions.
- Pause when you need to.
- Come back when you're ready.
- The conversation itself is part of your healing.



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BOOK OVERVIEW

The Couples Relationship Annual Review is a guided reflection for partners who want more than just:

“Getting through another year together.”

Through seven simple but profound questions, this workbook helps couples:

- Identify the beliefs that shaped their dynamic
- Remember the moments of intimacy and joy they want more of
- Name the patterns, fears, and ruptures that created distance
- Celebrate their wins and compassionately learn from their misses
- Articulate the relational wisdom they've earned

Rather than assigning blame, this process invites couples into honest, structured, emotionally safe reflection.



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RESOURCES & INFLUENCES

This Couples Annual Review is inspired by evidence-based relationship research, including concepts from the work of Drs. John and Julie Gottman, as well as attachment theory, nervous-system regulation, and trauma-informed communication.

It also reflects insights from my years of coaching couples through conflict, repair, and deeper emotional connection, as well as the lessons I've learned in my own long-term relationship about what it truly takes to keep choosing each other through every season.