Sara Inner Healing | Sages Wisdom

The Couples Connection Toolkit

4 Kabbalah-Inspired Practices to Build a Loving, Lasting Marriage

Reconnect • Appreciate • Heal • Love

- Build Deeper Connection
- Transform Criticism into Appreciation
- The 30-Day Connection Challenge
- Kabbalistic Healing Prayers for Emotional Release & Integration



FREE WORKBOOK

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WELCOME

A journey towards deeper love

What if building a happier marriage begins not with changing your partner, but with changing the way you relate to them?

Kabbalah invites us to rise above self-centred reactions and develop qualities of care, understanding and bestowal. Marriage offers a daily opportunity to practise these qualities through our intentions and actions.

This toolkit brings together three practical exercises inspired by Alex Zusin's Sages Wisdom interview, *How Can Kabbalah Help You Build Loving Relationships in Marriage?*, and a fourth spiritual practice from Sara Inner Healing.

1. The Connection Game — rediscover your partner.

2. The 3-to-6 Appreciation Game — recognise strengths alongside concerns.

3. The 30-Day Connection Challenge — make time for each other.

4. Emotional Release & Integration — explore healing prayers and inner correction.

Print a copy of the worksheets for each partner. Agree to listen with kindness, participate voluntarily and respect each other's boundaries. You can skip any question that feels too personal.

These exercises are educational and spiritual support, not a substitute for counselling. If there is abuse, coercion or fear for your safety, prioritise safety and seek appropriate professional support rather than attempting joint exercises.

PRACTICE 1

The Connection Game

How well do you really know your partner? People change over time. This game helps you rediscover their inner world without turning the conversation into a test.

1. Sit somewhere quiet and take separate copies of the worksheet.

2. Independently write what you believe your partner likes, dislikes and fears.

3. Exchange your answers. Take turns explaining what is accurate, what has changed and what you may have misunderstood.

4. Listen without correcting or defending yourself. Ask gentle questions and respect anything your partner chooses not to share.

The Kabbalistic insight

Connection begins when we make room for another person’s desires and feelings rather than assuming our own perspective is the whole picture.

What I believe my partner likes

What I believe my partner dislikes

PRACTICE 1 • WORKSHEET

Discover each other again

What I believe my partner fears

What surprised me about my partner’s answers?

What has changed that I want my partner to understand?

One loving action I will take this week

PRACTICE 2

From criticism to appreciation

When we become trapped in negativity, blame and shame, we can overlook the good in the person we love. This exercise helps us see our partner more fully without dismissing genuine concerns.

1. Each partner privately writes three criticisms or concerns.

2. Beside each concern, write two genuine strengths or things you appreciate: six appreciations in total.

3. Share your appreciations first. Discuss concerns only when both feel ready, using respectful language.

4. Turn a criticism into a specific, loving request.

Example: Instead of “You never listen,” try “I feel closer to you when we have time to talk. Could we make time to listen to each other?”

Concern 1

Two strengths or things I appreciate

Concern 2

Two strengths or things I appreciate

Concern 3

Two strengths or things I appreciate

PRACTICE 2 • REFLECTION

Choose a loving response

One criticism I can turn into a loving request

My new way of expressing it

What positive qualities have I been overlooking?

How did it feel to receive appreciation?

Kabbalistic insight: Love does not mean ignoring difficulties. It means seeking connection while addressing differences with respect. Appreciation never cancels the need for accountability or safety.

PRACTICE 3

The 30-Day Connection Challenge

30 days. 30 minutes a day. A new habit of love.

Commit to spending 30 minutes of uninterrupted quality time together every day. Agree a time, put away phones, turn off television and arrange childcare or choose a time when children are safely settled. Give each other your full attention.

Listen without interrupting or trying to fix everything. Avoid turning this time into a discussion about chores or bills. End by expressing something you appreciate. If you miss a day, simply resume without blame.

Our daily connection time

How we will protect this time from distractions

What we hope to build together

Kabbalistic insight: Love can be nurtured through consistent intentions and actions. Giving attention and care is a practical way to develop connection.

PRACTICE 3 • CALENDAR

Days 1–15

Day	Conversation or activity	Done
1	Share what first attracted you to each other.	[ ]
2	Recall your happiest memory together.	[ ]
3	Play the Connection Game.	[ ]
4	Share three things you appreciate.	[ ]
5	Take a walk without phones.	[ ]
6	Share a dream for your future.	[ ]
7	Reflect on your first week.	[ ]
8	Ask what makes your partner feel loved.	[ ]
9	Share a childhood memory.	[ ]
10	Play the 3-to-6 Appreciation Game.	[ ]
11	Share something you admire.	[ ]
12	Enjoy a quiet drink and conversation.	[ ]
13	Discuss something new to try together.	[ ]
14	Reflect on how your connection is changing.	[ ]
15	Share a fear, if comfortable; listen with care.	[ ]

PRACTICE 3 • CALENDAR

Days 16–30

Day	Conversation or activity	Done
16	Discuss how to support each other.	[ ]
17	Recall a challenge you overcame together.	[ ]
18	Share what you are grateful for today.	[ ]
19	Discuss a lesson marriage has taught you.	[ ]
20	Share something you learned about your partner.	[ ]
21	Reflect on your third week.	[ ]
22	Talk about what brings you peace.	[ ]
23	Share a hope for your relationship.	[ ]
24	Read appreciation notes to each other.	[ ]
25	Discuss how to create more joy together.	[ ]
26	Share a goal and how to support it.	[ ]
27	Choose a positive habit to keep.	[ ]
28	Reflect on changes you have noticed.	[ ]
29	Plan a special moment for next month.	[ ]
30	Celebrate and renew your commitment.	[ ]

PRACTICE 3 • REFLECTION

Our weekly check-in

Print one copy for each week. Week: _____ Connection rating (1–10): _____

What did I discover about my partner?

What made me feel loved and appreciated?

What could I do differently next week?

One thing I am grateful for in our marriage

PRACTICE 4

Emotional Release & Integration

Heal within. Connect more deeply. Love more freely.

Past hurt, fear and resentment can influence how we respond to our partner. Spiritual reflection can help us notice these reactions and seek the Creator's help in developing compassion, patience and bestowal.

Set aside 10–15 minutes in a quiet space, individually or together. Notice what you are carrying without forcing yourself to revisit painful experiences.

Reflect with the Psalms

Psalm 30:3 — reflect on renewed hope after pain.
Psalm 66:12 — acknowledge the challenges you have moved through.
Psalm 116:7 — invite your soul to return to rest and peace.

A prayer for a more loving heart

Dear Creator, help me recognise the qualities within myself that prevent me from truly loving another. Help me work through resentment, fear and judgement. Grant me the strength to rise above my ego, the wisdom to understand my partner's heart, and the compassion to respond with kindness. May our marriage become a place where Your qualities of love and bestowal are revealed through our connection. Amen.

Explore the full Kabbalistic healing prayers

Emotional Release & Integration — read the complete prayer and Psalm guide

This companion resource is provided by Sara Inner Healing. The prayer above is an original supporting prayer, not a quotation from Alex Zusin or a traditional text.

PRACTICE 4 • WORKSHEET

Bring healing into your relationship

What emotional burden am I ready to work on?

What fears or reactions do I want to understand?

One quality I wish to develop within myself

One loving action I will take towards my partner

Healing does not mean accepting harmful behaviour. You may seek individual professional support whenever needed.

OUR COMMITMENT

Building love, one day at a time

Together, we commit to listening with patience, seeking to understand, recognising each other's strengths, addressing differences respectfully, making time for connection and supporting each other's growth.

Our shared intention for our marriage

Partner 1 signature

Partner 2 signature

Date

May your marriage become a place where both of you feel seen, heard, valued and loved.

Continue your journey with Sages Wisdom and Sara Inner Healing. Watch the conversation with Alex Zusin and explore our free resources.

Visit Sara Inner Healing

Explore Emotional Release & Integration