

## THE OBSERVER

You've made it through a lot and haven't walked away. You're cautious but hopeful, watching to see if this season could finally change.

#### **Your Source**

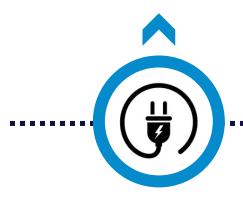
You're operating mostly from a default story. You feel disconnected or resigned, unsure whether it's worth the effort to stay engaged when things don't seem to change.

# Where It Shows Up

Your spouse might not even notice you've disengaged, but you know you're not bringing your full self to the relationship anymore.

#### **What's Possible**

Your presence makes a difference. Even small efforts to stay engaged can create moments of honesty and trust that help rebuild unity over time.

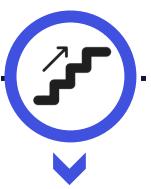












## Your Automatic Response

You often wait or pull back.
Even when you have something to give, it feels safer to stay quiet or keep your distance.

### What's Missing

Real connection requires presence. Without showing up, your spouse doesn't get to know the deeper parts of you that matter most.

#### **Your Next Move**

Choose one place to re-engage today. Start a conversation, make an offer, or do a good deed without waiting for it to feel perfect or normal.