

HIT
The Reset Button
ON YOUR RELATIONSHIP



10 Hard Questions to
Explore with Your Partner



Hello!
I'M CAMEO

This workbook is designed to help you use The Reset Button as a tool for viewing your relationship as a distinct entity, separate from both you and your partner.

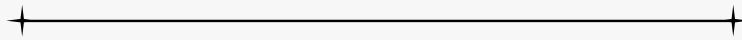
Although these 10 Hard Questions might seem overwhelming initially, if you embrace the concept together, they offer an incredible opportunity for mutual understanding. There's no pressure to tackle all the questions at once, and you don't need to feel like an expert.

The key is to learn and grow as a team, which will lay the groundwork for a lasting and fulfilling relationship.

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Feel free to approach these questions as a couple or individually at first, then come together for a meaningful discussion after you've had time to reflect. And for those who are single or unable to discuss these questions with a partner, don't worry! You can still make a positive impact on your own journey. Reflect on your perspective of marriage or partnership and consider how you're showing up in your own life. Your personal growth is just as valuable as your growth as a team.



1

Are we truly working together as a team, or do we often find ourselves "keeping score" regarding household responsibilities, parenting, finances, and personal time?

2

In times of tension, am I projecting my own feelings onto you as a way of protecting myself? Am I allowing shame and/or resentment to interfere with our connection?

3

What are the ways you feel loved? What specific examples come to mind of how I can show you love?

4

What does intimacy mean to you? How can we enhance our connectedness: emotional, physical, spiritual, and sexual?

5

Have we been having honest conversations, even when they are uncomfortable or about challenging subjects?

6

Do we view sharing our lives together as a choice we willingly make, or has it started feeling more like an obligation?

7

Are there qualities that initially attracted us to one another that have become annoyances? How do we embrace the quirks, imperfections, and differences once again?

8

How can I support you and meet you where you are, without adding any pressure or expectations?

9

Do we let external opinions, overinvolvement of others, or distractions from various obligations influence the time we spend together and how we choose to spend it?

10

Are we committed to regular check-ins to discuss how each other's needs are being met and to seek feedback on how we're doing as partners?

As you engage in these conversations, remember to apply the 3Rs – Reflection, Reset, and Reinvention – to stay focused and ensure the continued growth and depth in your connection.

Need More Support on Your Journey?

If this workbook sparked something in you—questions, realizations, or even a little fire to make a change—you're not alone.

For deeper conversations, relatable stories, and real talk about what it means to reset your life, be sure to check out
The Cameo Show podcast.

I dive into the messy, meaningful, and magical parts of growth, healing, relationships, career pivots, sobriety, and everything in between. Whether you're in your car, on a walk, or hiding in the bathroom for five minutes of peace—I'm in your corner.



You don't have to do this alone. We're all in this together.
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