

# 5 Free Resources To Reinvest in Your Relationship

No matter what stage your twosome is in, every relationship can benefit from extra support. Discover a range of expert resources to help you reconnect, repair rifts and reinvigorate your relationship.

## Love Every Day Text Prompts



Rekindle the romance in your relationship with daily text messages that have simple, thought-provoking questions to help you improve communication and renew your bond.

Text-based | 21 days

## Relationship Checkup



Answer a few questions about your relationship and meet with a Military and Family Life Counselor to talk through actionable, research-based steps to keep your relationship healthy.

Online and in person | 2-3 sessions

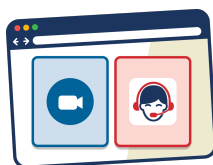
## OurRelationship Program



Complete online activities to address a chosen core issue. Work at your own pace – on your own or with a coach – to reconnect and reconcile during conflict and come out stronger.

Online | 4-6 weeks

## Personalized Relationship Coaching



Choose a track and work with a consultant to refresh communication, navigate separations and transitions and find problem-solving techniques – together or individually.

Phone or video | 6-9 weeks

## Relationship Counseling



Find a safe space to talk through couple troubles with a MilitaryOneSource counselor or the Military Family Life Counseling program. Meet confidentially to address stressors and find coping strategies as a couple or on your own.

In person, online or phone-based | Up to 12 sessions



Which relationship resource is right for you two? Explore support online:  
**[MilitaryOneSource.mil/ReTheWe](https://MilitaryOneSource.mil/ReTheWe)**



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