The Relationship RaMP

COMPANION WORKBOOK

A printable companion to Daily Practices for Building Stronger Connections.

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A RaMP It Up!™ Solutions Book

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Additional Resources & Support

Your Companion Workbook

This companion workbook includes reflection questions, practical exercises, and writing space to help you apply the skills throughout The Relationship RaMP.

Download or print this companion workbook free at:

www.rampitupsolutions.com/relationship-ramp

Relationship Skills & Educational Support

Interested in exploring the RaMP framework further? Additional educational services may include:

- Individual relationship-skills instruction
- Educational skills sessions for couples
- Group workshops and discussions
- Author-led book clubs

For additional printable copies, educational workshops, relationship-skills instruction, or author-led book club inquiries, visit the website above.

www.rampitupsolutions.com/relationship-ramp

RaMP It Up!™ Solutions provides educational instruction and resources, not counseling, psychotherapy, or mental health treatment.

How to Use This Workbook

Read a chapter in the main book, then complete the matching workbook pages. Each person should use their own copy. You may write privately or share selected responses with a partner, friend or book club. Sharing is always optional.

RaMP stands for Reinforcement and Modeling with Prompting. The exercises focus on your own choices and skills, not changing or controlling another person.

For groups: participants may pass on any question. Respect privacy, avoid diagnosing others, and do not pressure anyone to disclose personal experiences.

Opening Reflection

Complete this once, before starting Chapter 1. Return to it after finishing the book.

What brought you to this book?

What messages about relationships have shaped your expectations?

What qualities matter most to you in a healthy connection?

What would you like to understand or practice differently?

Chapter 1: Healthy Relationships Are Built Not Found

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

Which qualities must be present before skills can help a relationship grow?

What is one expectation you could express more clearly?

What is the difference between building a relationship and trying to fix a fundamentally unsafe or incompatible one?

Chapter 1 | Practice & Conversation

RaMP It Up! Activity

Foundation vs. skills: Make two short lists: (1) foundations such as safety, respect, honesty and shared values; (2) learnable skills such as listening and expressing appreciation. Circle one skill you can practice without overlooking a missing foundation.

Conversation Corner

• Can a relationship have good communication but lack a healthy foundation?

• What distinguishes a skill you can learn from a value you cannot negotiate?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 2: The Relationship Skills Nobody Taught Us

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

Which spoken or unspoken relationship rule did you learn growing up?

Does that rule still serve you? Why or why not?

What healthier practice would you choose in its place?

Chapter 2 | Practice & Conversation

RaMP It Up! Activity

Learned rule / chosen practice: Write one relationship rule you absorbed. Decide whether to keep, adjust or replace it. Write a practical alternative in your own words.

Conversation Corner

• Which relationship lessons vary across families or cultures?

• How can someone question a learned rule without criticizing the people who taught it?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 3: Why We Keep Choosing Familiar Patterns

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What familiar pattern have you noticed in a current or past relationship?

What signs have you sometimes interpreted as connection that might actually signal uncertainty?

What would you want to notice or do earlier next time?

Chapter 3 | Practice & Conversation

RaMP It Up! Activity

Spot the pattern: Consider two or three past interactions or dating experiences, if comfortable. Identify one repeated response to uncertainty. Finish: “Next time I notice this, I will…” You may use a fictional scenario instead.

Conversation Corner

• Why can familiar patterns feel reassuring even when they are unhelpful?

• How might a friend gently challenge an assumption without making a decision for someone?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 4: Reinforcement

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What specific contribution have you recently overlooked?

How can you acknowledge that behavior sincerely without adding criticism?

What is the difference between appreciation and trying to control someone through praise?

Chapter 4 | Practice & Conversation

RaMP It Up! Activity

Seven-day appreciation experiment: For seven days, notice one specific helpful action by someone in your life. Acknowledge it sincerely, without attaching a correction. Record what you noticed; you cannot control how another person responds.

Conversation Corner

• What makes acknowledgment feel genuine rather than transactional?

• How can people appreciate effort without ignoring ongoing problems?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 5: Modeling

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What specific behavior would you like to model?

How will you communicate your need rather than expect your example to speak for itself?

What response would tell you the other person is willing to participate?

Chapter 5 | Practice & Conversation

RaMP It Up! Activity

Model and ask: Choose one observable behavior to practice for a week, such as listening without interrupting. State your need directly as well. Notice whether the other person chooses to participate. Modeling does not require tolerating disrespect.

Conversation Corner

• When does leading by example help, and when is a direct conversation essential?

• How do we recognize when someone has understood but is unwilling to change?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 6: Prompting

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

Where have hints or assumptions replaced a clear request?

What is the observable action, timing, and reason behind your request?

What reminder or shared system could support follow-through without making one person the manager?

Chapter 6 | Practice & Conversation

RaMP It Up! Activity

Make the request visible: Rewrite one vague complaint as a specific, respectful request. If appropriate, agree on a calendar alert, checklist or other shared prompt. Revisit whether responsibility is genuinely shared.

Conversation Corner

• What is the difference between a helpful prompt and repeated nagging?

• What would shared responsibility look like in a real example?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 7: Love Looks Different on Different People

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What forms of care do you notice most easily?

What forms of care might another person express differently?

How can you ask what helps someone feel cared for while also naming what you need?

Chapter 7 | Practice & Conversation

RaMP It Up! Activity

Translate care: Notice different expressions of care in one important relationship for a week. Ask what helps the other person feel appreciated, then share your own preference. Identify one small action to try.

Conversation Corner

• Why might two people interpret the same caring action differently?

• How can we make room for different expressions of care without dismissing unmet needs?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 8: Progress, Not Perfection

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What relationship skill have you improved, even imperfectly?

What made that progress possible?

What small, observable next step could you practice?

Chapter 8 | Practice & Conversation

RaMP It Up! Activity

Three levels of progress: Describe where you started, where you are now and your next small step. Identify a reinforcing acknowledgment, a behavior to model and a prompt that could support your own progress.

Conversation Corner

• What kinds of progress are easy to miss?

• How do we celebrate improvement without excusing harmful behavior?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 9: Complement, Don’t Duplicate

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

Which difference in an important relationship creates friction?

What strength might each person bring to the situation?

What arrangement could preserve both people’s influence and autonomy?

Chapter 9 | Practice & Conversation

RaMP It Up! Activity

Design a both-and system: Choose a low-stakes difference. Try alternating choices, dividing responsibilities by strengths, or listing shared and independent activities. Check whether both people have meaningful influence.

Conversation Corner

• When can differences create balance rather than conflict?

• How do we ensure compromise is not always made by the same person?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 9 | Additional Reflection

Have you ever interpreted a different strength or style as a lack of care?

Has one of your strengths become an expectation that allows someone else to avoid responsibility?

Do both people's strong preferences receive opportunities to outweigh mild reluctance?

Would alternating choices simplify any recurring decisions in your relationship?

Are your separate interests supported as well as your shared interests?

What roles or responsibilities may need to be recalibrated?

Chapter 10: Building a Brighter Tomorrow Together

Complete after reading the corresponding chapter in The Relationship RaMP.

Explore the Chapter

What do you want everyday life to feel like in the future?

Which future goals are flexible, and which matter deeply?

How could you check in about capacity and changing priorities without making assumptions?

Chapter 10 | Practice & Conversation

RaMP It Up! Activity

Sketch a shared or personal future: Write a one-, three- and five-year vision, with optional ten- and twenty-year horizons. Include daily life, relationships and priorities. If reading with someone, write separately before comparing; agree on a simple capacity check-in.

Conversation Corner

• What future conversations are easiest to postpone?

• How might changing life circumstances call for recalibration?

One Action to Try

One thing I can choose to practice before the next chapter:

Chapter 10 | Additional Reflection

What do you want your life to look like in one, three, five, ten, and twenty years?

How do you currently communicate changes in emotional capacity?

Would colors, numbers, faces, or another simple system make daily check-ins easier?

When someone communicates limited capacity, do you alter course or continue with the original expectation?

Are your financial choices aligned with your shared goals?

What recurring either-or conflict might have a third option?

What do you still need to learn about someone important to you?

If you are dating, are you seeking validation or evaluating alignment?

If you are single, what part of your future are you ready to begin building now?

Chapter 11: When Your Best Efforts Aren't Enough

Skills create opportunities for connection, but they cannot guarantee mutual effort or compatibility. This activity can be completed privately.

Explore the Chapter

Where do you see effort from both people, even when change is imperfect?

What patterns suggest a struggle to learn, and what patterns suggest unwillingness?

What needs or values are nonnegotiable for you?

What is within your control, what requires mutual effort, and what belongs to someone else?

What boundary or next step would support your well-being?

Chapter 11 | RaMP It Up! Activity

List your actions, shared responsibilities, and other people's choices. Choose one respectful, practical next step that is within your control.

Within my control:

Requires mutual effort:

Not mine to control:

Private Action Step

One respectful step I can take to protect my well-being or practice a healthy boundary:

Book Club & Partner Discussion Guide

For each meeting, read the same chapter in advance. Begin with an idea from the text, not a request for personal disclosure. Invite different interpretations. Use the chapter-specific Conversation Corner prompts, and let everyone pass freely.

For couples or friends, write your own responses before comparing them. Differences are information, not scores. For solo readers, the questions can be used privately.

After the Final Chapter

Revisit your opening reflection. What do you understand differently? What practice do you want to continue?

My Next RaMP Practice

One relationship skill I want to keep practicing:

A small action I can practice regularly:

How I will recognize progress:

Keep Building a Brighter Tomorrow Together

Relationship skills grow through practice, reflection, and a willingness to keep learning. Return to these pages whenever your needs, connections, or goals change. Notice your progress, remain curious, and keep building stronger connections, one intentional action at a time.

Explore additional educational resources at www.rampitupsolutions.com/relationship-ramp