

# Calm Relationship Reflection

*Redefine calm not as a fix, but as a companion.*

## When this might help:

- You've been treating calm as a fix and it keeps failing
- You're re-meeting calm as a companion

## The practice:

- "What does calm sound like in my body?"
- "What kind of partner do I want to be to my calm?"
- "How do I respond to it, even when I forget it?"

Gentle fallback: One question, answered honestly.