

BONUS ONE | CHOSEN AGAIN

The 7 Day Connection Jumpstart

*One specific action per day. Start tonight. No
preparation required. No conversation required.
Just one small thing.*

A COMPANION GUIDE TO CHOSEN AGAIN

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Start Tonight. Not Tomorrow.

This bonus guide exists for one reason: to get you doing something before the overthinking begins.

You have read the main guide. You understand the Silence Spiral. You know what emotional bids are and why the bid-response cycle collapsed in your marriage. Now comes the part most women delay: actually doing something about it.

The 7 Day Connection Jumpstart removes every reason to wait. Each day has one specific action. The action is described clearly. It requires no preparation, no particular moment, no conversation about the marriage, and no awareness from your husband that anything has changed.

You do not need to feel ready. You do not need to feel hopeful. You do not need to be in a good place emotionally. You just need to do the one thing for that day. That is the entire requirement.

HOW TO USE THIS GUIDE

Read today's page in the morning so you know what you are doing. Do the action at the most natural moment during the day. Write your brief reflection before you sleep. Move to the next day.

Do not read ahead. Each day's action is designed to build on the one before it. Reading Day Five before you have done Day Two removes the sequence that makes this work.

One important note: These actions are not designed to produce dramatic results within seven days. They are designed to restart the micro-habit of sending warm, low-stakes bids consistently. What you are building this week is the foundation. The results come from what grows on top of that foundation over the weeks that follow.

Turn to Day One and begin tonight.

01

The Observation Bid

Noticing something real about him and naming it. Nothing more than that.

The Observation Bid is the gentlest entry point into the bid-response cycle. It asks nothing from him. It requires no response. It simply reintroduces warmth into the air between you.

Today, look at your husband with the deliberate intention of noticing something true about him right now. Not something flattering for the sake of opening a conversation. Something you genuinely observe. The way he looked when he came home. Something he is carrying right now that you can see. Something small that you have been walking past without acknowledging.

Then name it. Out loud. Once. Without waiting for a response. Without turning it into a longer exchange unless he naturally extends it.

TODAY'S ACTION

Find one genuine observation about your husband today. Name it out loud to him. Expect nothing in return. That is the complete action.

Examples of what this could sound like: "You seem tired today. Hope the day was not too heavy." Or "That shirt looks good on you." Or "I noticed you fixed that thing in the kitchen. Thank you." Small. Real. No agenda attached.

What it is not: a compliment designed to open a conversation. A loaded observation intended to communicate something deeper. A bid that requires him to respond in a particular way.

WHAT TO EXPECT TODAY

He may respond warmly. He may respond minimally. He may not respond at all. Any of these is fine. You are not measuring his response today. You are simply placing warmth into the space. The bid has been sent. That is what today is for.

TONIGHT'S REFLECTION

What did you notice about him today? What did you say? How did he respond?

02

The Side-by-Side Sit

Physical presence without agenda. Warmth communicated through proximity alone.

Many men, particularly men who have pulled away emotionally, find face-to-face conversation more threatening than side-by-side presence. The position of facing each other implies a conversation is required. The position of being beside each other implies simply being together.

Today's action is presence without demand. Find a natural window of 15 to 20 minutes where you can be physically near him without agenda. Not specifically to talk. Not specifically to do anything together. Just to be in the same space, warmly, without your phone commanding your attention, without the children between you, without the household's demands pulling you away.

TODAY'S ACTION

Find 15 minutes today to sit near him with no agenda. No phone in your hand. No task being completed. Just warm, present, unhurried proximity.

If he speaks during these 15 minutes, respond warmly. If he does not, that is equally fine. Your presence is the bid. His awareness of your warmth is the reception. Nothing further is required from this moment.

The most natural moments for this: after the children are in bed, during a quiet moment in the early evening, during something he is already watching or reading. You do not need to announce your presence or explain what you are doing. Simply be there.

He will almost certainly not comment on your presence. That is normal. The bid is received even when it is not acknowledged. You are rebuilding a pattern. Patterns are not built in one moment. They are built through repetition of moments.

TONIGHT'S REFLECTION

When did you find the window? What happened during it? How did it feel to be present without an agenda?

03

The Genuine Question

Asking about his world, not the household's world. One question. Then listen.

Most of the questions that move between a husband and wife in a disconnected marriage are logistical. Who is picking up the children. What needs to be paid. What his mother called about. These questions keep the household running. They do not keep the marriage alive.

Today, ask him one question about something in his personal world. Not the household. Not the children. Not the finances. About him: what he is thinking about, what he is dealing with, what he is interested in, what he enjoyed or found difficult this week.

TODAY'S ACTION

Ask your husband one genuine question about something in his personal world today. Ask it once. Then wait. Let the silence stay open until he fills it. Do not fill it for him.

Examples of what this could sound like: "How are you finding things at work lately, honestly?" Or "Is there anything you've been thinking about that I wouldn't know about?" Or "What was the best part of this week for you?" Or "Is there anything you're looking forward to right now?"

The second half of this action is as important as the first: after you ask, wait. Do not add to the question. Do not answer it for him. Do not fill the silence with a follow up question. Let him come to the answer in his own time. Men who have pulled away emotionally often need more space to arrive at an answer than the space that feels comfortable to a woman waiting for one.

He may give a short answer. He may give a longer one. He may deflect. Whatever he offers, receive it with genuine interest and no judgment. The quality of his answer matters less than the fact that you asked and truly waited.

TONIGHT'S REFLECTION

What did you ask? How long did you wait? What did he say?

04

The Laughter Bid

Bringing something that made you genuinely smile and sharing it with him. No explanation needed.

One of the first things that disappears in a disconnected marriage is easy laughter. Not because neither partner has a sense of humour. But because laughter requires a degree of openness and safety that both partners stopped feeling entitled to in each other's company.

Today's bid is simple. Find something genuinely funny: a clip, a story, something that happened, something you saw online, something your child said that actually made you laugh. Share it with him without turning the sharing into a conversation unless he naturally extends it.

TODAY'S ACTION

Find something genuinely funny today and share it with your husband. Share it because it made you laugh, not to start a conversation. Let whatever happens next happen naturally.

The Laughter Bid is powerful not because of the specific thing you share but because of what it communicates underneath: that you still want to bring him something good. That you thought of him when something made you smile. That you still believe you are the kind of couple who can share a moment of lightness.

Do not force the laughter. If the thing you share does not land for him today, that is fine. The bid was sent. He noticed that you brought him something warm. That is what this day is building.

WHAT TO EXPECT TODAY

He may laugh with you. He may smile briefly and return to what he was doing. He may engage in a longer exchange. Any response is a turn toward. Even the small ones.

TONIGHT'S REFLECTION

What did you share? How did he respond? Did any part of today feel different from the days before?

05

The Acknowledgment

Seeing something he did and naming it directly. Not as a transaction. As recognition.

One of the deepest human needs is the need to be seen doing something that matters. Not praised generically. Not thanked as a transaction. Seen specifically. Named. Acknowledged in a way that makes it clear the other person noticed, not just the outcome but the effort or the weight of it.

Today, look at what your husband has done or is doing in his role as a man, a husband, a father, a provider, and name one specific thing you genuinely see. Not the thing he always does that you take for granted. Something he has done recently that carried weight or required something from him.

TODAY'S ACTION

Name one specific thing your husband has done recently and acknowledge it directly. Be specific. Be genuine. Say it once and do not attach anything to it.

Examples of what this sounds like: "I saw how you handled that situation with your brother last week. That couldn't have been easy and you dealt with it really well." Or "I don't think I've said this, but the way you've been showing up for the children lately has not gone unnoticed." Or "I know this season has been heavy financially. I see how hard you are working and I want you to know I see it."

This is not flattery. Flattery is general: "You're such a great husband." Acknowledgment is specific: "I noticed this particular thing and it mattered." The specificity is what makes this land.

WHAT TO EXPECT TODAY

Men who have been emotionally withdrawn often respond to genuine acknowledgment with visible surprise. He may not know what to do with it at first. That is fine. You said it. He heard it. Something shifted.

TONIGHT'S REFLECTION

What did you acknowledge? How did he respond? How did it feel to say it?

06

The Warmth Window

Deliberately placing yourself in the moment when he is most emotionally open. Being there when the door is ajar.

By Day Six, you have sent five different types of bids across five days. The emotional temperature between you has shifted, even if you cannot measure it yet. Something has changed in the pattern, even imperceptibly. Today you are going to use what you identified in Phase Two of the main guide.

Today is about the Warmth Window: the specific time of day, the specific context, when your husband is most likely to be emotionally open. Use your Bid Map exercise results. When is his Warmth Window? After he has settled from arriving home? In the car? After the children are in bed? During a specific activity?

TODAY'S ACTION

Identify your husband's Warmth Window and deliberately be present and warm in it today. Bring one of the bid types from earlier this week. Let whatever happens in that window happen naturally.

You do not need to do anything elaborate during the Warmth Window. Presence and warmth are the bid. You can use an Observation Bid, a Genuine Question, an Acknowledgment, whatever feels most natural for today. The key is that you are doing it in the window when he is most likely to be available to receive it.

If you have not yet completed the Bid Map exercise in the main guide, today is the day to do it. It takes less than ten minutes and the results will make the rest of this protocol significantly more precise.

WHAT TO EXPECT TODAY

Being in the right window at the right time changes the reception of identical bids. The same observation that got a minimal response on Day One may get a longer, warmer response today simply because you placed it where it could actually be received.

TONIGHT'S REFLECTION

When was his Warmth Window today? What did you do in it? Did you notice a difference in how he responded compared to earlier in the week?

07

The Memory Bid

Pointing back to a shared moment. Reminding both of you that you have a history that predates the silence.

By Day Seven, you have been sending consistent, warm, low-stakes bids for six days. The bid-response channel between you is not yet fully reopened. But it is no longer completely closed. Today's action is slightly larger than what came before it. It is the first bid that reaches for something beyond the present moment.

The Memory Bid points back to something you shared, something you experienced together, something from the history of your marriage that existed before the silence arrived. It reminds both of you that you are not starting from nothing. You are returning to something.

TODAY'S ACTION

Share one memory with your husband today. A moment, a trip, a season, something funny or warm or meaningful that happened between you. Not as a comparison to today. Just as a memory that came to you and that you wanted to share.

Examples of what this sounds like: "I was thinking about that weekend we had in Port Harcourt before the children came. Remember when the generator went off at the hotel and we just sat there in the dark talking?" Or "I randomly remembered that thing you used to do when we first moved in together. Made me smile." Or "I found a photo from our wedding day. I forgot how happy we both looked."

The Memory Bid is not a complaint about the present. It is not a statement that things used to be better. It is simply a reaching back that says: I still carry us. I still remember who we were. That person is still here.

WHAT TO EXPECT TODAY

This bid may open something. He may share a memory of his own. He may simply smile and agree. He may say little. Whatever happens, you have placed something real and tender into the space between you. That is not a small thing.

DAY SEVEN REFLECTION

What memory did you share? What happened when you shared it? Looking back across all seven days: what do you notice? What feels different, even slightly?

You Have Completed The 7 Days.

Now go back to Phase Three of the main guide and begin the Return Protocol in full. You are no longer starting from zero. You are starting from seven consecutive days of deliberate warm bidding. That changes everything about what is possible in the weeks ahead.

What you built this week is a foundation. The Return Protocol is the structure that gets built on top of it. The 30 Day Reconnection Map, if you have it, maps exactly what the next thirty days of daily action look like. Together, these tools form a complete 37 day sequence of intentional reconnection work.

KEEP THE HABITS FROM THIS WEEK

The seven bid types you practised this week are not one-time exercises. They are the ongoing vocabulary of a marriage that stays connected. Continue using them. Rotate through them. Find the ones that land best in your specific marriage and lean into those.

The Observation Bid, the Side-by-Side Sit, the Genuine Question, the Laughter Bid, the Acknowledgment, the Warmth Window, and the Memory Bid: these are not techniques. They are habits. And habits build marriages that last.

You did not start this week because everything felt hopeful. You started because the guide told you to. That is actually the most important thing. The women who see results are not the ones who start when they feel ready. They are the ones who start before they feel ready. You are already one of those women. Keep going.