

#ProperlyPartnered 

## **Connection Calibration: Finding Your Real Voice in Conversation**

COACHING TOOL

*(A one-week experiment to fine-tune how your energy lands in text conversations)*

### **Goal:**

To shift from “performing connection” to *creating* connection — noticing when warmth, curiosity, and space feel more magnetic than perfectly crafted replies.

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### **Step 1: Awareness (Day 1–2)**

Review 2–3 recent chats that fizzled.

Ask yourself:

- Where was I being genuine and curious?
- Where was I trying to be impressive or witty?
- Did my energy feel open or effortful?

Write down just a few notes — no editing, no judgment.

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### **Step 2: Adjustment (Day 3–5)**

In your next few conversations, try these mini shifts:

1. **Half-Speed Rule:** Before replying, breathe once. Type half as fast as you normally do.
2. **Curiosity Ratio:** For every clever or funny line, add one sincere question.
3. **The “Human Line” Test:** After you write a message, ask: *Would I actually say this out loud to a friend, exactly like this?*
  - If it feels too polished, relax it. Add a pause, a “haha,” or an emoji that sounds like you.

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### **Step 3: Reflection (Day 6–7)**

At the end of the week, review how people responded.

Ask:

- Where did I feel more connection?
- Where did I hold back or overdo it?
- What surprised me about how men responded when I left more space?

Bring one or two examples (screenshots or paraphrased) to our next **Wednesday Deep Dive** so we can look at what’s working and what can be fine-tuned further.