

Rose, Thorn, Stem

GROW CLOSER WITH THIS COUPLES ACTIVITY.

Rose, Thorn, Stem is a 3-step check-in that helps you share emotions, name needs, and feel heard... in just a few minutes.

Take turns sharing your Rose, Thorn, and Stem.

Respond with a short reflection, then switch.

🌹 ROSE – A moment that felt good.

Something sweet, calm, fun, or meaningful today.

"I felt happy when we laughed with the kids."

🌿 THORN – A moment that felt hard.

Something that hurt, felt off, or triggered you.

"I felt overwhelmed walking into the messy kitchen."

Keep it about your experience, not your partner's behavior.

🌱 STEM – A small support you want.

A request, hope, or intention for tomorrow.

"I'd love for us to go for a walk after work."

👂 LISTEN WITH CARE – Summarize & empathize.

"I hear that today felt heavy."

"I can see how that moment meant a lot."

You don't need to agree... just hear each other.

No fixing. No debate. Just presence.

🌱 WHY IT WORKS...THIS SIMPLE ACTIVITY HELPS YOU:

- Practice active listening and emotional safety
- Share Emotions & Needs without blowups or shutdowns
- Reconnect through everyday moments
- Communicate without pressure or accusations
- Feel seen, supported, and closer over time
- Stay in sync even when life is full

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