30 Life Situations Where FAB Works Brilliantly With a Partner

Here's your next set: 30 FABs you can use in conversations with your partner.

These help explain everyday decisions or requests in a way that frames the value clearly, reduces friction, and gently steers the conversation toward alignment — all while showing empathy, logic, and a little foresight.

1. Going to bed earlier
2. Planning meals together for the week
3. Booking a weekend away
4. Having a shared digital calendar
5. Setting a housework routine
6. Getting couple's counselling or coaching
7. Saying no to social events
8. Creating a "no phones in bed" rule
9. Doing finances together monthly
10. Turning off work notifications after hours
11. Decluttering the house
12. Having a "one night off cooking" rule each
13. Hiring a cleaner
14. Investing in a new mattress or bed
15. Having solo time or personal space
16. Starting a weekly date night
17. Doing a joint fitness or wellness activity
18. Making the bedroom screen-free
19. Getting a pet
20. Not getting a pet
21. Saving for a shared long-term goal
22. Having device-free dinners
23. Automating bill payments
24. Doing a digital detox weekend
25. Starting therapy individually
26. Having one day per month apart
27. Asking for time to work on a personal project
28. Setting shared yearly goals
29. Creating a "what to do when we argue" plan
30. Being more affectionate even during busy times

FAB Formula Refresher

F – Feature
A – Action
B1 – First-level benefit
B2 – Second-level benefit (the "benefit of the benefit")

FAB Examples for Partner Conversations

1. Going to bed earlier

F – A consistent earlier bedtime
A – Helps us wind down, rest properly, and sync our sleep schedules
B1 – So we both wake up feeling more rested and patient
B2 – Which improves our mood, our communication, and how we handle the day

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2. Planning meals together for the week

F – A shared meal plan done on Sundays
A – Lets us agree on meals, divide tasks, and avoid last-minute takeout
B1 – So we eat better, save money, and reduce friction
B2 – Which means more energy, better health, and fewer "what's for dinner" fights

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3. Booking a weekend away

F – A short getaway just for us
A – Breaks routine and gives us quality time without distractions
B1 – So we reconnect and recharge
B2 – Which helps us come back stronger, closer, and more aligned

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4. Having a shared digital calendar

F – One online calendar we both use
A – Syncs appointments, events, and reminders in one place
B1 – So we stay on the same page
B2 – Which reduces forgotten plans, double-booking, and stress

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5. Setting a housework routine

F – A weekly shared cleaning schedule
A – Divides tasks clearly between us
B1 – So the house stays clean without nagging
B2 – Which makes home feel calmer and more equal

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6. Getting couple's counselling or coaching

F – Support from a trained third party
A – Helps us improve how we listen, speak, and resolve issues
B1 – So we grow our relationship with tools, not guesswork
B2 – Which makes us more resilient and connected long-term

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7. Saying no to social events

F – Choosing to decline some invites
A – Protects our time, energy, and priorities
B1 – So we can rest or spend time just the two of us
B2 – Which strengthens our connection and reduces overwhelm

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8. Creating a "no phones in bed" rule

F – A no-device zone in the bedroom
A – Removes digital distractions before sleep
B1 – So we fall asleep faster and talk more
B2 – Which improves intimacy, rest, and presence

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9. Doing finances together monthly

F – A regular budget and finance check-in
A – Helps us track spending and plan goals
B1 – So we avoid surprises or resentment
B2 – Which builds trust and makes big dreams feel more achievable

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10. Turning off work notifications after hours

F – A set time for switching off work messages
A – Creates a hard stop and mental reset
B1 – So we can be present in the evenings
B2 – Which strengthens our bond and keeps burnout at bay

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11. Decluttering the house

F – A joint effort to clear physical clutter
A – We sort, donate, and reorganise together
B1 – So our space feels more peaceful and open
B2 – Which improves clarity, mood, and appreciation for what we keep

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12. Having a "one night off cooking" rule each

F – Each of us gets a regular night off cooking
A – We plan who cooks and when
B1 – So no one feels stuck or resentful in the kitchen
B2 – Which keeps things fair and lowers emotional tension

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13. Hiring a cleaner

F – A regular professional cleaning service
A – Keeps the house in order without relying on either of us
B1 – So we free up time and reduce domestic stress
B2 – Which lets us focus more on quality time and less on chores

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14. Investing in a new mattress or bed

F – A better quality bed setup
A – Improves sleep posture, temperature, and comfort
B1 – So we both rest better
B2 – Which leads to better mood, energy, and relationship patience

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15. Having solo time or personal space

F – Dedicated solo time for each of us
A – Lets us recharge without guilt or explanation
B1 – So we don't lose ourselves in the relationship
B2 – Which helps us show up with more love and energy for each other

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16. Starting a weekly date night

F – A weekly scheduled date night
A – Carves out time for connection away from daily duties
B1 – So we keep the romance alive
B2 – Which builds resilience, fun, and long-term happiness

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17. Doing a joint fitness or wellness activity

F – A shared physical or wellness habit
A – We work out, stretch, or walk together
B1 – So we stay healthier and more accountable
B2 – Which brings us closer while improving how we feel physically

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18. Making the bedroom screen-free

F – A rule to remove TVs and devices from the bedroom
A – We create a sleep and intimacy sanctuary
B1 – So we sleep deeper and connect more
B2 – Which helps both our physical health and emotional intimacy

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19. Getting a pet

F – Bringing an animal into our home
A – We take joint responsibility for care and training
B1 – So we add joy, structure, and a shared focus
B2 – Which teaches us teamwork and adds love to the home

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20. Not getting a pet

F – Deciding not to bring an animal in (yet)
A – Avoids adding stress, time demands, or financial strain
B1 – So we keep our focus on what we already have
B2 – Which protects harmony and lets us revisit it when we're truly ready

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21. Saving for a shared long-term goal

F – A mutual savings account for a big vision
A – We contribute consistently toward something meaningful
B1 – So we feel progress and teamwork
B2 – Which builds alignment and momentum toward shared dreams

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22. Having device-free dinners

F – No phones at the dinner table
A – We talk, share, and focus on each other
B1 – So our meals feel more like quality time
B2 – Which deepens connection without needing more hours in the day

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23. Automating bill payments

F – Setting up auto-pay for regular bills
A – Removes monthly admin and stress
B1 – So we avoid late fees and financial tension
B2 – Which gives us peace of mind and shared confidence in our systems

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24. Doing a digital detox weekend

F – A weekend unplugged from screens
A – We put devices away and focus on each other and the world around us
B1 – So we feel refreshed, grounded, and more present
B2 – Which strengthens communication and reminds us what matters most

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25. Starting therapy individually

F – Each of us works with a therapist
A – We improve personal insight and emotional regulation
B1 – So we grow as individuals
B2 – Which leads to a more stable, understanding, and fulfilling relationship

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26. Having one day per month apart

F – A “do your own thing” day monthly
A – We each plan a solo activity or trip
B1 – So we maintain our individuality and freedom

B2 – Which keeps the relationship feeling fresh, not smothering

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27. Asking for time to work on a personal project

F – Scheduled time to focus on something personal
A – You get blocks of uninterrupted time without guilt
B1 – So you make meaningful progress
B2 – Which fuels your identity and prevents resentment

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28. Setting shared yearly goals

F – A yearly vision-planning session
A – We align on what matters most each year
B1 – So we feel like we're building something together
B2 – Which creates shared momentum and long-term satisfaction

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29. Creating a "what to do when we argue" plan

F – A plan for how we handle conflict
A – We agree on how to pause, reset, and repair
B1 – So arguments become productive, not destructive
B2 – Which builds long-term safety, trust, and communication

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30. Being more affectionate even during busy times

F – A habit of regular touch and small gestures
A – We show affection even when rushed or stressed
B1 – So we feel connected, not distant, even in hard seasons
B2 – Which builds emotional security and lowers relationship friction