

RELATIONSHIP CHECK-IN

This worksheet will help you identify the strengths of your relationship as well as areas that you may want to improve. Consider each area of your relationship with your partner. What is going well? What areas need work? Use the scale provided to show how you feel about each area:

SCALE

I am extremely unhappy in this area of our relationship.	I am unhappy in this area of our relationship.	I am satisfied in this area of our relationship.	I am very happy in this area of our relationship.	I am extremely happy in this area of our relationship.
1	2	3	4	5

BELIEFS AND VALUES

Mutual commitment to the relationship	
Relationship goals and future plans	
Respect for differences	
Religious views and practices	
Work-life balance	
SECTION TOTAL	

COMMUNICATION

Sharing ideas and general information	
Feeling heard	
Talking about needs	
Having open and honest conversations	
Creating a safe space for challenging topics	
Positive communication such as appreciation and compliments	
SECTION TOTAL	

FAMILY AND FRIENDS

Time with friends away from each other	
Time with friends together with my partner	
My partner's relationship with my family	
My relationship with my partner's family	
Balancing time alone time with family time	
Compatible views on parenting	
SECTION TOTAL	



FINANCES AND HOUSEHOLD

Decision making with mutual partner input and consideration	
Division of household chores	
Cleaning and neatness expectations	
Compatible living habits	
Financial habits, goals, and priorities	
Compatible views on partner financial contributions	
SECTION TOTAL	

INTIMACY

Emotional connection and support	
Quality time together	
Rituals of connection	
Acts and words of appreciation	
Intimate conversations	
Romance	
Sharing new experiences	
Physical affection and attraction	
Feeling safe and secure	
Sexual intimacy and connection	
SECTION TOTAL	

**** A note on how to best use this tool:** This check-in is to be used as a self-guided tool and first step in intentional relationship repair or improvement. Every relationship comes with a unique background and experiences and it is important to keep your relationship history in mind when using any support tools.

Relationship issues typically do not happen in an instant but are the result of a slow decrease in happiness. In these instances, you will likely notice that more than one area of your relationship is needing attention. If you notice you're feeling a bit disconnected or unhappy with the way things are in your relationship, you are not alone. All relationships need constant maintenance. The work is hard but the reward is wonderful.

Depending on your answers to the check-in above, you may decide to download more self-guided tools or you may want to have a few sessions with a couple's counsellor. You and your partner are the best people to make that decision.

If you and your partner have experienced a specific incident that is causing strain on your relationship such as an affair, significant loss, or major change, it is advised you keep this in mind when attempting to use self-guided tools. These instances may be better worked through with a professional. Again, you and your partner know your relationship best and which kind of support you need.



GUIDANCE ON TOTALS

SECTION	Total Section Amount		
Beliefs and Values	20 – 25	11 – 19	0 – 10
Communication	30 – 24	13 – 23	0 – 12
Family and Friends	30 – 24	13 – 23	0 – 12
Finances and Household	30 – 24	13 – 23	0 – 12
Intimacy	50 – 40	21 – 39	0 – 20
Colour code	Things are looking good. Proceed as usual.	Things are fair but could use some attention. Proceed with caution/attention.	Things are in need of immediate attention. Stop and assess these areas thoroughly with the idea of intentionally changing them.
Totals in this range indicate you generally feel happy in this area overall. There may be a little room for improvement however it is unlikely a major concern at the moment.			
Totals in this range indicate you may feel simply ok, neither happy or upset about circumstances. Check closely if the average is fair or if one or two items from this category stand out as a problem. Any items given a 3 or lower may need attention in the near future. Items given a 1 need attention now.			
Totals in this range indicate a definite need for repair. These areas require intentional acts and commitment to restore relationship satisfaction. If there are more than 2 red areas it is highly recommended you and your partner seek additional support. Use other self-help resources or schedule an appointment with a couple’s counsellor to guide you back into relational happiness.			

