

Weekly Relationship Check-In

Schedule a non-negotiable chunk of time (30 minutes is a good default) once a week for you and your partner to talk about how you both are doing, your relationship as a couple, any unfinished arguments or grievances, or any needs that are not being met.

You can start the exercise with questions like:

- How do you feel about us today?
- Is there anything you feel incomplete about from this past week that you would like to talk about?
- How can I make you feel more loved in the coming days?
- I appreciated these things from you this week:
- One thing I need more of is:
- As a team, I think we did _____ really well
- As a team, I think we need to work on: