



10 minute relationship check-in

Use this check-in as a simple way to pause, reconnect and notice what is happening in your relationship before things build up.

Either work on this separately and then share, or choose a calm time when you are unlikely to be interrupted to complete it together. Take turns answering the prompts, giving each person space to speak without being corrected, interrupted or defended against.

The aim is not to solve everything or prove a point. It's to understand each other a little more clearly.

What have I
appreciated about
you this week?

Where have I
felt distant from
you?

What do I need
more of?

What do I want to
understand better
about you?

What is one
small repair we
could make this
week?