

RELATIONSHIP CHECK-IN GUIDE

A weekly check-in helps couples stay connected, reduce misunderstandings, and build emotional safety. Use this guide at least once a week—preferably when both partners are calm and undistracted.

GROUND RULES FOR CHECK-INS

- Listen to understand, not respond.
- Ask clarifying questions with curiosity.
- Avoid blaming, diagnosing, or stonewalling.
- Keep the conversation under 30 minutes.

3. Stressors

- What has been weighing on you?
- Is there anything you need support with?

4. Relationship Temperature

- On a scale of 1–10, how connected did you feel to me this week?
- What helped you feel close? What created distance?

6. Looking Ahead

- What intention or goal do you want us to focus on next week?
- How can I show up as a better partner?

1. Emotional Check-In

- How are you feeling today—really?
- What emotions have been strongest for you this week?

2. Appreciation + Connection

- One thing I appreciated about you this week was:

- One moment where I felt connected to you was:

5. Repair + Communication

- Was there a moment we misunderstood each other?
- What do you need from me to resolve it?