

Check-In for Connection

Purpose: Strengthen emotional intimacy through brief, structured sharing.

Time: 5–10 minutes

Frequency: Daily or a few times per week

Instructions: Set aside 5–10 minutes together without phones or distractions. Sit face-to-face and take turns answering the following three questions. One partner goes first while the other listens without interrupting, then you switch.

The 3 Questions:

1. What's one thing that felt good or meaningful today?

(This builds positivity and gives your partner a window into your world.)

2. What's something that felt hard or stressful today?

(Helps build empathy and emotional support.)

3. What's one small way I can support you tomorrow?

(Focuses on actionable care and attunement.)

Tips:

- Stay curious. This is about connection, not problem-solving.
- Offer a short reflection or validation after your partner shares:
"Thanks for sharing that. That makes sense."
- Keep it consistent. Even a few minutes of intentional connection goes a long way.

Optional:

End with a 30-second hug or touch-based moment of connection (e.g., holding hands, cuddling, high five—whatever feels natural).