Date: _____

WEEKLY CHECK-IN

Strengthen your connection, one week at a time

How it works: Set aside 15–20 minutes each week to connect with your partner (Ideally a Sunday, or end of the week and start of a new week). Take turns answering each question and listen with curiosity. Write down your partner's responses—this creates a beautiful record of your relationship journey and encourages us to stay on the same page.

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1. How have you felt loved by me this week?

Partner A:

_____

_____

Partner B:

_____

_____

2. How have you felt supported by me this week?

Partner A:

_____

_____

Partner B:

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_____

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3. How can I love you more this coming week?

Partner A:

_____

_____

Partner B:

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_____

4. How can I support you more this coming week?

Partner A:

_____

_____

Partner B:

_____

_____

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5. Is there anything unresolved from the previous week we need to talk about?

Partner A:

_____

_____

Partner B:

_____

_____

Take turns speaking. Listen without interrupting. **Curiosity** over judgment — every answer is an invitation to know each other more deeply and to create a safe space in your relationship.

Tina Karimi, LMFT #156116 · Founder of The Connection Room
www.theconnectionroomtherapy.com · *Therapy Rooted in Connection*

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