



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

954-993-1646

hello@BlueCouchTherapy.co

BlueCouchTherapy.co

Couple's Weekly Check- In Exercise

Step 1: Choose Your Check-In Day

Pick one consistent day and time each week to do a check-in.

Make sure you're both available and not rushed.

Put it on your calendar and treat it as important.

Step 2: Set the Tone

Remove distractions (phones away).

Sit together and take a few breaths.

Agree to listen without interrupting or getting defensive.

Step 3: Answering Questions

Choose 3–5 questions to answer that week (try and do one question from each category).

Take turns responding- no more than 1 hour.

Focus on connection, appreciation, or small improvements.

Step 3: The End

Take a few breaths.

Hug for 20 seconds.

Quick 3-Question Check-in

1. What is something I did that made you feel loved?
2. What is something you need more of?
3. What are 3 things you are grateful for this week?

Connection & Appreciation

- What is one thing I did this week that made you feel loved or appreciated?
- When did you feel most connected to me recently?
- What is something we did well together this week?
- What is a need you have been hesitant to acknowledge with me?
- Do you feel supported in your personal goals right now?
- How emotionally connected have we felt this week?
- What can we do to enhance our connection?
- Share one thing you appreciate about how I showed up for you this week.
- Was there a moment this week when you felt especially loved or supported?
- What's a way I can make you feel more appreciated and valued this coming week?
- How can I best support you this week?
- When did we have the most fun together this week?

Communication

- How do you feel about our communication lately?
- Is there anything that's keeping you from feeling your best in this relationship?
- What is one area of our relationship you would like us to work on together?
- What went poorly this week, and how can we fix it?
- Is there any tension or "unfinished business" you need to clear?
- Is anything weighing on you that I should know about?

Growth & Intimacy

- On a scale of 1-10, how would you rate our intimacy/sex life?
- What's one thing we can do to inject more playfulness and romance next week?
- Are we happy with our current level of intimacy (physical and emotional)? If no, why not?
- Is there anything you'd like to explore or try to keep our sex life exciting?
- Are there any questions about sex you think we should talk about?
- Are we making enough time to nurture our connection outside of the bedroom?
- What's one small change we can make in the coming week to strengthen our relationship?
- When did you feel most connected to me?
- What are you looking forward to doing together next week?

Practicality

- Do we need more healthy space or closer time right now?
- How are we doing with our division of roles and responsibilities (chores, finances)?
- Are we satisfied with how household responsibilities are divided?
- Are we on track with our financial goals (budgeting, spending, saving)?
- Is there anything about our routines or home environment that could use a refresh?
- Did we make enough time for relaxation and recharging this week - both individually and as a couple?
- Are there any upcoming events, stressors, or changes we should plan for together?
- What's one goal we want to focus on together this week?

All check-ins MUST include these questions:

Close the check-in by:

1. Naming one thing you're looking forward to this week together.
2. Sharing one appreciation.
3. Agreeing on one small action you'll each take.
4. **Optional: End with a hug (at least 20 seconds)**

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Relationship Check-In Exercise

This assessment will help you recognize relationship strengths and areas in need of improvement. It should be completed once a year, or every 6 months, or every 3 months or monthly- you pick.

Step 1: Plan for When to Check-In

Choose a day and time to meet after the assessment.

Plan to remove distractions (phones away).

Plan to sit together and take a few breaths before sharing your answers.

Step 2: Take Your Time

Complete this check-in independently.

Step 3: Share Your Answers

Sit together and take a few breaths.

Agree to listen without interrupting or getting defensive.

Take turns responding- no more than 1 hour.

Focus on connection, appreciation, or small improvements.

Step 4: Do a Quick 3-question Check-In

Choose 3 questions to answer after the assessment.

Take turns responding.

Take a few breaths after.

Step 5: The End

Take a few breaths. Hug for 20 seconds.

Improve nt priority	Area of the relationship <u>Communication</u>	Going great!	Going okay.	Not going well.	Not import ant
	being honest				
	intimate conversations				
	resolving conflict				
	offering compliments				
	understanding each other				
	talking about needs				
	listening attentively				
	sharing openly				

Improve nt priority	Area of the relationship <u>Connection & Appreciation</u>	Going great!	Going okay.	Not going well.	Not import ant
	quality time together				
	feeling safe and secure				
	sharing new experiences				
	caring acts & gestures				
	commitment to relationship				
	shared values and priorities				
	respect for individual differences				
	compatible goals for future				
	compatible views on religion / spirituality				

Improve nt priority	Area of the relationship <u>Growth & Intimacy</u>	Going great!	Going okay.	Not going well.	Not import ant
	having sex				
	physical affection & attraction				
	emotional support				
	balancing time alone and apart				
	romance				
	compatible views on parenting / family planning				
	feeling needed / wanted				
	time with friends together with partner				
	time with friends away from partner				

Improve nt priority	Area of the relationship <u>Practicality</u>	Going great!	Going okay.	Not going well.	Not import ant
	division of chores				
	compatible daily routines				
	cleaning & neatness expectations				
	financial habits, goals, & priorities				
	shared decision-making				
	work-life balance				