A weekly check-in for couples

Twenty minutes a week to talk about how things are between you.

Name _____ Date _____

Pick a regular time when you are both reasonably rested. Phones away. Take turns for each section. The listener's only job is to listen and say back what they heard.

1. Something I appreciated about you this week

2. A moment I felt close to you

3. Something that was hard for me this week (in or outside the relationship)

4. Anything between us that needs clearing up. Start gently: "I felt... when... and I would like..."

5. Practical things for the week ahead (plans, money, who is doing what)

6. One thing I would like from you this week

7. Something we can look forward to together

Finish with something warm: a hug, a walk, a cup of tea. If section 4 gets heated, take a break and come back to it.

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Appreciation log

Noticing what is going right between you.

Name _____ Date _____

When a relationship is under strain, we start to notice only what the other person gets wrong. This rebuilds the habit of seeing the rest. Each day, write one thing they did or one quality you value. Then tell them.

Day	Something I appreciated	Did I say it?	How they responded
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What do I notice after a week of this?

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