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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