Relationship Check-Up

General Relationship Check-in Questions

- How do you feel about our relationship in this moment?
- How is work going? Is anything causing you stress?
- What has brought you joy this week?
- Can we do a couple finances check-in this week?
- When do you want to do a housekeeping check-in?

Communication & Conflict Check-in Questions

- How well do you feel we communicated over the last week?
- What do you need from me to feel supported right now?
- Are there any issues that feel unresolved?
- What's something that is working well in our relationship right now?
- What's something that could use improvement in our relationship?
- Share something that has been worrying you over the past week, either within or outside of our relationship. What can I do to help you with this?
- What do you think our biggest challenge has been recently, and how have we faced it?
- During moments of disagreement or tension, did I make you feel understood, heard, and respected? If not, what specific areas can I improve on?
- How can I do better in validating your perspective and emotions?
- Are there any fears, judgments, or resentments that you're holding onto from last week? If so, how are they affecting you and/or our relationship?
- How can I provide constructive criticism and feedback in a way that promotes growth and understanding?
- How can I improve my emotional presence and responsiveness during disagreements?

Connection Check-in Questions

- When did you feel most connected to me and/or supported by me over the last week?
- What is a favorite memory of us from the last week or month? How did it make you feel?
- Do you have any new goals or desires you'd like to share? If so, how can I help you meet them?
- What potential obstacles or difficulties do you think we might face in the upcoming week in relation to our goals? How can we work through these together?
- What's your level of satisfaction with the progress we've made toward our shared goals and desires this week?
- How are you taking care of yourself right now?