FREE COUPLES RESOURCE

The Weekly Couples Check-In

Twenty to thirty minutes, once a week, to stay connected and keep small problems small.

Before you start: pick the same day and time each week, put phones away, sit side by side or face to face, and agree that this is a conversation, not a debate. If things get heated, pause and come back to it later.

1. **Appreciations (5 min).** Each partner names three specific things they noticed and valued this week. "Thank you for..." "I loved it when..."
2. **What went well (5 min).** Talk about a moment this week when you felt close, laughed or worked well as a team.
3. **One thing that was hard (10 min).** Each partner shares one concern using: *"I felt ___ when ___. What I need is ___."* The listener reflects back what they heard before responding.
4. **Plans and logistics (5 min).** Calendar, money, chores, kids, family. Decide who is doing what.
5. **Looking ahead (5 min).** Each partner names one thing they would like more of next week, and you plan one small moment together.

Partner A notes

Partner B notes

Our one small moment this week