

Weekly Relationship Check-In Worksheet for Couples

Print one copy for each partner. Name: _____ Date: _____

Appreciations

Start warm. Be specific about what you noticed.

One thing I appreciated about you this week was...

A moment this week when I felt close to you was...

How this week went

What went well for me this week?

What felt hard or stressful for me?

One issue (at most)

Skip this part if nothing needs raising. Open gently, like in a soft startup.

I felt...

a feeling word, not a judgment

About this specific situation...

What I need is...

say what you want, not what you do not want

Support and next week

One way you could support me this week is...

Something we will do together next week is...

Busy days or pressures we should plan around...

Closing checklist

- ☐ Each of us was heard without interruption
- ☐ We named one thing to try or do next week
- ☐ We booked our next check-in time
- ☐ We ended with a thank-you, a hug or something kind

From strongercouple.app/worksheets. For education, not a substitute for professional help. National Domestic Violence Hotline: call 1-800-799-7233, text START to 88788, or chat at thehotline.org. 988 Suicide & Crisis Lifeline: call or text 988, or chat at 988lifeline.org. In an emergency, call 911.