



The Connected Couple's Guide to Effective Weekly Check-Ins

Introduction

In the rush of daily life, it's easy for couples to overlook meaningful conversations about their relationship. Regular check-ins create a space to reconnect, celebrate progress, and address challenges before they become bigger issues. This worksheet provides a simple and effective framework to help you and your partner engage in intentional weekly or biweekly conversations that nurture your relationship.

Instructions

- **Schedule a regular check-in:** Choose a day and time that works for both of you and commit to it.
- **Find a comfortable space:** Set up a distraction-free environment where you both feel relaxed.
- **Follow the structure:** Use the prompts below to guide your conversation and ensure a balanced discussion.

Main exercise: Planning and executing your relationship check-in

Share appreciations

- **Purpose:** Start on a positive note by recognizing and appreciating each other.
- **Prompt:** Each partner shares something they appreciated about the other in the past week.
- **Examples:**
 - "I really appreciated you making dinner when I had a long workday."
 - "Thank you for listening to me vent without trying to fix everything."

Action Step: Take note of what your partner appreciates and try to do more of it in the coming week.

Discuss challenges

- **Purpose:** Address any concerns in a constructive way before they build up.
- **Prompt:** Each partner shares one challenge they faced this past week—either individually or as a couple.
- **Guidelines:**
 - Speak from your own experience ("I felt...") rather than placing blame.
 - Focus on solutions rather than just venting.

Action Step: Identify one small step you can take to improve this area together.



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- **Check-in on emotional connection**
- **Purpose:** Ensure that both partners feel emotionally supported and valued.
- **Prompt** "On a scale of 1-10, how connected do you feel to me this week?"
- **Examples:**
 - Planning a date night
 - Trying a new activity together
 - Improving communication around a recurring issue

Action Step: Choose a relationship goal and schedule time to follow through.

Action plan: next steps

- **Choose one takeaway:** Address any concerns in a constructive way before they build up.
- **Schedule the next check-in:** Each partner shares one challenge they faced this past week—either individually or as a couple.
- **Follow through:**
 - Speak from your own experience ("I felt...") rather than placing blame.
 - Focus on solutions rather than just venting.

Closing details

Healthy relationships thrive on communication and consistency. Making regular check-ins a habit can deepen your connection, prevent misunderstandings, and build a stronger partnership.

If you and your partner could use additional support in improving communication, Connect Couples Therapy offers in-person sessions in Charlotte, NC, and Carefree, AZ, as well as virtual therapy for residents of Arizona, Florida, North Carolina, South Carolina, Tennessee, and Texas. Reach out today to strengthen your relationship together.



Contact us by visiting us here: www.connectcouplestherapy.com/contact

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