

Relationship Check-In Questions Worksheet

Optional questions about your week and plans

A short set of questions for a weekly check-in with your partner. Pick the parts you both want to talk about, agree how long you have, and stop when either of you wants to. Either person can pass. Keep notes private unless you both agree to share them.

For longer conversations, see [questions for couples](#) and [Questions of Love](#).

Before you begin

- Date: _____
 - How much time do we have today? _____
 - What kind of week was it: calm, stretched, tender, hard, hopeful?
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Part 1: Appreciation

- One thing you did this week that I appreciated:

- One moment I felt supported by you:

- One small thing I don't want us to forget from this week:

Part 2: How we're each feeling

Circle what is closest right now.

- Connected / distant
- Calm / stressed

- Steady / overwhelmed
- Hopeful / uncertain

Then talk about:

- What felt easiest between us this week?

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- What felt heavier than it needed to?
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Part 3: Story of the week

- What moment best sums up this week for us?

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- What did each of us need in that moment?
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Part 4: Anything to clear up

- Is there anything unresolved we'd like to name before the week ends?

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- What would help you feel more supported next week?
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Part 5: Plans and practicalities

- A scheduling question to solve:

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- A household task or decision we should share:

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- One thing to plan before next weekend:
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Part 6: Looking ahead

- One thing I'd like more of with you next week:

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- One small habit we want to keep:

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- My one thing for next week:

- Your one thing for next week:

- When will we check in again? _____

Notes
