

Relationship Check-In

Name:	Date:
Partner's name:	Length of relationship:
Communication	
How have we been communicating lately?	How can we improve our communication?
Emotional needs	
Are your emotional needs being met?	How can you better support my emotional needs?
Trust and understanding	
Do you feel understood and heard in our relationship?	How can we strengthen trust in our relationship?
Conflict resolution	
Are there unresolved issues we should address?	How should we handle disagreements more effectively?
Plans and goals	
What are our plans for this year?	

Personal space and independence	
Do you feel as if we are having enough personal space?	If not, what might be a solution to this?
Social life	
Do you think we are having enough social time with friends and family?	If not, how do you think we could manage this?
Financial management	
How do you feel our finances are tracking?	What could we do to improve financial management?
Additional notes	