

Relationship Check-In Template

Date: _____ Names: _____

Communication

How have we been communicating lately?

- Answer: _____

Are there ways we can improve our communication?

- Answer: _____

- Plan regular check-ins
- Practice active listening
- Others: _____

Emotional Needs

Are your emotional needs being met?

- Answer: _____

How can I better support you emotionally?

- Answer: _____

- More quality time together
- Express more affection
- Others: _____

Trust and Understanding

Do you feel understood and heard in our relationship?

- Answer: _____

How can we strengthen our trust?

- Answer: _____

- Share more openly
- Build more transparency
- Others: _____

Conflict Resolution

Are there any unresolved issues we need to address?

- **Answer:** _____

How can we handle disagreements more effectively?

- **Answer:** _____

- Remain calm during discussions
- Seek understanding before responding
- Others: _____

Intimacy and Affection

How do you feel about our intimacy and affection levels?

- **Answer:** _____

Are there changes we can make to improve this aspect?

- **Answer:** _____

- Schedule regular date nights
- Initiate more physical touch
- Others: _____

Plans and Goals

What are our goals for the future (short-term and long-term)?

- **Answer:** _____

Are we aligned in our life plans and objectives?

- **Answer:** _____

- Discuss long-term objectives together
- Set shared short-term goals
- Others: _____

Personal Space and Independence

Do you feel you have enough personal space and independence?

- **Answer:** _____

How can we better balance togetherness and individuality?

- **Answer:** _____

- Respect each other's alone time
- Support individual interests

Others: _____

Family and Social Life

How do you feel about our interactions and time with family/friends?

• **Answer:** _____

Are there adjustments we need to make in our social life?

• **Answer:** _____

Plan family gatherings together

Balance time with friends and couple time

Others: _____

Financial Management

Are we on the same page regarding financial decisions and goals?

• **Answer:** _____

How can we improve our financial partnership?

• **Answer:** _____

Create a joint budget

Discuss financial goals regularly

Others: _____

Appreciation and Gratitude

What are the things you appreciate most about our relationship and each other?

• **Answer:** _____

How can we regularly express gratitude and appreciation?

• **Answer:** _____

Say 'thank you' more often

Acknowledge each other's efforts

Others: _____

Action Items and Commitments

Based on our discussion, what are our next steps or actions?

• **Answer:** _____

What commitments are we making to each other?

• Answer: _____

Next Check-In Date: _____