

The 10-Minute Relationship Check-In

A simple weekly reset to stay connected, prevent blowups, and feel like a team!

1) Set the Tone

- Pick a time:** _____
- Phones away?** Yes / No
- Goal:** *Not to win. To understand. To reconnect.*

2) Connection First

Each partner answers **one**:

One thing I appreciated about you this week:

A moment I remember feeling close to you:

This builds friendship and helps you see each other more positively.

3) Emotional Check-In

Circle what fits (both partners):

- Connected
- Distant
- Stressed
- Lonely
- Overwhelmed
- Hopeful
- Hurt
- Loved
- Anxious
- Tired

The main feeling underneath my stress lately is:

What I needed most from you this week was:

comfort help reassurance time affection space teamwork listening

This gets to primary emotions and needs without blaming.

4) One Small Issue

Choose ONE topic only.

“What’s one thing we should clean up before it grows?”

Topic: _____

When ____ happened, I felt ____ because ____.

(Example: “When we stopped talking after dinner, I felt alone because I wanted to spend more time with you.”)

What I’m hoping for next time is:

Listener Reflection (summarize):

“What I’m hearing is _____.”

This builds soft-startup and reflective-listening skills.

5) One Agreement for the Week

This week, I will:

One thing I’m asking you for is:

When should we revisit this?

next check-in a later time (try to schedule it)

This keeps it actionable and intentional.

If the Check-In Starts Turning Into a Fight (Quick Reset Box)

Pause Script:

"I'm starting to feel defensive. I want to do this well. Can we slow down?"

15-20-minute break rule:

breathe walk water calm body

Return time: _____

Repair attempt:

"I'm on your side. I'm not your enemy."

A quick reset helps to regulate the nervous system. If you can't continue after 15-20 minutes, that's okay. Schedule a time to circle back.

Quick Reminders

- This is a connection habit, not a performance.
- Small conversations prevent big explosions.
- One check-in a week builds trust over time.