

# 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:

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A moment I remember feeling close to you:

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

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### 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:**

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**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.*

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## 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.*

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## Quick Reminders

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