



CHECK-IN

Relationship Check-In

Rate each statement from 1 (rarely true) to 5 (very true). Take it on your own, or fill one out each and compare — the conversation it starts is the real point.

We can disagree without it turning into a fight.

1	2	3	4	5
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I feel heard when I raise something that matters to me.

1	2	3	4	5
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We still have warmth and affection day to day.

1	2	3	4	5
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When we rupture, we repair reasonably quickly.

1	2	3	4	5
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I can be honest without bracing for it.

1	2	3	4	5
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We're more like partners than roommates right now.

1	2	3	4	5
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I trust my partner — with my feelings and in general.

1	2	3	4	5
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We make time for each other, not just logistics.

1	2	3	4	5
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I feel like we're on the same team.

1	2	3	4	5
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I'm hopeful about where we're headed together.

1	2	3	4	5
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Add it up (out of 50):

42–50 strong and connected · 32–41 good, with some strain · 22–31 stuck in a pattern · below 22 really strained

What came up for me while doing this?

A low score doesn't mean the relationship is failing — it means something is asking for attention. That's workable, and usually easier with help than alone.