

PRINTABLE WORKSHEET

Our weekly check-in

A 30-minute relationship meeting. Phones away, sitting together, not in bed. One issue at most; anything bigger gets its own time. If either of you floods, pause — you can finish next week. End on time.

Day and time: _____

0–2 min · Settle in

- A minute to arrive. No business yet.

2–6 min · Appreciations

- Each names one specific thing the other did this week that you appreciated.

6–9 min · Good news

- Each shares one good thing. The listener's job: enthusiasm and questions.

9–14 min · Calendar & logistics

- The week ahead: schedules, kids, appointments, who's doing what.

14–22 min · One issue

- Soft start: "I've been feeling... and what I'd like is..." The listener reflects back before responding.

22–27 min · What I need this week

- "This week, what would help me most is..." Keep it small and doable.

27–30 min · Plan something fun

- Put one enjoyable thing on the calendar, and make it happen.

Notes

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-weekly-couple-check-in.html