

Relationship Check-in Sheet

Gentle prompts to reflect on what's working, what's not, and what you'd like to change

Take a quiet moment to check in with yourself about your relationship. There's no right or wrong answer – just notice what comes up.

✦ What's going well?

- What do I enjoy or appreciate about my relationship right now?
- When do I feel most connected to my partner?
- What do we do together that feels fun, meaningful or supportive?

✦ What's feeling difficult?

- Are there patterns that leave me feeling drained, hurt or unseen?
- Are there things I'm finding hard to bring up or talk about?
- Do I feel safe, respected and valued?

✦ What would I like more of?

- What do I wish we could do more often?
- How would I like to feel in this relationship?
- Is there one small step I could take (or ask for) that might help?

You can fill this in privately, or use it to guide a gentle conversation with your partner – if it feels safe and appropriate.