

Relationship Check Ins



By Karen Goldsum

Hello, My name is Karen Goldsum and I am a therapist who was born and raised in ATX.

I'm here to support you on your mental health journey. Feel free to connect with me via my website



Also, check out the worksheet on the back

It is all too easy to let the frenetic pace of life eclipse our relationships. Couple meetings are a specific time that is dedicated solely to talking about the state of their relationship. Regular check-ins can help couples feel connected throughout the week.

How To Do A Relationship Check In

Consistency is important. Ideally both of you will be relaxed and in good spirits. Weekly appointments are the most common timetable.

Set A Time Limit
Initially these gatherings should be quick—about ten minutes is a great place to start. The most amount of time you should sink into these discussions is probably thirty minutes.

Make it Cozy
This is an opportunity for you to connect. Why not bring snacks and a special beverage? Also, you might consider doing these check-ins in a private setting so you can be more vulnerable.

Take Turns Answering Questions
Use the worksheet on the back to guide your conversation

Why Are Relationship Check Ins Important?

Regular meetings help increase emotional intimacy and help prevent conflict.

Weekly check ins engender
More trust,
Better communication,
Fewer arguments,
More quality time,
More appreciation
Deeper intimacy,
More
relationship
satisfaction



What would you list as the biggest areas of concern right now for you personally?
Does your body hurt in any ways that I can accommodate or be careful of?
What do you think of as our big picture goals right now?
What can i do this upcoming week to support you?
In this upcoming week, what's one way we can deliberately be more connected?
What stories are running in your head about us or life right now?
When it comes to our relationship what scares you right now?
What are three things you love about us?
What is something you need to hear from me right now?
When it comes to physical intimacy would you say you experience more spontaneous arousal or responsive arousal
Does your body hurt in any ways that I can accommodate or e careful of?
Are there any sensations you want to avoid?

Additional Questions

Once you are used to these teta-a-tetes, you can use the following questions to galvanize more conversation.

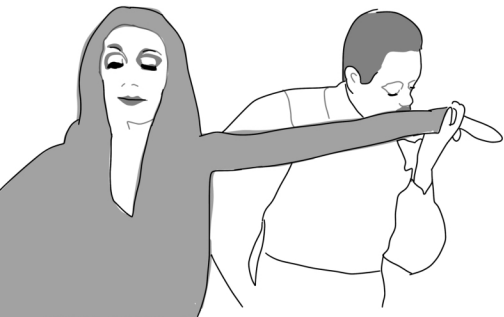
What are your personal goals? Is there anyway your partner can support you in this area?

Since our last check in, what do you think has gone well between us?
Since our last check in, what happened that you think we could've handled better?

How can i help you feel loved/supported this week?
What goals do we want to accomplish together?

How are you really doing and what's going on in your heart?
how connected are you feeling?
Have you been jealous during the past week?

Our environment — What's working?
What's not?
What do you want to accomplish together in the future?



Show and tell.

Bring an item/factoid that delighted you during the past week—it could be a song, excerpt from a book, something that inspired you this week, a video of a cute puppy, a rock...

Chores

What do we need to tackle this week to keep our quarters hospitable? Which tasks do I want to take care of?

Finances

Where are you financially?

Emotional Intimacy

In what ways did you feel most loved this past week? In what moments this past week did you feel overwhelmed/burnt out/shut down this week and what could I have done to prevent or support? Is there anything you're doing or have done in the past week that you feel unseen for?

Schedule

What do you have planned for the next week?

Physical Intimacy

How do you feel about our sex life? Are you happy with our expressions of physical intimacy this week? Is there anything you want more of or less of? Are there any sensations you want to experience, or activities you have been wanting to try? Is there anything we've been doing that you prefer we switch up or change?

Our Next Date Night

Plan out our date night for the week.

Date and Time:

Location:

Activity:

