



The Relationship Check-In

A thoughtful conversation for tending the relationship you are building together.

APPRECIATION • CONNECTION • COMMUNICATION • SUPPORT • GROWTH

This is not a scorecard, and it is not a place to collect complaints.

The purpose is to notice what is good, speak honestly about what needs care, and consider
what each of you can contribute to a healthier, stronger relationship.

Begin with generosity. Listen without preparing a defense.

The goal is not to win the conversation - it is to understand one another more clearly.

01

APPRECIATION

What have you appreciated about each other lately?

Name what is good before focusing on what could be better.

02

CONNECTION

When have you felt closest recently?

Think about the moments, habits, or circumstances that helped create that closeness.

03

COMMUNICATION

Is there anything you've been hesitant to say?

Speak to be understood - not to punish, corner, or prove a point.

04

SUPPORT

What would make you feel more supported right now?

Ask clearly for what would help, while also considering what you can offer.

05

GROWTH

Is there something each of you could do differently?

Begin with your own contribution before naming what you hope will change.



FROM CONVERSATION TO INTENTION

Looking Ahead

Strong relationships are shaped by what we protect, practice, and return to.

WHAT DO WE WANT TO PROTECT OR PRIORITIZE OVER THE NEXT MONTH?

ONE THING I CAN CONTRIBUTE:

A habit, response, or choice that is mine to practice.

ONE THING WE CAN PRACTICE TOGETHER:

A small rhythm that could strengthen our connection.

A few questions to carry with you:

- What are we doing well that we do not want to take for granted?
- Where can I be more generous, clear, patient, or accountable?
- What small act of care would make the coming month feel more connected?

The relationship is not only something you have.
It is something you are both continually building.

Healthy check-ins make room for appreciation, honesty, repair, and intentional care -
without turning one another into a list of problems to solve.



Return to this conversation whenever you want to tend the relationship before something feels broken.