



WEEKLY RELATIONSHIP CHECK-IN

Begin the week connected, supported,
and on the same page.

HELLO!



I'm Rachel, a Couples Therapist. I love helping people grow old and grey together! In my own relationship and with the couples I work with, I see a need to be able to prepare for the week to help you grow together rather than apart. I think we often believe we are communicating what is coming up in the next week, but we may not always be actively listening to one another or focused on the conversation at hand. What I have created can help you navigate the week together better, identify your relationship and individual needs, and help you work towards the goals you have together. I hope you find this helpful and useful for your relationship!

ARE YOU READY TO CHECK-IN?

Start by finding a time to sit down together, limit your distractions, and be prepared to actively listen and reflect together. This check-in is great to have while having coffee together, brunching together, or while on a walk together. The amount of time needed to do this may be longer the first few times you do this. As you implement it weekly, you will find it becomes quicker and easier!

WHAT WENT WELL?

Think back over the past week about what went well in your relationship? I want you to focus on communication patterns that worked, time together, connection, and balance of your two schedules. It is important to start with this question because we want to build up positivity in your relationship. Sometimes it is easier to point out what did not work versus what did work. Setting the intention to focus on what went well can help guide the rest of your conversation and help you feel connected!



WHAT COULD HAVE GONE BETTER?

Now, share what you feel could have gone better this week. Did you want more time together? Maybe dinner time and schedule wasn't working? Think about what you could have done differently to help with the things that flopped or didn't work out. Create action steps that you can take to improve these areas and hopefully add them to your what went well column in the next week.

MAP OUT THE WEEK TOGETHER

Think about what is coming up in the next week. I've created a chart below to help. If there are categories you need to add, go for it. This is meant to give you a visual representation of what is important this week and what is needed this week.

Individualize it and make a calendar that works for you!



Tuesday Thursday Saturday
Monday Wednesday Friday Sunday

Work: Travel, Important Meetings, late nights						
Kids: School, sports, activities, play dates						
Meals: Breakfast, Lunch, and Dinner						
Individual Activities: work outs, seeing friends, etc.						
Chores: What needs to get done this week?						
Budget: Bill Priority, Upcoming Expenses						

WHAT DOES EMOTIONAL SUPPORT FOR THE NEXT WEEK LOOK LIKE FOR YOU?

Each of you have a different way and need of being emotionally supported throughout the week. This can feel like vulnerability sharing what emotional support from your partner could look like.

Vulnerability is important for your relationship as it helps you connect deeper. Think about the ways your partner can show you love this week, how they can give you space to share your emotions, and what connection looks like for you.




Examples: I need more cuddle time to help me regulate my emotions. I need words of affirmation to help me through my work stress this week. I want to go on a walk together each night to wind down and relax together.

WHAT INDIVIDUAL NEEDS DO YOU HAVE FOR THE WEEK?

Your relationship is important, but so are your individual needs! Communicate your needs with your partner and then listen to their needs.

Examples: I need a night out with the girls or the guys this week, I need to go to bed earlier to get more sleep, I need to run three times this week to help with my emotion regulation, I need time to video-game, etc.



WHAT COUPLE NEEDS DO YOU HAVE FOR THE WEEK?

Last, but not least, I want you to discuss your couple needs for the week. Discuss your needs for your relationship and create action steps to meet those needs this week.

Examples: Do you need more quality time together this week? Do you need to schedule a date into your schedule? Do you need less time together?

NOW WHAT?

Keep repeating this each week. Commit to a day and time when you and your partner sit down to communicate and support one another.

As you practice this weekly, add in other questions that you think are helpful. This is a tool to help you improve communication and support in your relationship. Please feel free to modify it as needed and find a way to make it work for you.

If you find this helpful, will you shoot me an email with your thoughts and how you went about using it? I love learning from you all and improving these resources with your input. Send me an email at rachelelder@connectedcouplescounseling.com

"Thanks to Rachel, my partner and I have a healthier communication system in place and it has been great." LS

"Your tips are so helpful. Honestly, just being aware has been so helpful. It's not worth it to be constantly fighting over the same things. Seeing your posts every day is a great reminder to be present, don't sweat the small stuff, and take time to just love my husband." CJ

"Being able to learn, grow and apply new knowledge can always benefit you and can not only deepen all your relationship in love and grace but can deepen your own love and grace for yourself. Thank you Rachel for all you have done and continue to do." DM

"This month I have been able to open up to my husband more. I've been able to identify emotional triggers, work through them and engage in meaningful conversations." LM



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