

# WEEKLY/MONTHLY RELATIONSHIP CHECK IN QUESTIONS

## What is a relationship check in?

It's setting aside intentional time for you and your partner(s) to discuss your relationship once a week, every 2 weeks or monthly. It's a great way to improve your relationship and increase communication and understanding about each other's wants, needs and boundaries. It doesn't replace regular communication but enhances it by creating more opportunity to share and feel a sense of connection.

## Example Relationship Check In Q/A:

1. What went well in our relationship this week/month?
2. What issues or challenges came up for you in our relationship? How can we work on them this next week/month?
3. Did any worries, hesitations or insecurities come up for you this week/month?
4. What are you most grateful for in our relationship?
5. What is something specific I can do this week that will help you feel loved/supported?

## Get Creative! Mix and Match

You can use the same questions for every check in or add in new questions each time.  
Below are additional example questions:

- What are the little things I do regularly that make you feel loved/cared for?
- Do you feel secure and confident in our relationship? Why or why not?
- During this week/month, did you experience any moments of disconnection or feelings of distance from me? Why do you think those feelings came up?
- During this past week/month, when did you feel most connected to me? What moments did you feel closest to me?
- How can we increase our feelings of connection/closeness this next week/month?
- How are you feeling about our level of physical intimacy/affection this week/month?
- What is something I did this week/month that made you feel appreciated?
- What is causing the most stress or anxiety in your life? How can I best support you?
- How do you feel about the pace of our relationship?
- Are there any unresolved issues or feelings that we can check in about?
- Are there any insecurities that are coming up for you in our relationship?
- What is one thing each of us can do to improve our relationship?
- How did you care for or show love to yourself this week/month? Are there things I can do to make it easier for you to engage in self-care?
- What kind of date have you been dreaming about? How can we make it happen?
- What are our big picture relationship goals? What do we want to accomplish together?