



Couples check-in questions

Adult couples who both want a low-pressure structure for an ordinary check-in, without sharing test results or rating each other.

Ask whether now is a good time and choose how long to spend. You can use only two questions. Start with something specific you appreciated, then move to a practical need. Do not use appreciation as a preface to a hidden list of complaints.

What did you appreciate about us this week?

When did you feel connected, and what made that moment work?

What practical load would you like me to understand?

Would listening or ideas be more helpful right now?

Is there a small request you want to make?



Couples check-in questions: continue

Listen for missing context. Record only what was actually agreed, and leave open questions open.

A next step can be small: protect one evening from errands, ask before offering advice, or confirm a plan earlier. Record only an agreement both people actually made. If you did not agree, note the open question without forcing a compromise.

What would make our plans clearer next week?

Is there anything we should discuss at another time?

What is one next step we both choose?

When would we like to check in again?
