



15-minute couples check-in

Write a topic on each line before you start. Set a timer for every block, phones face down. Stop if it turns into a fight and finish tomorrow.

0:00 to 2:00 · Open with something good

- Partner A (1 min): one specific thing the other person did this week that you appreciated, and why it mattered.
- Partner B (1 min): the same. The listener says thank you and nothing else.

2:00 to 7:00 · Topic 1: _____

- Partner A talks (2 min). Partner B listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner B talks (2 min). Partner A sums up the same way before replying.
 - Decide together (1 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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7:00 to 12:00 · Topic 2: _____

- Partner B talks (2 min). Partner A listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner A talks (2 min). Partner B sums up the same way before replying.
 - Decide together (1 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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12:00 to 15:00 · Close and book the next one

- Each of you names one thing you will do before the next check-in.
- Read back every decision from today so you both heard the same thing.
- Put the next check-in in both calendars before you get up.



30-minute couples check-in

Write a topic on each line before you start. Set a timer for every block, phones face down. Stop if it turns into a fight and finish tomorrow.

0:00 to 4:00 · Open with something good

- Partner A (2 min): one specific thing the other person did this week that you appreciated, and why it mattered.
- Partner B (2 min): the same. The listener says thank you and nothing else.

4:00 to 10:00 · Topic 1: _____

- Partner A talks (2 min). Partner B listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner B talks (2 min). Partner A sums up the same way before replying.
 - Decide together (2 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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10:00 to 15:00 · Topic 2: _____

- Partner B talks (2 min). Partner A listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner A talks (2 min). Partner B sums up the same way before replying.
 - Decide together (1 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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15:00 to 20:00 · Topic 3: _____

- Partner A talks (2 min). Partner B listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner B talks (2 min). Partner A sums up the same way before replying.
 - Decide together (1 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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20:00 to 25:00 · Topic 4: _____

- Partner B talks (2 min). Partner A listens, then sums up in one sentence: "What I'm hearing is..."
 - Partner A talks (2 min). Partner B sums up the same way before replying.
 - Decide together (1 min): one small next step with a name and a day on it, or agree to park the topic until next time.
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25:00 to 30:00 · Close and book the next one

- Each of you names one thing you will do before the next check-in.
- Read back every decision from today so you both heard the same thing.
- Put the next check-in in both calendars before you get up.



Question bank

Pick two or three questions for each topic you wrote down. Answer them out loud; the listener sums up before replying.

Calendar and logistics

- What is coming up in the next two weeks that we have not planned for yet?
- Which day this week looks hardest for you?
- What would make the busiest day easier, from me?

Money

- Is there a bill or a purchase on your mind that we have not talked about?
- Did anything we spent this month sit wrong with you?
- Which money decision should we make before the next check-in?

Chores and the mental load

- Which job around the house felt heaviest for you this week?
- Are you keeping track of something in your head that I do not know about?
- Is there one job you would like to hand over or swap?

Closeness and affection

- When did you feel closest to me this week?
- What small thing could I do more often that you would notice?
- Was there a moment you reached for me and I missed it?

Family and friends

- Is anything going on with family that is weighing on you?
- Are there plans with family or friends we still need to agree on?
- Who do you miss seeing lately?

Kids and parenting

- Was there a parenting moment this week we should talk through?
- Where did we feel out of step with each other with the kids?
- What is working with the kids right now that we should keep doing?

Work and stress

- What is taking up the most room in your head at work?
- On a bad day, what helps from me, and what does not?
- Is anything coming up at work that I should know about?

Something that bothered me

- What happened, in two sentences, without the backstory?
- What did you need in that moment that you did not get?
- What would you like to happen next time?

Plans and fun

- What would you like us to do together in the next month?
- Which trip or goal do we keep mentioning and never plan?
- What did we do recently that you would happily do again?