

Keepsake

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Relationship Check-In Questions Worksheet

A simple ritual for connection, repair, and follow-through

Use this worksheet when you need relationship check-in questions that are simple enough to repeat every week. It also works well as a couples weekly check-in ritual alongside [Questions for Couples](#), [Questions of Love](#), and [36 Questions to Fall in Love](#).

Before You Begin

- Date:
- How much time do we have today?
- What kind of week was it: calm, stretched, tender, hard, hopeful?

Part 1: Appreciation

Complete these out loud before problem-solving.

- One thing you did this week that I appreciated:
- One moment I felt supported by you:
- One small thing I do not want us to forget from this week:

Part 2: Emotional Temperature

Circle or name what is most present right now.

- Connected / distant
- Calm / stressed
- Steady / overwhelmed
- Hopeful / uncertain

Then answer:

- What felt easiest between us this week?
- What felt heavier than it needed to?

Part 3: Story of the Week

- What moment best captures what this week felt like for us?
- What was happening around it?
- What did each of us need in that moment?

Part 4: Repair and Clarity

- Is there anything unresolved we should name gently before the week ends?
- What did I misunderstand about you this week?
- What would help you feel more supported next week?

Part 5: Logistics

- Calendar pressure or scheduling issue to solve:
- Household task or decision we should not carry alone:
- One thing we need to plan before next weekend:

Part 6: Looking Ahead

- One thing I want more of with you next week:
- One thing I want less of:
- One simple ritual we want to protect:

Commitments

- My commitment for next week:
- Your commitment for next week:
- When will we check in again?

Optional Follow-Up Questions

- What is something you need right now that you have not asked for?
- What are you carrying that I might not be seeing?

- What is one thing we did well under pressure this week?

Notes
