

Relationship Check-In



Relationships can benefit from making space to notice what is going well as well as what needs attention. A check-in can help bring smaller things into the conversation before they build into bigger difficulties.



NOTICE WHAT IS WORKING

When relationships feel difficult, problems can take up most of our attention. Deliberately noticing care, effort, connection and strengths can give a fuller picture.



MAKE ROOM FOR NEEDS

A check-in creates an opportunity to talk about needs before they become resentment. Needs can involve connection, space, affection, practical support, communication or something else.



APPRECIATION MATTERS

Specific appreciation can help people feel seen. Notice the small things as well as the big ones: effort, kindness, humour, reliability, affection or support.



KEEP IT MANAGEABLE

A relationship check-in does not need to solve every issue. One honest conversation and one small change can be more useful than trying to address everything at once.

CHECK IN TO UNDERSTAND, NOT TO SCORE

The aim is not to measure who is doing more or identify who is at fault. Try to approach the conversation with curiosity about how each person is experiencing the relationship.

Small conversations can support connection.

You do not have to wait until something is wrong to check in.

Our Relationship Check-In



Complete this individually before talking, or work through it together if that feels comfortable and constructive. There are no right answers - use it to start a conversation.

1. WHAT FEELS GOOD IN OUR RELATIONSHIP RIGHT NOW?

What is working? Where do I notice warmth, support, teamwork, enjoyment or ease?

2. WHAT DO I APPRECIATE ABOUT THIS PERSON?

What have they done, offered or brought to the relationship that I value or want them to know I notice?

3. WHERE DO I FEEL MOST CONNECTED - AND WHERE LESS CONNECTED?

Think about emotional connection, time together, communication, affection, intimacy, fun, teamwork or everyday life.

4. IS THERE SOMETHING I HAVE BEEN AVOIDING TALKING ABOUT?

Is there a concern, feeling or need that would be helpful to bring into the conversation?

5. WHAT DO I NEED MORE OF - AND WHAT COULD I OFFER MORE OF?

Consider both sides. What would support me, and is there something I would like to contribute differently?

6. ONE SMALL THING I WOULD LIKE US TO WORK ON

Choose something specific and manageable. What could we try between now and our next check-in?

Keep the conversation safe and respectful

If there is fear, coercion, control or abuse, a joint relationship check-in may not be appropriate. Prioritise individual support and safety.