

Name : _____ Date : _____

Weekly Check-In Exercise

Goal: Build a habit of healthy communication.

Couples answer these questions together:

1. What is one thing your partner did this week that made you feel appreciated?

2. What was the best moment you shared together this week?

3. Was there anything that bothered you this week that you would like to talk about?

4. How supported did you feel by your partner this week? Explain why.

5. What is one thing you wish your partner understood better about you this week?

6. Is there anything you would like to do differently as a couple next week?

7. What is one small way your partner can support you in the coming week?

8. What is one thing you appreciate about your partner's communication style?

9. What is one goal you would like to work on together this week?

10. What is something fun or meaningful you would like to do together soon?
