

Couple Check-ins aka Feelings Check-ins

Once a day, once a week. Whatever works for you both.

No more than 15 minutes.

Unlike the “Business meetings” these are about feelings. Taking the temperature of your relationship. How are we doing?

1. Start with Appreciations Exercise to warm up
2. Set timer for 15 minutes
3. One partner talks about how he or she is doing individually and how he or she feels the coupleship is doing. The other partner listens and mirrors back what they heard.
4. Then switch.
5. Leave a few minutes for questions or clarifications.
6. If any topics or themes come up that will need further discussion, write them down and set another time to meet to handle these.

Close by thanking your partner.

