









Relationship Check In



Take a moment to reflect on your relationship by noting what's going well and what areas might need improvement. This assessment will help you identify both strengths and opportunities for growth.

Instructions: Fill out this check-in on your own first, then discuss your responses with your partner.


- This is a Priority for improvement 
- This is not going Well 
- This is going Okay 
- This is going Well 

 Beliefs and Values			
commitment to relationship			
respect for individual differences			
compatible views on religion / spirituality			
shared values and priorities			
compatible goals for future			
work-life balance			



Your Wisest Self




 Communication	★	★★★	★★★★★
sharing openly			
resolving conflict			
understanding each other			
offering compliments			
listening attentively			
talking about needs			
being honest			
willingness to compromise			

 Financial and Households	★	★★★	★★★★★
division of chores			
shared decision-making			
compatible daily routines			
financial habits, goals, & priorities			
cleaning & neatness expectations			



Your Wisest Self



	Family and Friends	★	★★★	★★★★★
	time with friends away from partner			
	time with friends together with partner			
	relationship with extended family			
	compatible views on parenting / family planning			
	balancing time alone and apart			

	Intimacy	★	★★★	★★★★★
	caring acts & gestures			
	intimate conversations			
	emotional support			
	romanc			
	quality time together			
	feeling needed / wanted			
	sharing new experiences			
	having sex			
	physical affection & attraction			
	feeling safe and secure			

