

EMOTIONAL CHECK-INS

*Strong relationships are built
through small moments of emotional
awareness and connection.*

Many couples spend time discussing events, schedules, responsibilities, and problems. Far fewer couples regularly discuss how they are actually doing emotionally.

Over time, emotions that are not shared can become emotions that are carried alone.

A simple emotional check-in helps partners stay connected to each other's inner experience before stress, resentment, or disconnection begins to build.

The goal is not to fix your partner's feelings.
The goal is to understand them.

WEEKLY EMOTIONAL CHECK-IN

Take turns answering the following questions.

1. MY EMOTIONAL WEATHER THIS WEEK

Right now I mostly feel:

- ☐ Calm
- ☐ Content
- ☐ Stressed
- ☐ Overwhelmed
- ☐ Hopeful
- ☐ Discouraged
- ☐ Lonely
- ☐ Connected
- ☐ Other: _____

2. SOMETHING THAT HAS BEEN DIFFICULT

3. SOMETHING THAT HAS BEEN GOING WELL

4. SOMETHING I NEED MORE OF RIGHT NOW

5. PARTNER RESPONSE

*After listening, respond only with:
"What I hear you saying is..."*

Write down one thing your partner
shared that felt important.

CLOSING THOUGHT

*Listening creates connection
long before solutions do.*

