

# Relationship Check-in



Let's reflect on how our relationship has felt since our last check-in:

Positive moments...

Our strengths together

Something I need:

Something I want to share with you:

Stuck places we have had...

A hope I have for our relationship...

Something that's been bothering me...

Something I appreciate about you:

Something I am working on:

Let's plan something together:

Ways we could manage a stuck place better next time: