



WEEKLY CHECK-IN EXERCISE

BUILDING A BETTER RELATIONSHIP

WEEKLY CHECK-IN

This activity is aimed to help you remain connected to your partner.

The weekly check-in consists of the following rules:

- Meet for 45-minutes each week. Almost like a counseling session. During the set time it, you and your partner will explore questions and concerns aimed to improve your relationship and solidify your bond.
- Meeting place should be distraction free.
- Explore the questions in-depth.
- Leave on a positive note.
- Create a plan of action.
 - A plan of action is a plan that shows how you will address the concern. Use the walkthrough example below for help when creating your plan of action.

FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

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- Consistency is vital.
- Practice listening skills and respect.

Questions To Explore Together

- Did you feel loved by me this week?
- Did you feel connected to me this week?
- In what ways can we work to improve the relationship?
- How are you feeling this week?
- Did you have a good week?
- What are you thankful for this week?
- What does your schedule look like this week?
- Do you feel that we are actively contributing to the relationship?
- Are the love languages being met?
- Did you feel valued this week?
- Did we spend quality time together this week?
- Did we practice self-care this week?

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- In what ways can we be proud of each other or show praise?

Walkthrough For The Exercise

Meeting time: 6:00 PM to 6:45 PM

Couple explored the following:

- Partner A: focused on question (*Did you feel connected to me this week?*).
 - Partner A, disclosed experiencing a lack of connection with partner B during the week.
 - Partner A and B identify the lack of connection during the week.
- Partner A and B create a relationship action plan for the week that focus on increasing connection.
- Plan includes:
 - Spending more time engaging in face to face conversations.
 - Sharing personal interests in current television shows being watched or books read.
 - Taking mini-vacations in the local area.

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- Engaging in conversations focus on personal and relationship goals.
- Engaging in activities together. Such as exercise.

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