

## 29 Relationship Check-In

Page 1 - Notice what is working now before choosing what needs attention.



### PRIVATE FIRST

Complete this page privately first. Share only what feels useful and safe.

**Two or three things I notice working well right now**

**What my partner chose to share as working well**

**One strength we want to preserve**



This recurring check-in begins with a few observations, not a score or a full relationship assessment.

## 29 What Needs Our Attention Now?

Page 2 - Choose one area and describe it without blame or overgeneralizing.

One area I notice

One area my partner chooses to share

The one area that deserves attention now, if joint work fits

What we notice in specific, observable terms

What would be a manageable amount of attention right now?



Do not turn the check-in into a complete audit of the relationship.

## 29 Choose One Small Next Step

Page 3 - Turn the check-in into one specific, reviewable action.

The action we choose

What I will do

What my partner will do

When will we try it?

When will we check in again?

What would tell us the action is helping?

What can we adjust if it does not fit?



Reusable tool: return to this page with a new example whenever it would help.