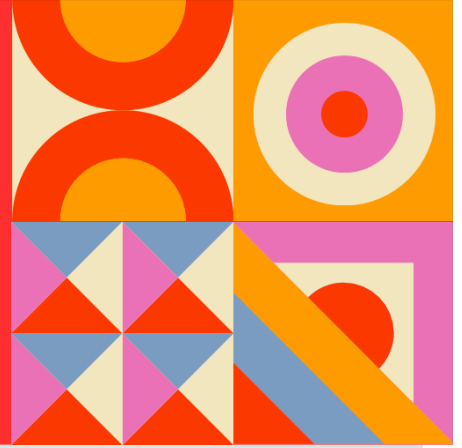


Our Relational Weekly Check-In

Consistency is a love language



Affirm

What is a memory or moment from our relationship that you cherish?

- Choose something new every check-in, big or small. What made you want to affirm this out loud today?

What is a moment when you felt most connected to me since last check-in?

- You can be connected when together or apart: explore how you find connection in all ways. What are some of the emotions that come up (gratitude, cared for, loved, appreciated, etc.) and feel relevant for this moment?

Sharing and Learning

What are some “A-ha!” or “Yeehaw!” moments from this week?

- Share something with your partner that you found out on your own since last check-in. What were some of the experiences (emotional, thought, etc.) you had during the moment(s).

What are some threads you each want to learn more about?

- Threads (music, events, books, authors, hobbies, shows, movies, experiences, potential likes) evolve as we continue to explore our own desires and broaden our perspectives in a ever-shifting world.

Intimacy+

How connected have we felt since our last check-in?

- Closeness can ebb and flow like our moods; connection is made through intention and nothing/no one is “static.” Explore what have been feeling connective and what has not this week.

What is needed to improve our communication about sex and intimacy since last check-in?

- Preferences, fantasies, and turn-ons/offers change and shift as we grow in our relationship. Make space and share what is new for each other.

Wins

What's a favorite memory of us since last check-in?

- It could be a smile, a giggle, a joke, an affirmation, or an activity done together. Think about the small things; paying attention and appreciating the quiet or overlooked moments can keep our energies attuned.

How did we support each other as individuals since last check-in?

- Feeling confident in pursuing personal interests and dreams while also knowing your partner is your biggest cheerleader can help promote security and connectedness in relationships.

Together Time

What's one way we can make our relationship more fun?

- Think about moments since last check in that inspired you to try together.

Are there any activities you want us to try out together?

- Make a plan to have together time, outside of a “date night”. These can range from simple things (body-doubling, resting together, taking a walk in the neighborhood, etc.) to exploring something new or challenging (a new club/community event, trying a new hobby, going on a short trip, etc.). Set the plan and action items needed to carry out the plan.