

HOW TO CREATE A HEALTHY RELATIONSHIP CHECK-IN ROUTINE WITH YOUR PARTNER

Busy schedules and stress can push meaningful conversations aside, leading to misunderstandings or resentment. A structured check-in helps couples stay emotionally connected and fosters open communication.

How to Structure Your Check-In

1. Set a Consistent Day & Time

- Choose a weekly time and stick to it. Treat it as a priority.

2. Create an Agenda & Eliminate Distractions

- Outline key topics (e.g., past week's feelings, upcoming stressors, wins).
- Put away phones to focus on each other.

3. Start with Appreciations

- Share 1-2 things you appreciate about your partner to set a positive tone.

4. Use Mirroring & Validation

- Repeat back key points: "I hear you saying..."
- Validate feelings: "It makes sense that you feel..."

5. Use 'I Feel' Statements

- Example: "I feel neglected when..." (instead of "You make me feel...").

6. Summarize, Set a Goal, & Plan Next Steps

- Recap key takeaways.
- Agree on a small goal (e.g., 15 minutes of quality time daily).
- Add unresolved items to next week's check-in.

7. End on a Light & Fun Note

- Do something enjoyable together (walk, ice cream, show).

By maintaining regular check-ins, you nurture connection, build trust, and strengthen your relationship over time.



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NEED SOME HELP? REACH OUT:

☎ 289-845-3300

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RELATIONSHIP CHECK-IN TRACKER: QUICK REFERENCE GUIDE

KEEP THIS TRACKER VISIBLE (ON YOUR FRIDGE, A SHARED DIGITAL FOLDER, OR A NOTES APP). EACH TIME YOU REFER TO IT, YOU REINFORCE HEALTHY HABITS THAT NURTURE CONNECTION, TRUST, AND DEEPER UNDERSTANDING.

1. Our check-in day & time is: _____

- Mark it on both your calendars and set phone reminders.
- Treat it like an essential meeting—no last-minute cancellations.

2. We are going to talk about:

- Define 2-3 talking points in advance (e.g., communication, schedules, concerns).
- Turn off phones to avoid distractions.
- Keep the structure consistent each time.

1. _____
2. _____
3. _____

3. Things I appreciate about my partner:

- Each partner shares 1-2 things they appreciate about the other.
- Focus on specific actions or qualities (e.g., "I appreciate how you checked in on me today").

Name: _____

1. _____
2. _____

Name: _____

1. _____
2. _____



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4. Listen, Mirror, and Validate

- Repeat back what you hear: "I hear you saying..."
- Acknowledge their feelings: "Knowing you like I do, it makes sense that you feel..."
- Aim for understanding rather than agreement.

5. Use 'I Feel' Statements

- Replace "You make me feel..." with "I feel..."
- Own your emotions to reduce defensiveness and blame.
- Stay curious: Ask open-ended questions to clarify.

6. Wrap Up with a Summary and Goal

- Summarize what was discussed to ensure clarity.
- Set one manageable goal or action step for the upcoming week.
- Decide on any topics to revisit at the next check-in.

7. End on a Light, Fun Note

- Do something enjoyable together right after—like watching a comedy or sharing a dessert.
- This positive close helps you both associate the check-in with closeness and warmth.



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