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The Weekly Check-In

Connecting with your partner is important in order to maintain emotional closeness and intimacy, however, it can be difficult to do when there are many other things pulling for your time and attention. Since it can be hard to find time every day, try setting aside one hour a week for a relationship check-in. Reschedule it if you need to, but don't skip it.

Make it a priority and protect this time.

The Structure:

1. Start with an expression of love or appreciation
 - Share something you love about the other or have felt gratitude for in the past week
 - Acknowledge efforts you've seen them make towards bettering your relationship
2. Share how you've generally felt about the relationship over the past week
 - Look at the questions on page 2 for some ideas
3. Process any conflicts or times when you were upset in the past week, and ask these questions:
 - What was the trigger? As in, what was said or done that made you upset?
 - How did you feel? *Focus on the vulnerable feelings instead of just anger, such as feeling hurt, judged, neglected, or dismissed.*
 - Did you tell me that you felt hurt at the time? Why or why not, and how could I help you feel safe doing so next time?
 - Was a repair attempt made? Was it successful? Why or why not, and how could it go better next time?
4. Make a clear plan for how you'll address it if this happens again in the short-term. Some ideas:
 - Check in with each other during moments of tension and conflict
 - Make a code word to use when one of you is triggered or needs support
 - Problem solve the things that you can problem solve- such as division of labor, scheduling, or priorities
 - Create dialogue around the things that you *can't* problem solve- make it feel safe to talk about the perpetual issues that can't be fixed
5. End with a positive
 - Notice the efforts the other person made to be open-minded and loving during the check-in
 - Mention part of their personality that you love



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Questions:

- How are you feeling about our relationship in general? How about compared to when we first started seeing each other, last year, or last month?
- Are there any goals you have for us or our relationship that I can help us reach?
- Were there times this week when you felt like I didn't fully hear or understand what you needed? Did you have moments of feeling abandoned or dismissed?
- Did I support you in ways that feel positive, and if yes, when were they?
- What is one specific thing you'd like me to be aware of or work on this week?
- What are you most worried about right now and how can I help?
- Is there anything you wanted to say this week but didn't because we didn't have time or you were worried about how the conversation would go (and if yes, what is it)?
- Is there anything else I can do in this upcoming week to help you, show my love for you, or support you?



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