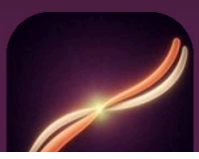
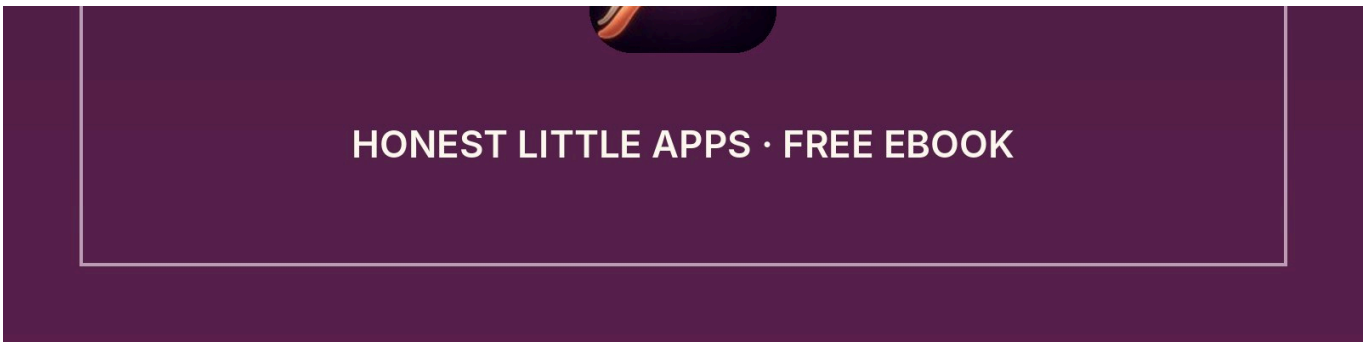
13 Couples Check-In Questions

A 15-minute Sunday ritual





13 Couples Check-In Questions

A 15-minute Sunday ritual

Phones down. Each person answers, the other just listens. No fixing yet. One question a week for a quarter.

What's one thing I did this week that you appreciated?

End with one thing you'll each do this week.

Is there anything you've been holding back from saying?

End with one thing you'll each do this week.

What's coming up next week that we should plan together?

End with one thing you'll each do this week.

When did you feel most connected to me this week?

End with one thing you'll each do this week.

Is there a small argument we never finished? Let's finish it calmly.

End with one thing you'll each do this week.

What's one way I can make your week easier?

End with one thing you'll each do this week.

What are we looking forward to together this month?

End with one thing you'll each do this week.

How are we doing with money, and is there anything to talk about?

End with one thing you'll each do this week.

What's something new we could try together?

End with one thing you'll each do this week.

Did either of us feel unheard this week?

End with one thing you'll each do this week.

What's a habit of mine that's quietly helping us?

End with one thing you'll each do this week.

How's your stress level, 1 to 10? What would lower it by one?

End with one thing you'll each do this week.

What's one memory from this year you want to keep?

End with one thing you'll each do this week.

Want more?

This book comes from **UnFight: Couples & Marriage**, a free iPhone app:
https://apps.apple.com/us/app/unfight-couples-marriage/id6794421070

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