

Weekly Check-in

Say your partner's name.....

What about this week did you like?

What about this week did you not like?

What particular behavior of mine made you happy?

What particular behavior of mine made you sad?

What particular behavior of mine hurt your feelings?

What particular behavior of mine disappointed you?

What particular behavior of mine caused you any anxiety?

What can I do for you this week to make you happy?

Anything I can do for you this week to help you out?

What can I do to make you feel more loved?

What can I do to make you more interested in me?

Any feedback about our interaction from the past week?

Is there anything you would like for me to stop doing?

Any situation/issue you want to bring up at this time to talk about?

I want to thank you for _____

I appreciate that you _____