

## **Daily check-in**

**Say your partner's name.....**

**What about today did you like?**

**What about today 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 tomorrow to make you happy?**

**Anything I can do for you today or tomorrow 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 today or yesterday?**

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

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

**I want to thank you for \_\_\_\_\_**

**I appreciate that you \_\_\_\_\_**