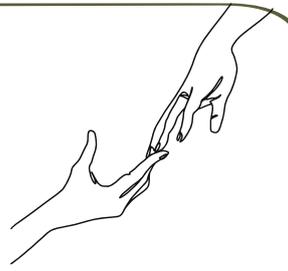


Couples Check-in Questions



1. What is on your mind lately?
2. Is there something you are struggling with at the moment?
3. Has there been anything that has been annoying you about us/me lately?
4. Are you happy with the distribution of responsibilities/chores?
5. Do you feel supported in general?
6. When have you felt most loved by me lately?
7. What can I do regularly so you feel loved and cared for?
8. What helps you feel better when you're having a bad day?
9. What have we done together in the past that you enjoyed and would like us to do more of?
10. What's your favorite thing about our relationship?
11. Are there any behaviors you would like to improve in yourself for the benefit of the relationship?
12. Are there any problematic patterns in our relationship?
13. What's something you'd like us to work on or improve?
14. Do we have enough quality time together?
15. What's our communication like lately? Are there any aspects of our communication that could be improved?
16. Is there anything you miss in our relationship right now?
17. Is there anything I can do to make your life easier?
18. Is there something you feel I've been taking for granted lately?
19. Are you satisfied with our sexual relationship?
20. How healthy do you feel our relationship is?
21. Do you feel safe enough to be vulnerable with me?

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- *Hadiah*, Counselor/ IneffableLiving Founder + Editor