Weekly Relationship Check-In

Week of:

Cycle week: ☺ ☺ 😐 ☹ 😣 😆

Discussion Questions

What went well last week? Highlights?

What did you appreciate from each other?

How are you taking care of yourself?

What does this upcoming week look like?

What do you need to feel supported this week?

Top 2 needs between us:

1.

2.

1.

2.

Shared Responsibilities: Who does What

Chores, extra errands, time sensitive tasks, childcare, special events/details

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

o _____ o _____

Together time to look forward to:

When: _____

Who initiates:_____

Where: _____

What: _____

Self-care & Habit Tracker

COPYRIGHT ARISE THERAPY & WELLNESS, 2023