

Our weekly check-in

Sunday evening. 20 minutes. Phones away.

1. **Warm up.** What was the best moment of your week?
2. **Connect.** When did you feel closest to me this week? When did you feel distant?
3. **Repair.** Is there anything from this week you are still chewing on?
4. **Support.** What is one thing I can take off your plate next week?
5. **Look ahead.** What should we do together next weekend?
6. **Close warm.** What is one thing you appreciate about us right now?

The rules: take turns, only listen while the other talks, ask “do you want ideas or just ears?”, and park anything too big for 20 minutes.

From CoupleCareRoutine.com