

Relationship Check-In

What's going well in your relationship, and what would you like to work on? This assessment will help you recognize relationship strengths and areas in need of improvement.

Instructions: Complete this check-in independently and then share your answers with your partner.

 **This is a priority for improvement.**

★ **This is not going well.**

★★ **This is going okay.**

★★★ **This is going well.**

 Beliefs & values	★	★★	★★★
commitment to relationship			
respect for individual differences			
compatible views on religion / spirituality			
shared values and priorities			
compatible goals for future			
work-life balance			

 Communication	★	★★	★★★
sharing openly			
resolving conflict			
understanding each other			
offering compliments			
listening attentively			
talking about needs			
being honest			
willingness to compromise			

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 Family & friends	★	★★	★★★
time with friends away from partner			
time with friends together with partner			
relationship with extended family			
compatible views on parenting / family planning			
balancing time alone and apart			

 Finances & household	★	★★	★★★
division of chores			
shared decision-making			
compatible daily routines			
financial habits, goals, & priorities			
cleaning & neatness expectations			

 Intimacy	★	★★	★★★
caring acts & gestures			
intimate conversations			
emotional support			
romance			
quality time together			
feeling needed / wanted			
sharing new experiences			
having sex			
physical affection & attraction			
feeling safe and secure			