

Weekly Couples Check-In

Sundays 9:00–9:45 pm, couch, no phones, door closed. Skip on vacations or holidays, never twice in a row.

Our promise (read together the first time)

- **One mic.** One talks, one listens. No rebutting, no "yeah but."
- **Feelings, not faults.** Lead with "I feel" or "I need." Skip "you always" or "you never."
- **Listen to understand, not fix.** Reflect back what you heard before responding.
- **Ask "is there more?"** before switching. The real thing is often underneath.
- **10-minute break.** Call it the moment one of you feels flooded. No solving until you both decompress.
- **Confidential.** What's said here stays here.

Agenda (about 45 min)

1. Appreciation 2 min each, one specific thing this week.	2. Check-in 5 min each, work, energy, sleep, kids, weight.	3. Topic 15 min, max 2 topics. Reflect back, then ask what they need.
4. Logistics 5 min, who is on kid duty, travel, money, schedule.	5. Date night and next one 2 min, book 90 min this week. Confirm next Sunday.	

Question bank, pick 1 or 2 each week and rotate

Appreciation depth • What did you do this week that made me feel loved? • What's one thing you didn't do that you wished I had? • When did you feel most connected? Most disconnected?	When something feels off • Is there something on your mind that's hard to bring up? • I notice we've been [snapping / not touching / going quiet]. What's going on? • When we argue about X, what might be underneath it?	Listener prompts • "What I hear is... did I get that right?" • "What do you need, to be heard, to act, or just to know?" • "Is there more?"
Deeper (rotate these in monthly) • What's something you've been missing about us lately? • Where are we growing well? Where do we think we need help? • What's one way I could show up for you that I haven't been?	If the meeting goes sideways 1. Call a 10-minute break. Don't push through. 2. Resume only if both people want to. Otherwise park it. 3. Parked topics go on a running list for next week.	

Parked topics tracker and notes

[illegible]