Weekly Check-In Questions for Couples

Same night each week, phones away, 10 to 20 minutes. Ask three or four, both answer, listen before you respond, and write down one thing for next week. If you only ask three: What went well? What was hard? What's one thing for next week?

RELATIONAL How we're doing together

1. What's one thing I did this week that made you feel loved?
2. When did you feel closest to me this week?
3. Was there a moment you didn't feel heard? What would have helped?
4. What's something you'd like more of from me next week?
5. Is anything small bugging you that we haven't talked about?
6. What did you appreciate this week that I may not have noticed?
7. How full is your tank, from 1 to 10? What would add one point?
8. What's one thing we're doing right that we should keep doing?

FINANCIAL Money, and the decisions we share

9. Did any spending this week surprise either of us?
10. Is a money decision coming up that we should talk about before it's urgent?
11. What are we saving for right now, and does it still feel worth it?
12. Is there anything about money you're worried about but haven't said?
13. What could we cut this month without missing it?
14. How much can either of us spend without checking first? Is that number still right?
15. How were we generous this week, or how could we be next week?
16. Where do we want to be with money a year from now?

PHYSICAL Health, rest, and the load at home

17. How have you been sleeping?
18. What's draining your energy most right now?
19. What would a real day off look like for you this month?
20. What's one way we could move more, together?
21. Is the house or the schedule asking too much of one of us?
22. What's one chore you'd love to trade or hand off?
23. Is there a health appointment either of us has been putting off?
24. When did you last feel truly rested?

ACADEMIC Learning and growing, on purpose

25. What did you learn this week, about anything?
26. What do you want to get better at this year?
27. Is there a book, podcast or class you'd like us to try together?
28. What's one thing you could teach me, or learn from me?
29. Where do you feel stuck or bored right now?
30. What skill does our home need that one of us could learn?
31. What have you been curious about lately?
32. How can I support your growth next week?

SPIRITUAL Meaning, values and faith

33. What gave you a sense of purpose this week?
34. What's something good from this week you're grateful for?
35. Are we living by what we say matters most to us?
36. Is there someone we should be helping or checking on?
37. What's weighing on your heart that you'd like me to know?
38. How can I pray for you, or support you, this week?
39. What do we want people to feel when they're in our home?
40. How could we rest or reflect together this week?

R.O.S. picks Tonight's question for the two of you, from how you're each wired, and walks you through a 15-minute Weekly Huddle. Free to start: **rosplatform.app**

Not a substitute for professional counseling.

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