

Ours

Relationship Check-In



Date: _____

Instructions: Listed below are five important components of a relationship, each with its own sub-areas. These areas hold varying value in your relationship and are worth evaluating with check-ins. Use the key to score how you and your partner are doing within each area of your relationship. Detail a written response to support your answer below.

KEY:

- 0 ----- Nonexistent
- 1 ----- Not going well
- 2 ----- Going ok
- 3 ----- Going well

Communication

Communication overall

SCORE: 0 1 2 3

Conflict resolution

SCORE: 0 1 2 3

Open and honest conversations

SCORE: 0 1 2 3

Active listening

SCORE: 0 1 2 3

Trust

SCORE: 0 1 2 3

Intimacy

Physical affection

SCORE: 0 1 2 3

Emotional intimacy

SCORE: 0 1 2 3

Quality time

SCORE: 0 1 2 3

Acts of kindness

SCORE: 0 1 2 3

Financial Management and Goals

Financial decisions

SCORE: 0 1 2 3

Goals and priorities

SCORE: 0 1 2 3

Financial partnership

SCORE: 0 1 2 3

Friends and Family

Independent time

SCORE: 0 1 2 3

Time with family

SCORE: 0 1 2 3

Time with friends

SCORE: 0 1 2 3

Values

Common beliefs and values

SCORE: 0 1 2 3

Views on religion

SCORE: 0 1 2 3

Respect for different viewpoints

SCORE: 0 1 2 3

Alignment on life goals

SCORE: 0 1 2 3
