

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			

Relationship Check-In

🚩	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			