



RELATIONSHIP **CHECK-IN**

5 minutes to recognise
your strengths, blind
spots, and what needs
more attention.

BEFORE YOU BEGIN

We spend a lot of time reacting to what happens in a relationship, and much less time stepping back to look at the bigger picture.

This **Check-In** is designed to help you do exactly that.

Answer the following 5 questions as honestly as you can, without trying to give the “right” answer. The value comes from noticing what stands out to you.

QUESTIONS

Choose the answer that fits each question best for you and note its number (1–3).

Q: How close do you and your partner feel in day-to-day life?

Most of our time together is focused on responsibilities and practicalities.

1

A

We do feel close, but it can easily get pushed aside by everyday life.

2

We regularly make time for each other and feel genuinely close.

3

Q: How often do you feel appreciated by your partner?

Appreciation isn't something I experience very often in our relationship.

1

B

I feel appreciated at times, but I'd like to feel it more often.

2

I regularly feel seen, valued and appreciated by my partner.

3

Q: How fairly do you feel responsibilities are shared between you and your partner?

The effort and responsibilities in our relationship often feel one-sided.

1

C Responsibilities are shared, but the balance doesn't always feel even.

2

We both put in effort and share responsibilities in a way that feels balanced.

3

Q: How openly do you and your partner talk about your needs and expectations?

We don't really think or talk about what we need or expect from each other.

1

D We talk about some things, but a lot is still assumed or left unsaid.

2

We regularly talk openly about what we need and expect from each other.

3

Q: How do you and your partner usually handle disagreements and arguments?

We seem to repeat the same arguments without really resolving them and end up feeling frustrated.

1

E Some disagreements get sorted out, but a few patterns keep returning.

2

We tend to work through disagreements together and enjoy feeling closer afterwards.

3

WHAT YOUR ANSWERS ARE TELLING YOU

Add the numbers of the five answers together.

Your total: / 15

More important than your total:
look back at any question where you scored 1 or 2. Did anything make you stop and think?

13 - 15

A lot appears to be working well. Notice whether anything still stood out that you'd like to strengthen.

9 - 12

There are strengths in your relationship, alongside some areas worth looking at more closely.

5 - 8

There are several areas that may deserve more attention.

You don't need to know exactly what the problem is, or even whether there is a problem, before deciding that something is worth exploring.

TAKE THE NEXT STEP

If this Check-In highlighted something you'd like to explore further, the next step is to have a conversation with a relationship expert.

Book a free, private **Relationship Audit** with me and let's look at where your relationship is now, where you want it to be, and what needs to happen for you to create the relationship and future you want.

[Click here to book a](#)

RELATIONSHIP AUDIT