

# RELATIONSHIP CHECK-IN

A heart-centered map to get a pulse and grow together using relationship health metrics

1

Start by committing to do the following during your check-in:

- Be honest and vulnerable, even at the risk of temporary discomfort.
- Stay present and willing despite discomfort that may arise.
- Listen actively to hear and honor each other's experiences.
- Acknowledge and own reactions without indulging, blaming or shaming.

2

Second, take a quick pulse of your current relationship culture:

- How do you feel you are doing? Are you progressing in healthy ways?
- What is your sense of fulfillment and belonging?
- What is your sense of safety, trust and communication?
- What is your sense of feeling supported and emotionally held?

3

Third, expose any festering hidden issues:

- Take turns identifying and sharing 1-2 things you struggle with.
- Decide one thing to focus on as a couple for each of you.
- Choose new actions you are each willing to take.
- Commit to taking the new actions and schedule a check in to follow up.

4

For check-ins to have a helpful impact, you must both be willing to:

- tell your story - share your experiences with ownership and honesty
- listen and make sure you hear and understand your partner
- learn from mistakes - where you fell down and how to grow past them
- cultivate a safe, trusting and held environment for each other

5

Staying connected takes:

- **self-awareness & reflection** to embrace what's helping and hurting
- **courage** to share and hear things that feel scary or contrary
- **vulnerability** to stay steady through disagreement and reaction
- **intentionality** to attend to your role in the dynamics
- **curiosity** to hold differing views and experiences as valid and real

Relationships are living, breathing organisms. To grow, they need love, attention and nurturing. To thrive, they need presence, sensitivity, honesty, integrity and vulnerability. To expand they need purpose, spaciousness, freedom and fun. All relationships go through periods of expansion and contraction. Allow these natural rhythms to flow through as you do your breath, for they are a pulse that keeps relationships alive.