

Relationship Check-In Guide

A comprehensive guide to understanding your relationship

Partner 1 Name: _____

Partner 2 Name: _____

Date: _____

1. Trust

Assessing the security, honesty, and foundation of commitment in your relationship.

1.1 I believe my partner is honest with me about major decisions and how they spend their time.

Note: Think about financial decisions, time away, and core intentions.

- ☐ I have significant doubts about their honesty
- ☐ Mostly no
- ☐ Sometimes yes, sometimes no
- ☐ Mostly yes
- ☐ I have complete faith in their truthfulness

1.2 I feel secure that my partner is committed to our future together.

Note: This is about emotional security and long-term loyalty.

- ☐ I often worry about their commitment
- ☐ Mostly no
- ☐ Neutral
- ☐ Mostly yes
- ☐ I am fully confident in our shared future

1.3 I trust my partner to respect my individual boundaries (e.g., social media, time alone, privacy).

Note: Do they honor your personal space and agreed-upon limits?

- ☐ My boundaries are often ignored
- ☐ Mostly no
- ☐ Neutral
- ☐ Mostly yes
- ☐ My partner is very respectful of my personal space

2. Emotional Support

Measuring the feeling of presence, empathy, and comfort when dealing with stress or vulnerability.

2.1 I feel comfortable sharing my deepest fears and anxieties with my partner.

Note: This is about feeling safe enough to be fully vulnerable.

- ☐ I hide my true feelings
- ☐ Mostly no
- ☐ Neutral
- ☐ Mostly yes
- ☐ I can share anything without fear of judgment

2.2 When I am stressed, my partner knows how to comfort me effectively.

Note: Do they provide the kind of support (e.g., listening, practical help) you actually need?

- ☐ They usually miss the mark
- ☐ Sometimes
- ☐ Neutral
- ☐ Mostly yes
- ☐ Their support is exactly what I need every time

2.3 I feel that my partner truly celebrates my successes and achievements.

Note: Do they react enthusiastically and make your wins feel important?

- ☐ Their reactions feel minimal
- ☐ Sometimes
- ☐ Neutral
- ☐ Mostly yes
- ☐ They are my biggest cheerleader

3. Love Languages

Assessing how you express and receive love, and how well you perceive your partner's needs.

3.1 What is the primary way you feel most loved and appreciated in our relationship? (Select only 1)

Note: This is your Love Language—the actions that truly fill your emotional tank.

- ☐ Words of Affirmation (Receiving compliments, appreciation, or verbal encouragement)
- ☐ Quality Time (Getting undivided, focused attention and shared experiences)
- ☐ Receiving Gifts (Receiving thoughtful, meaningful tokens or symbols of affection)
- ☐ Acts of Service (Having your partner do helpful things for you, like chores or running errands)
- ☐ Physical Touch (Receiving physical closeness, such as hugs, holding hands, or cuddling)

3.2 What do you believe is your partner's primary Love Language? (Select only 1)

Note: What action do they perform or request most often? This checks for perception alignment.

- ☐ Words of Affirmation (Compliments, appreciation, verbal encouragement)
- ☐ Quality Time (Undivided attention and shared experiences)
- ☐ Receiving Gifts (Thoughtful tokens or symbols of affection)
- ☐ Acts of Service (Doing helpful things for them, like chores or errands)
- ☐ Physical Touch (Physical closeness, such as hugs, holding hands, or cuddling)

3.3 I feel my partner consistently uses my Love Language to show me affection.

Note: Do they show love in the way you need to receive it, or do they use their own preferred method?

- ☐ Almost never, I often feel misunderstood
- ☐ Rarely
- ☐ Sometimes, but it's inconsistent
- ☐ Often
- ☐ Consistently, they know exactly how to make me feel loved

4. Communication

Evaluating the clarity, quality, and frequency of your dialogue.

4.1 I feel like I can bring up difficult topics without my partner getting defensive.

Note: Think about disagreements or criticism—can they be discussed calmly?

- ☐ Most attempts lead to immediate defensiveness
- ☐ Often defensive
- ☐ Neutral
- ☐ Mostly calm
- ☐ We handle sensitive topics openly and maturely

4.2 We regularly check in with each other about how our day/week is going beyond surface-level talk.

Note: Are your conversations meaningful, or mostly focused on logistics and chores?

- ☐ We rarely have deep talks
- ☐ Sometimes
- ☐ Neutral
- ☐ Often
- ☐ We have deep, meaningful conversations frequently

4.3 When we talk, I feel that my partner is fully present and actively listening.

Note: Are they putting down their phone, maintaining eye contact, and engaged?

- ☐ They are often distracted when I talk
- ☐ Sometimes distracted
- ☐ Neutral
- ☐ Mostly focused
- ☐ I always feel heard and prioritized

5. Feeling Understood

How well you feel your partner grasps your perspective, feelings, and core identity.

5.1 I feel that my partner understands my core values and beliefs.

Note: Do they know the principles that guide your life and choices?

- ☐ They don't truly grasp my values
- ☐ Unsure
- ☐ Neutral
- ☐ They mostly understand
- ☐ They truly 'get' who I am

5.2 When I express frustration, my partner attempts to validate my feelings, even if they disagree with me.

Note: Validation means acknowledging the feeling (e.g., 'I see why you're upset'), not agreeing with the cause.

- ☐ They usually argue against my feelings
- ☐ Sometimes validate my feelings
- ☐ Neutral
- ☐ Mostly validate my feelings
- ☐ They always prioritize validating how I feel

5.3 I rarely have to repeat myself for my partner to grasp my point.

Note: Is there usually mutual comprehension the first time you explain something?

- ☐ I often have to repeat myself
- ☐ Sometimes repeat myself
- ☐ Neutral
- ☐ Mostly clear
- ☐ We usually understand each other right away

6. Closeness & Intimacy

Evaluating satisfaction with emotional and physical affection.

6.1 I am satisfied with the level of non-sexual physical affection (e.g., hugs, hand-holding, cuddling) in our relationship.

Note: Focus on daily affection outside of sexual acts.

- ☐ I am very unsatisfied
- ☐ Unsatisfied
- ☐ Neutral
- ☐ Satisfied
- ☐ I feel we have the perfect amount of physical closeness

6.2 I am satisfied with the frequency and quality of sexual intimacy in our relationship.

Note: Please be honest about your current satisfaction level.

- ☐ I am very unsatisfied
- ☐ Unsatisfied
- ☐ Neutral
- ☐ Satisfied
- ☐ I am completely satisfied in this area

6.3 I feel like my partner still prioritizes making me feel special and desired.

Note: Do they put in effort to show affection or admiration?

- ☐ I rarely feel desired
- ☐ Sometimes
- ☐ Neutral
- ☐ Mostly yes
- ☐ I feel highly desired by my partner

7. Conflict Handling

Assessing your ability to resolve disagreements fairly and repair the relationship afterward.

7.1 After a disagreement, we are able to repair the situation effectively and move forward.

Note: Does the issue truly feel resolved, or does it resurface later?

- ☐ We tend to let issues linger or avoid repair
- ☐ Sometimes resolved
- ☐ Neutral
- ☐ Mostly resolved
- ☐ We are excellent at resolving conflicts

7.2 When we argue, we focus on the issue at hand, rather than resorting to name-calling or bringing up the past.

Note: Do your arguments stay 'clean' and relevant to the immediate problem?

- ☐ Arguments often get toxic
- ☐ Sometimes gets personal
- ☐ Neutral
- ☐ Mostly clean
- ☐ We maintain respect even when fighting

7.3 We take an appropriate amount of time to cool down before trying to solve a problem.

Note: Do you pause an argument when emotions are high, or rush to resolution?

For interactive check-ins with instant alignment scoring, visit relationship-checkin.com

- ☐ We rush or get stuck in the heat of the moment
- ☐ Sometimes take a break
- ☐ Neutral
- ☐ Mostly take breaks
- ☐ We manage emotional intensity well before problem-solving

8. Quality Time

Measuring satisfaction with shared time and alignment on what 'quality' means.

8.1 I feel we have enough uninterrupted, focused time together (e.g., date nights, deep conversations).

Note: Is the time you spend truly focused on each other, or distracted by screens/work?

- ☐ We have very little quality time
- ☐ Not enough
- ☐ Neutral
- ☐ Enough
- ☐ I am fully satisfied with the time we spend together

8.2 What activities are most important to you for quality time? (Select up to 3)

Note: This helps us check if your priorities align.

- ☐ Home/Relaxing (e.g., watching a movie, cooking together)
- ☐ Adventure/Travel (e.g., weekend trips, exploring new places)
- ☐ Learning/Hobbies (e.g., shared class, visiting museums)
- ☐ Shared Socializing (e.g., spending time with friends/family)
- ☐ Physical Activity (e.g., working out, hiking)
- ☐ Deep Conversation (e.g., quiet, focused talking)

8.3 I feel that my partner enjoys the time we spend together as much as I do.

Note: Do you perceive mutual excitement and presence during shared activities?

- ☐ I perceive little enthusiasm from them
- ☐ Sometimes
- ☐ Neutral
- ☐ Mostly yes
- ☐ I perceive strong mutual enjoyment

9. Shared Future Vision

Checking alignment on long-term goals, aspirations, and life trajectory.

9.1 My partner and I share the same long-term goals regarding our career and where we want to live.

Note: Is there clear agreement on major life decisions like relocation or job focus?

- ☐ We have major conflicts on future goals
- ☐ Some disagreement
- ☐ Neutral
- ☐ Mostly aligned
- ☐ We are perfectly aligned on our major future goals

9.2 We have open, agreed-upon conversations about major future topics (e.g., children, retirement, family contact).

Note: Are the major, non-negotiable topics of the future settled?

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- ☐ We avoid discussing these topics
- ☐ Sometimes discuss
- ☐ Neutral
- ☐ Mostly settled
- ☐ We are proactive and aligned on all major topics

9.3 I feel confident that we are both making personal sacrifices toward our shared vision for the future.

Note: Do you both contribute equal effort toward the big picture?

- ☐ I feel I am contributing much more
- ☐ Slight imbalance
- ☐ Neutral
- ☐ Mostly balanced
- ☐ We share the burden and effort equally

10. Finances & Stability

Assessing alignment on money management, savings, and financial security.

10.1 I feel we are aligned on how we manage our joint finances (e.g., saving vs. spending, debt philosophy).

Note: Are your daily habits and long-term views on money consistent?

- ☐ Money is a constant source of stress
- ☐ Some friction
- ☐ Neutral
- ☐ Mostly aligned
- ☐ We have a strong, shared financial plan

10.2 I feel secure about our joint financial future.

Note: Do you have confidence in your stability and ability to reach your financial goals?

- ☐ I feel very insecure about our finances
- ☐ Somewhat insecure
- ☐ Neutral
- ☐ Mostly secure
- ☐ I feel financially secure with my partner

10.3 What is your single biggest current financial goal (e.g., save for a house, pay off debt, retirement)?

Note: Be specific. Your partner will answer the same question to check for alignment.

11. Daily Life Alignment

Identifying friction points in routines, chores, and social expectations.

11.1 I feel that the division of chores and household responsibilities is fair and balanced.

Note: Do you feel the workload is equally or equitably distributed?

- ☐ I feel like I carry most of the burden

- ☐ Unfair sometimes
- ☐ Neutral
- ☐ Mostly fair
- ☐ The division of labor is totally fair

11.2 I am satisfied with the amount of time we spend with each other's friends and family.

Note: Do you feel like you have enough time with your chosen social circle, and not too much with theirs?

- ☐ I am very dissatisfied with the social balance
- ☐ Dissatisfied
- ☐ Neutral
- ☐ Satisfied
- ☐ The social balance is perfect

11.3 What is the single biggest source of daily friction or stress in our relationship? (Select only 1)

Note: This helps us identify the root cause of daily irritation.

- ☐ Time Management (e.g., rushing, being late)
- ☐ Chores/Cleanliness (e.g., mess, unfinished tasks)
- ☐ Parenting/Childcare Decisions
- ☐ External Stress (e.g., work, extended family issues)
- ☐ Pet Care/Management
- ☐ Nothing—we have very little daily friction

12. Affirmation & Friction

Identifying specific actions that build or break your connection.

12.1 What is the single top thing your partner does that makes you feel deeply loved or appreciated?

Note: Be specific about a recent action (e.g., 'They always make me coffee before work' or 'They listen without interrupting').

12.2 What is the single thing your partner does that creates the most tension or frustration for you?

Note: Focus on a recent, specific behavior, not a character trait (e.g., 'They leave their clothes on the floor' or 'They interrupt me when I talk').

12.3 If you could change one small habit in your partner that would improve your daily life, what would it be?

Note: Keep it minor and actionable (e.g., 'Be on time' or 'Text me when they're running late').
