



# Bi-Weekly Relationship Check-In: A Prevention & Connection Guide

Partner Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Instructions

Set aside 30-45 minutes in a comfortable, private space. Each partner completes the assessment individually first, then share scores and discuss reflection prompts together. Focus on understanding, not judgment. If scores indicate concerns, consider this an opportunity to strengthen your relationship proactively.

## Ground Rules for Discussion

- Listen to understand, not to defend
- Use "I" statements when sharing
- Take breaks if emotions get too intense
- Remember: this is about growing together, not finding fault

## Section 1: Emotional Intimacy

Rate each statement from 1-5 (1=Never/Not at all, 5=Always/Completely)

1. I feel comfortable sharing my deeper emotions and vulnerabilities with my partner \_\_\_/5

2. My partner responds with care and understanding when I share something important \_\_\_/5

3. I feel emotionally safe and accepted in this relationship \_\_\_/5

Section 1 Total: \_\_\_/15

Reflection Prompt: What's one emotion or experience you'd like your partner to understand better about you right now?

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## **Section 2: Communication**

Rate each statement from 1-5 (1=Rarely/Never, 5=Always/Consistently)

1. We communicate respectfully, even during disagreements \_\_\_/5
2. I feel heard and understood when I express my thoughts and concerns \_\_\_/5
3. My partner asks me questions that make me feel like they want to understand me more deeply \_\_\_/5
4. We avoid attacking each other's character or using words like "always/never" \_\_\_/5
5. We treat each other with respect and avoid put-downs or eye-rolling \_\_\_/5
6. We listen openly rather than immediately defending ourselves \_\_\_/5
7. We stay engaged in difficult conversations rather than shutting down \_\_\_/5

\*\*Section 2 Total:\*\* \_\_\_/35

\*\*Reflection Prompt:\*\* What's one thing your partner does in conversation that makes you feel most heard? What's one thing you'd like to improve in how you communicate?

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## **Section 3: Conflict Management**

Rate each statement from 1-5 (1=Never/Makes things worse, 5=Usually/Helps significantly)

1. We can discuss problems without them escalating into major fights \_\_\_/5
2. When conflicts arise, we're able to take breaks and calm down when needed \_\_\_/5
3. How anger is expressed in our conflicts helps rather than harms our ability to resolve issues \_\_\_/5

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4. We make successful repair attempts (humor, affection, taking responsibility) during disagreements \_\_\_/5

5. We focus on solving the problem rather than winning the argument \_\_\_/5

6. After conflicts, we're able to reconnect and move forward together \_\_\_/5

Section 3 Total: \_\_\_/30

Reflection Prompt:\*\* What's one thing that helps de-escalate tension when you're in conflict? What pattern would you like to change about how you handle disagreements?

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## **Section 4: Connection Rituals & Bids**

Rate each statement from 1-5 (1=Rarely/Never, 5=Often/Consistently)

1. I regularly reach out to connect with my partner in small ways throughout the day \_\_\_/5

2. When my partner makes a bid for connection (tries to engage me), I respond positively \_\_\_/5

3. We have meaningful rituals or traditions that help us stay connected \_\_\_/5

4. We make time for fun, play, and positive experiences together \_\_\_/5

5. We show appreciation and gratitude for each other regularly \_\_\_/5

Section 4 Total: \_\_\_/25

\*\*Reflection Prompt:\*\* What's one small way your partner tries to connect with you that you appreciate? What's one ritual or tradition you'd like to start or strengthen together?

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## Scoring & Next Steps

\*\*Total Score:\*\* \_\_\_/105

### ### *Overall Relationship Health*

- \*\*90+ points:\*\* Relationship is thriving - keep up the great work!
- \*\*70-89 points:\*\* Good foundation with some areas to focus on together
- \*\*50-69 points:\*\* Several areas need attention - consider implementing changes and possibly seeking couples therapy
- \*\*Below 50 points:\*\* Strongly consider couples therapy to address underlying patterns

### **Red Flag Indicators - Consider Couples Therapy If:**

- Any section scores below 40% (Emotional Intimacy <6, Communication <14, Conflict Management <12, Connection <10)
- Consistent scores of 1-2 on conflict management questions
- Feeling unsafe, unheard, or disconnected despite efforts to improve
- Same issues keep recurring without resolution

### **Green Light Indicators - You're Doing Well:**

- Regular scores of 4-5 across most areas
- Able to repair after conflicts
- Both partners feel heard and valued

### **Remember**

This guide is designed to help you catch small issues before they become big problems. If you're noticing concerning patterns, seeking couples therapy early is a sign of relationship strength, not weakness. Professional support can help you build the skills and understanding to create the loving, connected relationship you both deserve.

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### **Professional Support Available**

Help for Families Canada offers evidence-based couples therapy with licensed therapists trained in Gottman Method and Emotionally Focused Therapy approaches. Services are available both in-person and online to meet your needs.

For more information about couples therapy services, visit [Help for Families Canada](#) or contact us to schedule a consultation.

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