

Couples Monthly Checkup

If you review this each month and do it honestly, you will be more likely to catch the problems when they are fixable. This is based on the assumption that you are married. Please feel free to adapt the language to fit your relationship.

Jan__ Feb __ Mar__ April__ May __ June__

July __ Aug__ Sept__ Oct __ Nov__ Dec__

Relationship Growth

Criticism

Have I let go of petty things in my relationship last month?

Vulnerability

Was I emotionally honest about the relationship last month? Is there anything more I need to say?

Tuned In

What warning signs am I consciously ignoring in my relationship?

What ones do I think will go away without work?

Appreciation

When is the last time I told my partner how grateful I felt for having them in my life and mentioned specifics?

When is the last time I celebrated my partner?

Conflict

How successful was I at resolving arguments last month?

Did I express resentments when I needed to? ___Yes ___No

Did I keep them to myself when I needed to? ___Yes ___No

Are we making excuses so that we can avoid our problems? ___Yes ___No

Intimacy

Have we become like roommates? ___Yes ___No

Is there passion but no action toward intimacy? ___Yes ___No

Are we talking about not having sex? ___Yes ___No

Are we making the time necessary to be both emotionally and physically intimate? ___Yes ___No

Are we talking about any and all sexual difficulties? ___Yes ___No

Financial

Are we talking about how we spend and save our money? ___Yes ___No

Are we talking about our debt? ___Yes ___No

Are we talking about our financial goals? ___Yes ___No

Are we both aware of how much money we have to spend each month? ___Yes ___No

Do we need to change how we pay our bills or how we talk about money? ___Yes ___No

What issues about money are we avoiding talking about?

Relationship with Change

How did I adapt to change last month?

How did I resist change?

How did I initiate change?

What do I need to do to avoid stagnation in my relationship?

Rate your relationship

On a scale of 1-10, 10 being perfect, how would I rate my **passion** for my partner?

On a scale of 1-10, 10 being perfect, how would I rate **how much effort I have put** into my relationship last month?

On a scale of 1-10, 10 being perfect, how would I rate **how successful a partner I was** last month?

When I made my vows, did I also **commit to really work hard** on it or simply let it happen?

Am I taking my partner for granted? ___Yes ___No

If Yes, how will I stop that?

Significant other would agree with all these if we asked? ___Yes ___No

One of the biggest mistakes couples make in a relationship is problem avoidance. They avoid talking about the necessary things. They avoid talking about them with a counselor. The average couple waits years beyond when it makes sense to see a counselor. Imagine the damage that causes. Now imagine planning for the future, doing regular maintenance on the relationship. You would not choose to never change the oil on your car, but you choose to delay going to get professional help on your relationship. Is your car more valuable than your relationship? ***Give us a call and let's tune up your relationship. 585.544.5342***