
Couple's Check-In Questions

(choose 3-5 questions below that best fit your relationship)

- What's up for you, in your life? What's one new and interesting thing you've been thinking about lately?
- What words would you use to describe where your head is? And where your heart is?
- Is there anything I have done in the past week that may have unknowingly hurt you?
- What is something I did to make you feel loved this week?
- How did I do at showing my appreciation for you?
- Did you see any answered prayers this past week?
- Do you think you will need more closeness or more alone time over the next couple of days/week?
- How do you feel about our sex life lately?
- What are the main stressors currently in your life, and is there any way I can alleviate that stress for you, if only a small amount?
- What did you particularly enjoy that you'd like to do more of? (meals, activities, TV shows, trips out, etc.)
- What kind of help do you need from your partner?
- What issues in the house have been occupying your thoughts lately? (problems with kids, repairs needed, messiness)
- What's going on at work, or coming up at work, that could affect us or our family life?
- What's the best thing I can do to let you know that you are my priority and my joy?
- How can I pray for you in the coming week?
- How do you see God at work in your life?

4 Question Challenge

1. What is something I am currently doing that you would like me to do more?
2. What is something that you would like me to do less?
3. What is something new you would like me to start doing?
4. What is something you would like me to stop doing?

Here's a tip – answer each question with something that is realistic but would also mean a lot to the person making the request. Also, begin the challenge during happy times, not in the middle of disagreements.

Here are some examples of possible responses.

Do more

- I would love it if you would make that great lasagna more often.
- It would mean a lot if you would help more with folding the laundry.

Do less

- If you could spend a little less time on the computer, we could tackle that house project.
- If you could spend half as much money per month on clothes and shopping, our budget could be more workable.

Start doing

- If you could start calling me when you're on your way home that would help me with planning dinner.
- If you could start cleaning the dishes after dinner on nights I cook, that would be super.

Stop doing

- If you could stop verbally putting me down in front of others, I would appreciate it.
- If you/we could stop arguing in the front of the kids, we would all benefit.

If each partner shares their requests with respect and with a true desire to become closer by meeting the needs and desires of each other, then the relationship can be enriched beyond belief. It only takes four questions to begin developing and deepening your relationship.