

Weekly Marriage Check-In

A short conversation guide for connection, shared work, repair, and the week ahead.

Use this only where conversation is emotionally and physically safe. A worksheet cannot fix coercion or abuse. In immediate danger, contact local emergency services or a trusted domestic-violence resource.

Begin on the same team

- ☐ Choose a calm time and stop after 20–30 minutes.
- ☐ One issue at a time; no character verdicts.
- ☐ Listen to understand before solving.
- ☐ Safety and consent are not negotiable.
- ☐ End with clear ownership, not vague help.

1. Appreciation

One specific thing I noticed and appreciated this week:

Weekly Marriage Check-In

Connection, household work, and the week ahead.

2. What felt heavy?

3. What helped?

4. What needs repair?

The Week Ahead

Turn care into a plan both people can see.

Responsibility / event	Owner	When	Backup plan

One point of connection	One way I can support you

A sentence we want to carry into the week: