



Relationship Tune-In

Worksheet

Instructions:

Use this worksheet as a guide for your relationship tune-in sessions. It provides prompts and questions to facilitate open communication and strengthen your connection with your partner. Find a comfortable and quiet space where you can both focus and engage in meaningful conversation. Take turns sharing your thoughts and feelings, and actively listen to your partner's responses. Feel free to write down your answers or use this worksheet as a starting point for your discussion.

1. Start with Appreciation:

- What are three things you appreciate and admire about your partner?
- Share a specific moment or action that made you feel loved or valued by your partner.
- Express gratitude for something your partner has done recently.

2. Reflect on Strengths and Growth:

- What are some strengths or positive qualities you see in your partner?
- How have you noticed your partner grow or develop in the relationship?
- Reflect on a time when you both overcame a challenge together and grew stronger as a couple.

3. Discuss Needs and Desires:

- What emotional or practical needs do you have in the relationship?
- Share any concerns or areas where you feel your needs are not being met.
- Talk about any desires or dreams you have for your relationship.

4. Address Issues or Conflicts:

- Can you identify any recurring issues or conflicts in the relationship?
- How do these issues make you or your partner feel?
- Discuss possible approaches or solutions to resolve these conflicts.



5. Set Goals for the Future:

- What are some shared goals or aspirations you have as a couple?
- Identify one or two specific goals you would like to work towards in the upcoming weeks or months.
- Discuss steps you can take to achieve these goals together.

6. Express Support and Commitment:

- How can you show support for your partner's goals and aspirations?
- Discuss ways to strengthen your commitment to each other and the relationship.
- Share words of affirmation and love for your partner.

Remember, this worksheet is a tool to facilitate open and meaningful conversation. Customize it according to your needs and comfort level. The goal is to create a safe and supportive space to tune in and enhance your relationship.