

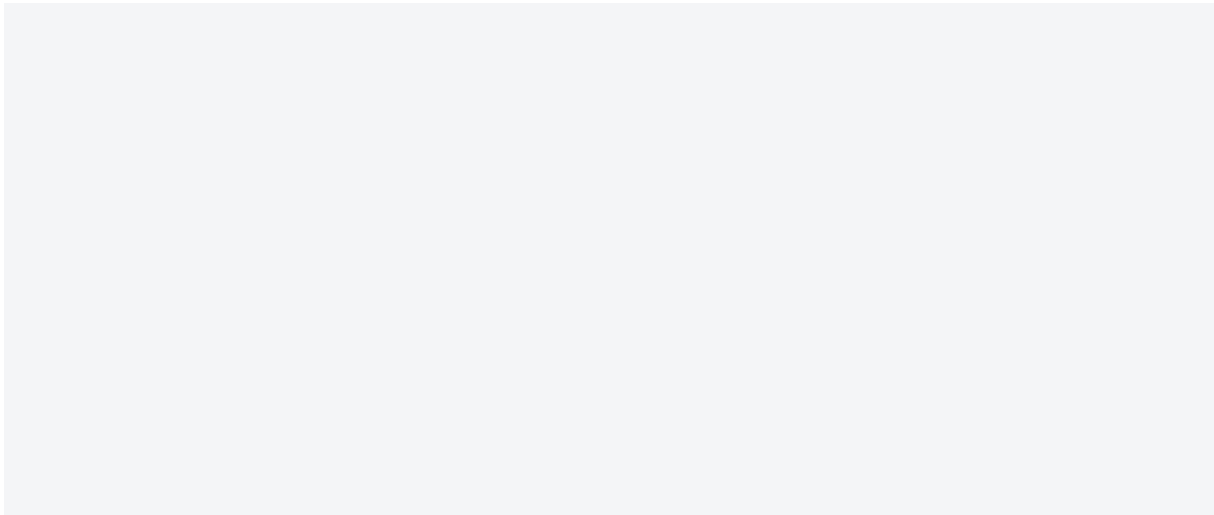
Regular Couple Check-ups

We have regular check-ups for our physical wellbeing, so why not for our relationship health? After all, without regular monitoring, we don't know if we are doing things right or wrong for the relationship and avoiding unnecessary conflict.

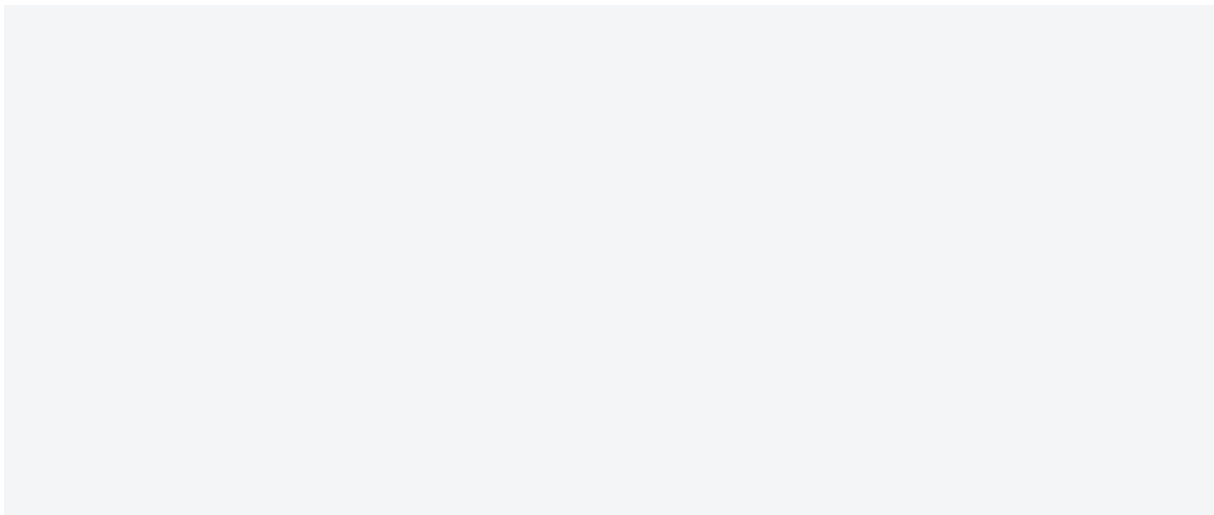
Greiger (2015) suggests the beginning of the month is a great time to attend to the health of the relationship. Use this worksheet to take stock honestly and openly and make plans for keeping the relationship on track or shake things up a little.

Ask each partner to consider the following questions (together or apart):

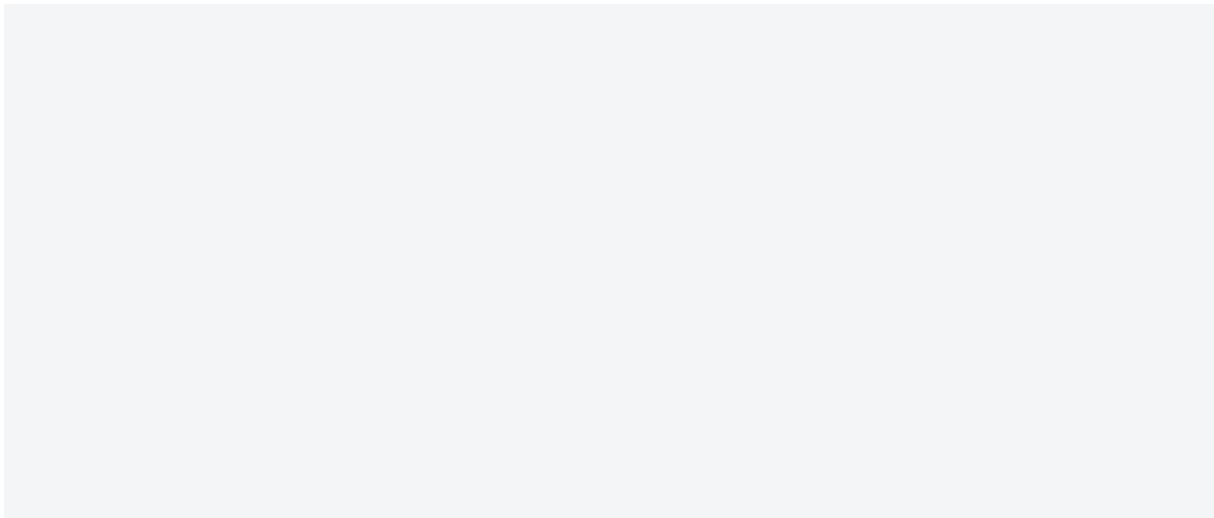
What is working *well* in the relationship, and what should we keep doing?



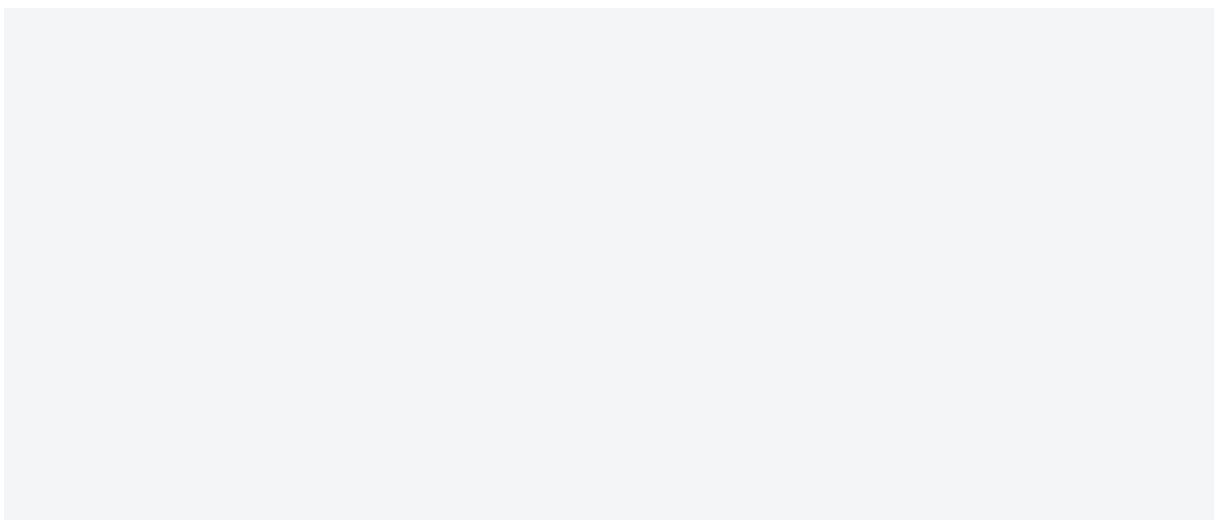
What is working *ok* in the relationship that we could improve?



What are we *not doing* that we need to start?



What are we *not doing so well* and either need to stop, improve, or replace?



The check-ups must be approached with an open, win-win mindset. This is not an opportunity to score points but to perform a relationship health check and move forward in a positive way.

References

- Greiger, R. (2015). *The couples therapy companion: A cognitive behavior workbook*. New York: Routledge, Taylor & Francis Group.

Dr. Jeremy Sutton