

Monthly Relationship Check-In

Most difficult conversations in long relationships happen too late. Not because either person is avoiding them exactly, but because there is no obvious moment to raise something small, and a thing that is not worth an evening on its own waits until it is joined by four others and arrives as an argument about all five.

Who this is for: Things are broadly fine and you would like them to stay that way, or you have noticed that everything gets raised at once during arguments.

The six questions

1. What went well this month?

First, and not as a warm-up.

Two specific things they did that I appreciated:

One thing I am glad we did together:

Something I noticed and did not mention at the time:

What did they say that I did not expect?

2. What has been harder?

One thing each. One.

My one thing, as an event rather than a pattern:

Their one thing:

What I want to say in response that I am going to hold until tomorrow:

Is my one thing actually four things?

3. What did either of us not say?

The question that earns the whole ritual.

What I considered raising and did not:

Why I decided against it:

Am I willing to say it now?

What would make it easier to say things like this sooner?

4. How are we doing on the thing from last time?

One line, and it is what makes the ritual mean something.

Last month's change — happened, partly, or not?

What got in the way, if anything:

Does it stay on the list for this month?

Anything from two or three months ago worth revisiting?

5 and 6: What is coming, and one thing each

Close forward rather than backward.

What is coming that I am dreading or looking forward to:

Anything they need from me around it:

My one thing for next month:

Their one thing:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.