

the
HEALING CREST

Couples Relationship

CHECK-IN



WWW.THEHEALINGCRESTCOUNSELING.COM

A guided reflection tool to help couples identify strengths, challenges, and areas for growth in their relationship.

WHY THIS CHECK-IN MATTERS

If you are being honest, most couples do not slow down and check in until something feels heavy. By then, frustration has built up, conversations feel tense, and both people are tired of repeating the same arguments.

This check-in is here to help you pause before things get to that point.

It is not about deciding who is right or wrong.

It is about noticing what is actually happening between you, not just what you hope is happening. Healthy relationships are not built on good intentions alone. They are built on honest communication, emotional safety, shared responsibility, and consistent effort.

When life gets busy, those things are often the first to slip, even in relationships where there is real love. You cannot strengthen what you do not acknowledge.

This check-in helps bring clarity to what deserves your attention right now.

HOW TO USE THIS CHECKLIST

You can complete this check-in together or separately.

For the most helpful results:

- Each partner completes the checklist on their own first.
- Then you review your answers together in a calm, respectful setting.
- Focus on understanding patterns, not winning the conversation.

Answer based on what is generally true over time, not just how things feel on a good week or after a rough argument.

There are no perfect relationships and no perfect scores.

What matters most is honesty.

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HOW TO RESPOND TO EACH STATEMENT

For each statement, circle the option that best reflects how often this is true in your relationship:

- Never (1)
- Rarely (2)
- Sometimes (3)
- Often (4)
- Always (5)

Do not overthink it.

Your first honest answer usually tells you more than the one you talk yourself into.

BEFORE YOU BEGIN, KEEP THIS IN MIND

- This is not a test and it is not a diagnosis. It is a reflection tool.
- Your score does not define your relationship or your future. It highlights current patterns.
- Differences in your answers are normal. They point to areas that may need clearer communication and support.
- This checklist is not meant to replace counseling when deeper concerns are present. If you are dealing with ongoing conflict, emotional harm, trust issues, or unresolved betrayal, professional support can help you move forward in healthier ways.

RELATIONSHIP CHECK-IN STATEMENTS

COMMUNICATION & EMOTIONAL SAFETY

1. We feel emotionally safe sharing our thoughts and feelings with each other.
2. We listen to understand, not just to respond.
3. Disagreements stay respectful, even when emotions are high.
4. We are able to talk through problems without avoiding or shutting down.
5. I feel heard and valued when I express concerns.

TRUST, HONESTY & ACCOUNTABILITY

6. I trust my partner to be honest with me, even when it is uncomfortable.
7. When mistakes happen, we take responsibility instead of shifting blame.
8. We follow through on commitments we make to each other.
9. I feel emotionally secure in this relationship.
10. Past hurts are being addressed, not ignored or minimized.

PARTNERSHIP & SUPPORT

11. We support each other's goals and personal growth.
12. Responsibilities in our relationship feel fair and balanced.
13. We work as a team when handling stress or challenges.
14. I feel like my partner shows up for me when I need support.
15. We celebrate each other's wins, big and small.

CONNECTION & INTIMACY

16. We make intentional time to connect with each other.
17. I feel emotionally connected to my partner.
18. Physical affection and intimacy feel comfortable and mutually satisfying.
19. We still enjoy spending time together.
20. I feel desired and appreciated by my partner.

GROWTH, ALIGNMENT & LONG-TERM VISION

21. We talk about our future and feel aligned in our goals.
22. We are willing to work on ourselves, not just point out each other's flaws.
23. We are open to seeking support when we need it.
24. I believe this relationship has the potential to grow in a healthy direction.
25. We are intentional about strengthening our relationship, not just maintaining it.

SCORING AND WHAT IT MAY MEAN

Add up your total score.

Minimum score: 25

Maximum score: 125

This score is not about labeling your relationship. It is about understanding what stage of support may be helpful right now.

100–125 | You Have a Strong Base

Your relationship shows consistent strengths in communication, trust, and connection. That does not mean you never struggle, but it does suggest that you have a solid foundation. Continuing to check in with each other and staying intentional can help protect what you have built.

70–99 | Some Areas Are Working, Others Need Attention

There are things going well in your relationship, but there are also patterns that may be creating tension, distance, or unresolved hurt. This is often where couples feel disconnected but cannot always explain why. This is a good time to address concerns before they turn into bigger problems.

25–69 | Your Relationship May Be Under Strain

Your responses suggest ongoing challenges that may be affecting emotional safety, trust, or connection. When these issues go unaddressed, resentment and emotional distance can grow. Support from a trained professional can help you work through what is happening and rebuild healthier patterns.

WHAT TO DO WITH YOUR RESULTS

This check-in is meant to start honest conversations, not end them.

If this reflection brought up concerns, questions, or tension, you do not have to figure it out on your own.

Support options may include:

- Couples counseling
- Relationship intensives
- Guided relationship workshops

You can book a 15-minute consultation call through the link in my IG bio to talk through what healing and growth could look like for your relationship in this season and determine next steps if it is a good fit.

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