



Couples Health Check

20 questions to help you understand where your relationship stands.

This is not a test you can pass or fail.

And it's not a diagnosis.

This self-check is meant as a structured pause —
to help you notice where your relationship feels aligned,
and where pressure, distance, or recurring tension might be building.

Many couples aren't sure whether what they're experiencing is
"just a stressful phase"

or a sign that something deserves more attention.

This check-up helps you differentiate between the two.

You don't need to answer every question.

Take what feels relevant. Leave the rest.

You can fill this out on your own, or together with your partner.

If you complete it individually, many couples find it helpful
to compare notes afterward — but that's optional.

There is no right or wrong result here.

The value lies in what becomes clearer as you go through it.

When you're done, you'll find a short interpretation guide to help you make sense of what you're seeing.¹

✧ Start wherever you want. There's no right order.

¹ This self-check is for informational and reflective purposes only and does not replace therapy, diagnosis, or medical treatment.

"Looking at the different areas of your relationship,
how often and intense do you have a conflict with your partner about these topics?"

Simply cross X to the statement that describes you the most.

Topic \ Frequency & Intensity of Conflicts	NO CONFLICTS We are on the same page/ work well together in this and feel close	OCCASIONAL CONFLICTS Only very occasional, mild disagreements	DON'T KNOW / Not applicable	FREQUENT CONFLICTS Quite dissatisfied: Regularly causes problems between us	MAJOR / INTENSE CONFLICTS Very dissatisfied: This is a major source of conflict and unhappiness
1. Moral & Personal values: and their priority: what you find the most important guidelines for your words and actions, e.g. honesty, loyalty, autonomy, integrity, faith, science					
2. Life goals: what you want to achieve in life and how they are prioritised: children vs. career, wealth, frugality, autonomy, security/ stability, personal growth					
3. Couple values: Your Attitudes to commitment and fidelity					
4. Emotional intimacy:					

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how you share your positive and negative emotions with the world and the attitudes about it (crying, withdrawing, aggression, celebrating, mourning)					
5. Physical Intimacy: the frequency and style of sensual/ sexual interaction					
6. Intellectual wavelength: attitude towards abstracts concepts, politics, environment, humour					
7. Spirituality: being religious/ spiritual, and how you live it					
8. Recreation: how you prefer to recharge (party, friends vs. solitude or couple time), how you spend your free time, Individual interests and hobby choice, and amount of time devoted to this					
9. Parenting: how to bring up children, styles of parenting					
10. Home maintenance and management:					

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distribution of tasks and responsibilities, mental load, who is breadwinner					
11. In-laws and other close family members: involvement into family life and family decisions, frequency of visits					
12. Friends: mutual and individual friends					
13. Money management and decision-making regarding finances: how much and where money is spent, who makes the final decisions, transparency					
14. Work and work-life balance: How much actual time and mental space each devotes to their paid work in relation to their free time and family time					
15. Information updates: sharing essential information that keeps home, family, relationship running					
16. Companionable chat:					

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talking about everyday life and events, gossiping					
17. Intimate sharing: "real talk" and talking deeply about difficult or controverse topics or emotions					
18. Accepting influence: considering the partner's opinion, recommendation, veto					
19. Behaviour during conflictive situations: how you communicate and interact in a conflict situation or during a disagreement					
20. Apologising: how to apologise, what to apologise for					

When you're done, you may want to take a look at the interpretation guide

👉 here [\[Link\]](#)

It helps you make sense of what you're seeing –
and decide what, if anything, deserves more attention.