

HOW TO HAVE A WEEKLY RELATIONSHIP CHECK-IN

A gentle guide for staying
connected, clearing tension,
and talking before things
build up

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What this guide is for

A weekly relationship check-in is a simple, regular conversation that helps couples stay emotionally connected, talk about small issues before they become big ones, and notice what is working as well as what feels strained.

It is not a crisis conversation.

It is not the place to unload everything at once.

It is a small, steady ritual for keeping the relationship in touch with itself.

Why check-ins help

Many couples only talk seriously when something is already wrong.

By then, both people may already feel hurt, defensive, distant, or overwhelmed.

A regular check-in helps create a different pattern:

- less bottling up
- fewer surprise blow-ups
- more clarity about needs
- more emotional safety
- more chances for repair

Small, regular conversations are often more helpful than waiting for the “perfect” time.

When to Have Your Check-In

A good place to start is:

- once a week
- 15 to 30 minutes
- at a fairly calm time
- not late at night
- not during conflict
- not when one of you is rushing out the door

Try to choose a time when both of you have at least a little emotional space.

Consistency matters more than length.

How to set it up

Before you begin:

- put phones away
- sit somewhere reasonably comfortable
- agree that this is a check-in, not a debate
- take turns
- keep the focus on honesty, not winning

A helpful starting line is:

“Can we do our check-in now and keep it simple?”



A simple structure to follow

You can use this format:

- **One thing I appreciated this week**
- **One thing that felt difficult or off**
- **One thing I need more of**
- **One small step we can try this week**

That is enough.

You do not need to solve the whole relationship in one sitting.





Questions you can use

You do not need to use all of these. Pick one or two.

- What helped you feel close to me this week?
- Did anything leave you feeling hurt, distant, or tense?
- Is there anything you have been holding in?
- What felt supportive or caring?
- What do you need more of from me this week?
- Is there anything we should clear up before it grows?
- What would help us feel more connected over the next few days?

Helpful ground rules

Try to:

- speak from your own experience
- stay specific
- listen without interrupting
- ask for clarity instead of assuming
- keep the focus on understanding

Try to avoid:

- “you always” / “you never”
- bringing up ten old issues at once
- sarcasm, contempt, or scorekeeping
- forcing the conversation if one person is flooded
- turning the check-in into an interrogation





What to say if something hard comes up

If a difficult issue appears, you do not have to go into it fully right away.

You can say:

- "I think this matters, and I don't want to rush it."
- "Can we note this and come back to it properly?"
- "I want to understand this better, but I need a little more space first."
- "This feels bigger than today's check-in."

A check-in can identify a problem without needing to resolve it immediately.

WHAT TO DO IF ONE OF YOU GETS OVERWHELMED

If one of you starts shutting down, escalating, or feeling flooded:

- pause
- breathe
- slow the conversation down
- agree to return later if needed

You can say:

- “I want to continue, but I’m getting overwhelmed.”
- “Can we pause and come back in 20 minutes?”
- “I don’t want to make this worse by pushing through.”

Pausing early is often wiser than forcing a conversation when neither of you feels steady.





HOW TO END THE CHECK-IN WELL

Try to end with:

- one thing you understood better
- one thing you appreciated hearing
- one small action for the week

For example:

- "What I'm taking from this is..."
- "What I appreciated hearing is..."
- "One thing I'll try this week is..."

The goal is not a perfect conversation.

The goal is a steadier relationship culture.



A gentle reminder

A weekly check-in does not need to be deep, polished, or emotionally impressive.

It only needs to be honest, respectful, and regular.

Connection is often strengthened through small moments of attention repeated over time.

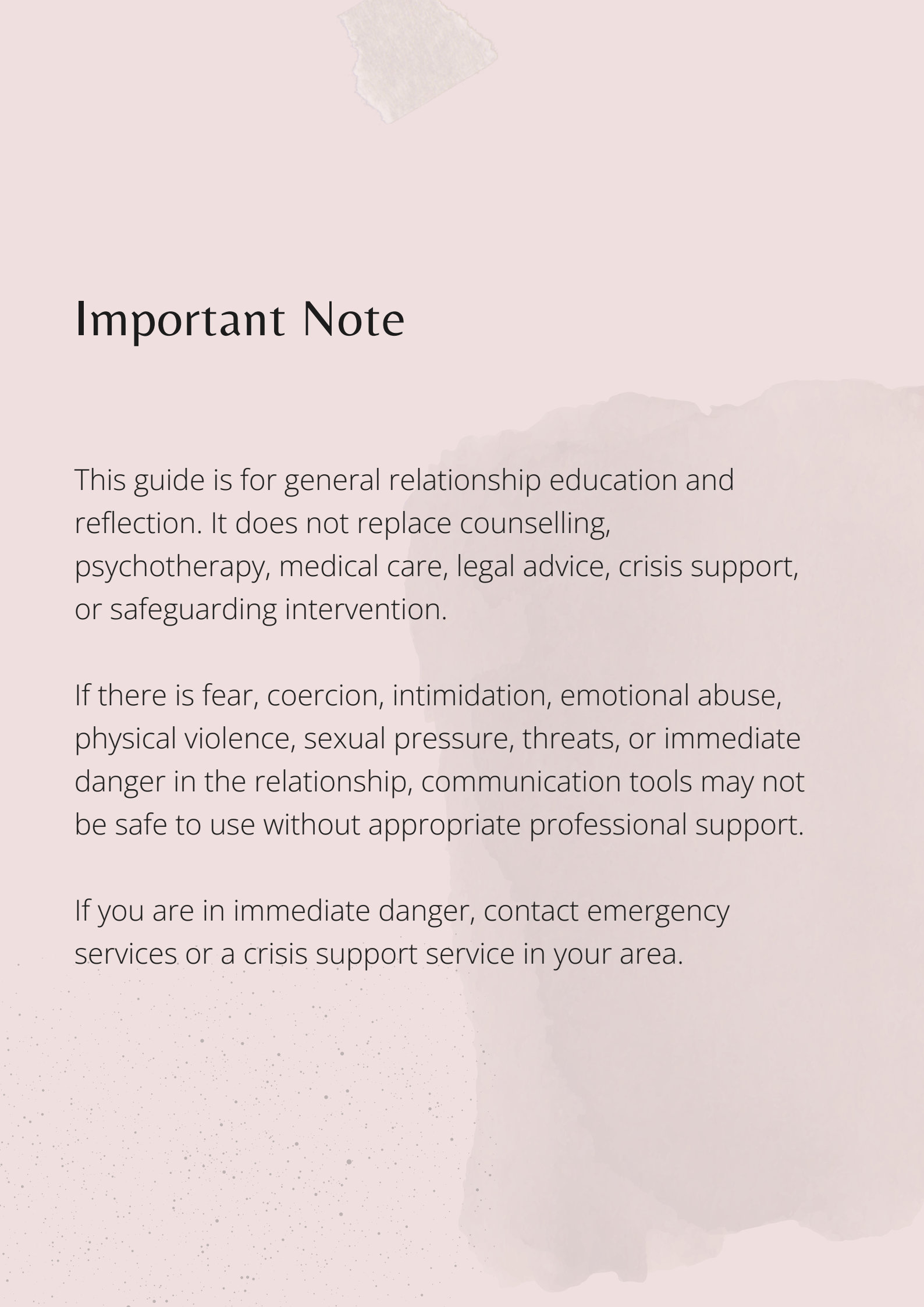


Important Note

This guide is for general relationship education and reflection. It does not replace counselling, psychotherapy, medical care, legal advice, crisis support, or safeguarding intervention.

If there is fear, coercion, intimidation, emotional abuse, physical violence, sexual pressure, threats, or immediate danger in the relationship, communication tools may not be safe to use without appropriate professional support.

If you are in immediate danger, contact emergency services or a crisis support service in your area.





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