

Gottman's Weekly Relationship Check In for Couples

John Gottman's book recommends doing something like this while sitting down with a cup of coffee, going for a walk, going to the park, sitting somewhere special together, etc. about once a week.

1. Taking Turns, Give Each Other Five Appreciations

Ex: "I appreciate ____ because ____."

Example characteristics:

- Body: *handsome, beautiful, sexy, attractive, fashionable, etc.*
- Brain: *intelligent, imaginative, interesting, witty, creative, understanding, truthful, etc.*
- Heart: *loving, thoughtful, loyal, supportive, considerate, affectionate, caring, committed, involved, nurturing, warm, kind, sweet, gentle, tender, etc.*
- Spark: *funny, fun, energetic, silly, playful, friendly, exciting, spontaneous, expressive, active, adventurous, lively, etc.*
- Character: *generous, reliable, responsible, dependable, brave, strong, decisive, practical, organized, assertive, protective, powerful, sensitive, vulnerable, flexible, receptive, careful, reserved, calm, relaxed, etc.*

2. Name what is Improving and/or Working in the Relationship

- Ex: "We did really well at ____"
- Ex: "I think ____ is going really well because ____"
- Ex: "You did a really great job at ____"
- Ex: "We are getting better at ____"
- Ex: "I'm proud of ____"

3. Discuss an Issue / Process a Regrettable Incident

- Taking turns, share a concern you may have from this past week.
- Actively listen to one another. This is not a time to provide solutions, deflect, or argue. Listen and validate your partner's emotions before entering into a problem-solving mindset.
- The speaker should focus on "I" statements.
- Check what you heard before responding. "It seems like ___" or "What I hear you saying is"

4. Share a Positive Need to Feel More Loved, Connected, and Supported This Week

Ex: "One thing I need this week is..."

Love Language Examples:

- Words of affirmation (*encourage, appreciate, actively listen, write a letter, make a card, etc.*)
- Physical touch (*hugs, kisses, cuddling, sex, foreplay, etc.*)
- Gifts (*gift, gesture, covering a need or want, etc.*)
- Quality time (*special moment, date night, walks, activity to do together, etc.*)
- Acts of service (*make food, do chores, take something off the other's plate, etc.*)

5. Go Over Logistics for This Week

- Social Engagements, Shared Calendar, & Plans Together
- Projects, Household Needs, Mutual Responsibilities, Etc.
- Individual Attention Takers, Work Stuff, Self-Improvement, Etc.
- Check in as needed on any previous step before ending with a hug/kiss/handshake/etc.