



Relationship Check-up

1. What made you fall in love with your partner, and what do you love most about him/her now?
2. When did you feel the most loved by your partner, and what specific things did he/she do to make you feel loved?
3. What needs to happen to make your partner a better friend?
4. What have you learned about being married that surprises you?
5. What do you imagine your relationship will look like 10 years from now?
6. What is the best thing that has happened to you and your partner in the past year?
7. What is your relationship's strongest point, and what areas can be enriched?
8. Are you able to talk openly about your sexual needs with your partner?
9. Is this the relationship you expected, hoped or dreamed it would be?
10. When is the right time to get professional help with a relationship?
11. On a scale of 1 to 10, with 10 being the ideal, how would each of you rate your ability to resolve conflicts?
12. Do you and your partner share enough fun times, and what are some fun things you could do?
13. Do you spend at least 20 minutes a day talking about things other than children, finances, or work?
14. What are the 5 most romantic things your partner has ever done for you, or you wish he/she would do?