

Weekly Check-In

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Defining the Check-In

A weekly check-in is a structured conversation between the two of you. It is a deliberate pause in your week where you sit down together and briefly reflect on how you have been experiencing each other.

It is also a clear and intentional relationship conversation. This marks an important shift, particularly if you have been following the earlier ground rule of not having open-ended relationship conversations. The check-in reintroduces relationship-focused dialogue in a contained and structured way, extending the work beyond therapy sessions and into everyday life.

It is not a problem-solving conversation. It is not a place to argue, correct, or analyse the relationship. It is not something you do in the heat of the moment. It is a deliberate, low-intensity, contained space that helps you stay in contact with each other before things build up and turn into conflict.

Most couples do not do this. What usually happens instead is that tension accumulates in the background until it breaks through as an argument. The check-in interrupts that pattern. It creates regular space to notice what is happening between you while it is still manageable. The focus stays on the recent past. The last few days. The last week. Not the history of the relationship and not everything that has ever gone wrong.

How to Set It Up

Choose a time once a week where you can sit down together without interruption. Put it in your calendar if needed and treat it like any other commitment. Do not do this while distracted, multitasking, or with other people around. Sit down together with enough time that you are not rushed. If either of you is highly activated, postpone it. The check-in depends on being able to stay regulated. If that is not possible, wait.

How the Check-In Works

One of you initiates by asking:



“How have I been the last week?”

This is an invitation. It opens the space. The other person responds in two parts.

First, they say what has been working. This needs to be specific. Not “you’ve been fine” or “things are okay,” but actual behaviours. What did the other person do that mattered. What landed well. What made a difference. Keep it grounded in observable actions and their impact.

Keep your comments focused on the last week. Stay with your experience and do not extend into generalisations or bring in the past. Keep it short and contained. It is essential that what is said remains focused on experience and does not become a monologue, a whole-relationship discussion, or a description of the other person’s character.

For the person listening, the task is simple. Listen and let it land. Do not interrupt. Do not defend. Do not retaliate. You asked a question. Accept the answer.

If needed, this can be followed by one personal experience or difficulty. This is not criticism. It is not “you did this wrong.” It is your experience. For example, feeling a bit disconnected during the week, struggling with something, or noticing a moment that stayed with you. The focus stays on your experience, not on blaming or defining the other person.

Then you switch. The same process is repeated.

Requests for Change

After both of you have answered that question, you move to the second part. Each of you, in turn, asks:

“What can I do differently to support you?”

“What do you need from me in the next week?”

This is not a demand. It is an invitation. If there is a request, it must be one thing only. It must be clear, practical, and based on behaviour. Not personality. Not “be more caring.” Not “stop being distant.” Something concrete. Something that can actually be seen and done.



You do not have to make a request. That is equally important. When you do, it must be realistic and actionable within the next week. These are not general household requests. They are specific to the relationship and to how you experience each other.

Then you stop.

That is the entire check-in. You do not keep going. You do not open new topics. You do not turn it into a longer conversation. You return to your day.

What to Watch Out For

For this to work, the structure has to be protected. Keep it contained. The check-in is short and focused. Keep it specific. Stay with real, observable behaviour rather than general statements. Keep it present. Stay with the last few days or the last week. Do not drift into the past. Keep it non-defensive. You are listening to understand how you have been experienced, not to correct or explain yourself. Keep it small. One request. Not a list.

If it starts turning into conflict, stop. Do not push through. That is a sign that the structure has been lost.

What a Check-In Is Not

Check-ins are not the space to resolve issues that have been left unattended. They are not the space for conflict resolution. There is a separate process for that, called the repair sequence. If you are reading this, it is likely that you have not yet covered that process. The check-in is the weekly relationship health check. It is alignment and review. Conversations to process and repair specific events, arguments, or pain points belong elsewhere.

What You Are Building

At first, this may feel artificial. That is expected. The point is not to have a perfect conversation. The point is to practise staying in contact in a structured way. Over time, this changes how you experience each other. You begin to notice things earlier. You speak about them sooner. Less builds up in the background. The relationship becomes less reactive and more deliberate.

This is not about dramatic breakthroughs. It is about small, regular moments of attention that prevent disconnection from accumulating.

