

Weekly Check-in for Two

One appreciation, one topic, one practical step and one thing to look forward to.
Missing a week is not a failure.



One thing I appreciated about you this week

One topic I would like to talk about

One practical step we will each take

One thing we are looking forward to

IF EITHER OF US NEEDS A BREAK

The words we will use

For example: I want to continue this when I can give it my full attention. I would like to take a break first.

How long (5, 20 or 30 minutes?)

When and how we will come back to it

REVISIT IT LATER

- | | |
|---|--|
| ☐ It helped | ☐ We chose a different approach |
| ☐ It partly helped | ☐ We need more time |
| ☐ We have not tried it yet | ☐ I do not want to continue this plan |

Free iPhone app: UnFight: Couples & Marriage

A private place to pause, find clearer words and decide what to do next. Stored on your iPhone: no account, no analytics or advertising SDKs.

UnFight is a self-guided communication tool, not therapy, counseling or emergency assistance. If you are in danger, call 911 or your local emergency number.

