

The Ultimate Relationship Check-In

(Part 1)

What is it?

A guided dialogue to help couples explore and deepen their emotional intimacy, assess their relationship, and plan for the future.

Sections:

Our Past Together:

Reflect on your shared history, memorable moments, and lessons learned.

Our Present Together:

Assess the current state of your relationship, addressing joys and challenges.

Our Future Together:

Discuss your aspirations and how you envision your lives unfolding together.

Catch-Up:

Revisit your experience and insights during a Catch-Up session the next day. It's a time to reflect and discuss action points.

How does it work?

State Intentions:

Before diving into the questions, both partners should express what they aim to achieve from this session.

Reading Questions:

One partner reads a question out loud to both.

Taking Turns:

Each partner takes a turn answering the question, striving for openness and honesty.

Discussion:

Discuss the answers and feelings they evoke. This is a dialogue, not just a question-answer session.

Move On:

After thoroughly discussing the current question, the other partner picks up the next question and reads it out loud. Repeat the process.

Preparation:

Set aside quality time, create a comfortable environment, and have the guide and some writing materials ready.

Communication Tips:

Maintain open and honest communication, but be sensitive to your partner's feelings. Listen actively without interrupting.

Our Past Together

1.

When you look back at when we first met, what details really stick in your mind?

Why do you think those are the ones you remember?

Our Past Together

2.

Can you think of a time when we went through something tough, but came out stronger because of it?

How did that shape how we are together?

Our Past Together

3.

What's a unique habit or quirk you discovered about me that you love?

Why does it make you smile?

Our Past Together

4.

If you could travel back in time and whisper something to yourself right before our first date, what would it be and why?

Our Past Together



Our Past Together

5.

What's the most memorable trip we've had together and why does it stand out?

Our Past Together

9.

What was the moment you realised you were in love with me?

How did that change the dynamic of our relationship?

Our Past Together

6.

What's the biggest sacrifice we've made for each other?

Looking back on it now, how do you feel about it?

Our Past Together

10.

Could you share a moment from our past that you feel really sums up our relationship?

Why do you think it's a good representation of us as a couple?

Our Past Together

7.

Is there a funny memory about us that still makes you chuckle when you think about it?

What makes it so amusing?

Our Present Together



Our Past Together

8.

Can you recall a significant decision we had to make together?

How did it affect our relationship?

Our Present Together

1.

What's something about our relationship now that you really value?

Why does it mean so much to you?

Our Present Together

2.

Is there something I do for you these days that makes you feel extra loved?

And..

Is there something I could do to make you feel my love more?

Our Present Together

6.

Do we have a new habit or routine that you're really enjoying?

Can you share why you like it?

Our Present Together

3.

Can you tell me about a time recently when you felt super proud to be with me?

What made it special?

Our Present Together

7.

What are some hurdles we're dealing with as a couple now?

How do you think we can tackle them together?

Our Present Together

4.

How do you think our relationship has grown or changed over time?

Our Present Together

8.

Do we have a shared dream or goal at the moment?

How does it impact our daily life or decisions?

Our Present Together

5.

How would you describe the *give-and-take* in our relationship right now?

Our Present Together

9.

What's something new you've discovered about me recently that makes you appreciate me more?

Our Present Together

10.

If you could describe our relationship right now in three words, what would they be and why?

Our Future Together

3.

Do you have a personal aspiration or dream that you'd like me to be more involved in?

How can I best support you?

Our Future Together



Our Future Together

4.

What do you think about expanding our family?

Would you like us to be parents one day?

What kind of a dynamic do you envision for us?

Our Future Together

1.

Picture us as an old couple.

What's are you looking forward to the most about that stage of our life together?

Our Future Together

5.

As time goes on, what aspects of our personal growth do you think will most influence our relationship?

Our Future Together

2.

What do you want our sex life to be like in the future?

Our Future Together

6.

Let's imagine designing our perfect life together.

What would it encompass in 5, 10, and 20 years' time?

Our Future Together

7.

If we were to build our dream house, what's one unique feature you'd want to include?

BONUS!

Is there anything else you would like to say or ask?

Our Future Together

8.

What is your biggest fear about our future?

Catch Up

(For the day after)



Our Future Together

9.

What do you hope will never change about your Partner in the future?

Catch Up

1.

Can you share a moment where you felt very close or connected to me?

What made that moment special for you?

Our Future Together

10.

Why do you want me to be your Partner of all people?

Catch Up

2.

What's something you learned about me that you didn't know before?

How did that discovery make you feel?

Catch Up

3.

Can you recall a moment that made you laugh or smile because of me?

What was it, and why did it bring joy?

Catch Up

7.

How would you summarise our experience?

Catch Up

4.

What was your favourite question/answer and why?

Catch Up

8.

Is there something you would want me to know, that hasn't been said through the Odyssey?

Catch Up

5.

what question/answer did you like the least or made you feel sad or anxious?

Catch Up

9.

Is there something from this experience, you would like to integrate into our day to day life or experience more often?

Catch Up

6.

Do you feel different or the same about our relationship and future together since our Odyssey?

Catch Up

10.

How do you feel about me today?

