

A large, light pink heart outline is centered on the page, serving as a background for the text.

# **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



## 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

5.

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

## 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

7.

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

What makes it so amusing?

## Our Past Together

8.

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

How did it affect our relationship?

## 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

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 Present Together



## 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

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

4.

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

## Our Present Together

5.

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

## 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

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

8.

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

How does it impact our daily life or decisions?

## 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



# 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

2.

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

## 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

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

5.

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

## 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?

## Our Future Together

8.

What is your biggest fear about our future?

## Our Future Together

9.

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

## Our Future Together

10.

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

# BONUS!

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

# Catch Up

(For the day after)



## Catch Up

1.

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

What made that moment special for you?

## 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

4.

What was your favourite question/answer and why?

## Catch Up

5.

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

## Catch Up

6.

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

## Catch Up

7.

How would you summarise our  
experience?

## Catch Up

8.

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

## 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

10.

How do you feel about me today?



THE



END ...?