



Friends Couple Enrichment

Couple Check-in Dialogue

Partner A: “How are you feeling about your state today?”

Physical state
Mental state
Emotional state
Spiritual state
Sexual state
Vocational state
Social state

Partner B: “As I think about my state today, I feel ... because ...”

Take time with your partner to check in about how you are each feeling about different areas of life. You may wish to work through all 7 areas, taking turns. Or you may prefer to each focus on 3 or 4 areas and then share those with your partner. We encourage you to practice reflective listening to assure your partner that you understand what they are saying.

There is no “correct” way to work through these areas, nor are there any “correct” answers -- it is simply an opportunity to grow closer to your beloved.