

Friendship Check-In Worksheet

Week 2, Session 3

Shared Meaning and Vision Casting

Take turns sharing:

1. What do we want to value as a couple?
2. What kind of family culture are we creating?
3. What legacy do we want to be creating in this season of life?

Listening Well

Take turns sharing:

4. What would make you enjoy processing life more with me? How can I listen to and engage with you well? (Do you like feedback and advice? Open-ended questions and validation? Is it helpful for me to keep the conversation focused on you, or bring in my own life examples and thoughts?)

Creating Rituals of Connection - A Step-by-Step Guide

Step 1: Identify Key Moments

Look at the natural rhythms of your day or week. Where are the emotional entry points—times when you're saying hello, goodbye, resting, eating, or transitioning?

Examples:

- Morning wake-up
- Leaving for work
- Coming home
- Dinner time
- Bedtime

Step 2: Choose One Moment to Start

Don't try to overhaul everything at once. Pick one vulnerable or meaningful transition—say, bedtime or morning coffee—and build a ritual around it.

Example:

- A two-minute cuddle and check-in every night before bed.
- A goodbye kiss with eye contact each morning.
- Share one thing you appreciate about your spouse every day.
- Pick one activity (sport, show, hobby) per week to engage in together that your spouse likes.

Step 3: Agree on the Why

Make the purpose clear. "Let's do this to stay connected," "to remember we're a team," or "to keep our relationship warm." The meaning behind the ritual makes it stick.



Step 4: Practice It Consistently

Even if it feels awkward or forced at first, lean in. Rituals grow in emotional power through repetition.

Step 5: Reflect and Adjust

Ask each other: Is this working? Do we feel more connected? Make changes together as needed.

Grace and Forgiveness Check-In Worksheet

Week 2, Session 4

Couples Exercise

1. Despite our differences, what are some ways that we complement each other as a couple?
2. Are there times when you feel any of the “Subtle C’s” (Corrected, Criticized, Compared, Controlled) from your spouse? Are there any ways that you wish your spouse would offer more grace to you? Share your responses.
3. Considering “God’s Perspective,” share with your spouse what you treasure most about them.

Individual Exercise

1. What is your internal mental list of things your spouse can do that annoy, frustrate, or hurt you?
 - a. Applying grace, can I let it go and say to myself, “that’s OK”?
 - b. If not, am I being intentional about preparing and softening my heart towards my spouse?
 - c. When we do have difficult discussions, am I careful not to let the “truth get ahead of the love”?
2. If you personally have struggled with any of the “Ugly A’s” and wonder if it still causes hurt in your spouse or tension in your relationship, in humility, would you consider writing a letter using the following principles?
 - a. Remorse: “I’m sorry for what I did...”
 - b. Understanding: “I’m sorry for how I hurt you...”
 - c. Commitment to Change...
 - d. “Please forgive me...when you’re ready.”

