



WEEKLY STATE OF THE UNION CHECK-IN

A RELATIONSHIP RITUAL INSPIRED BY THE
GOTTMAN METHOD

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Before You Begin:

Choose a consistent time each week (20-60 minutes). Sit somewhere comfortable, turn off notifications, and remember: **you're on the same team.**

Date:

Time:

1 - Appreciations

Build positivity, warmth, and emotional safety.

Each partner shares 2–5 specific appreciations from the week. Focus not only on what your partner did, but what it says about who they are.

Partner A's Appreciations:

I appreciated when _____ because it showed me that you are _____.

One thing I noticed and valued this week was _____.

I'm grateful for the way you _____.

Partner B's Appreciations:

I appreciated when _____ because it showed me that you are _____.

One thing I noticed and valued this week was _____.

I'm grateful for the way you _____.

Notes:

2 - What's Going Well

Highlight strengths, improvements, and relationship wins.

Each partner reflects on moments of connection, teamwork, and progress.

Partner A's Appreciations:

One thing that felt really good between us this week: _____.

I noticed we were better at: _____.

A moment I felt close to you was when _____.

Partner B's Appreciations:

One thing that felt really good between us this week: _____.

I noticed we were better at: _____.

A moment I felt close to you was when _____.

3 - Household Chores & Logistics Reset

Reduce resentment and clarify expectations.

What worked well last week?

What didn't work as well?

What do we need to adjust for this week?

Where could I use more support?

Partner A:

Partner B:

This Week's Plan:

| Task/Responsibility | Who is taking them on? |
|---------------------|------------------------|
| | |
| | |
| | |
| | |

4 - Plan for Good Times

Create joy, build friendship, and strengthen connection.

Choose **1-2 simple, realistic activities** you'll look forward to this week:

1. _____ (When: _____)

2. _____ (When: _____)

5 - Gently Bring Up One Concern

Address issues with kindness and clarity – complaint, not criticism.

Each partner may bring up **one concern** using a soft start-up: “I feel _____ about _____ and I need _____.”

Partner A's Concern:

I felt _____ when _____.

I need _____. Going forward, let's _____.

Partner B's Concern:

I felt _____ when _____.

I need _____. Going forward, let's _____.

6 - What's One Thing That Would Help You Feel Loved This Week?

Turn emotional needs into specific, achievable requests.

Requests should be **small, specific, and doable this week.**

Partner A:

One thing that would help be feel loved is: _____.

Partner B:

One thing that would help be feel loved is: _____.

Any adjustments or negotiations?

7 - Close with Affection or Connection

End with warmth so the ritual feels safe and positive.

Choose one or more:

- A 6-10 second hug
- Holding hands
- A kiss
- Sharing one word about how you feel now
- Expressing gratitude
- A playful moment or inside joke

Final Reflection:


Need Support?

My Mental Climb offers online and in person couples therapy, individual therapy, and specialized modalities to help you communicate, reconnect, and grow together.

Contact:

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"Successful long-term relationships are created through small words, small gestures, and small acts." — John M. Gottman