FREE WORKSHEET FOR MARRIED COUPLES

How are we *really doing?*

A couples check-in. Strong marriages are built in small, regular conversations, not only in crisis. Set aside 30 minutes, fill this in on your own first, then share your answers with each other. Listen to understand, not to win.

Rate each area right now

Fill one circle each (1 is struggling, 5 is thriving).

AREA	ME	MY SPOUSE
Communication	○○○○○	○○○○○
Feeling close and connected	○○○○○	○○○○○
Affection and intimacy	○○○○○	○○○○○
Fun and friendship	○○○○○	○○○○○
Handling conflict	○○○○○	○○○○○
Money and household	○○○○○	○○○○○
Support for each other's goals	○○○○○	○○○○○
Shared values or faith	○○○○○	○○○○○

Something I appreciated about you this week

Something I need more of from you

Ask for what you want, not what you don't want.

Something on my mind I want to share

Our next date or time together

Want support as a couple?

Soul Care offers virtual couples therapy and premarital counselling across Canada. Faith is always welcome in session, and never required.

Couples therapy

COUPLES WORKSHEET · HOW ARE WE REALLY DOING?

Repairing after conflict

Every couple argues. What matters most is how you come back together. Use these steps once you are both calm.

1 Take a real break

If either of you is flooded (racing heart, raised voices), pause for at least 20 minutes. Agree on when you'll come back.

2 Start gently

Begin with "I" instead of "you." Describe the situation, not your spouse's character.

3 Listen and reflect

Repeat back what you heard: "What I'm hearing is…" Ask, "Did I get that right?"

4 Own your part

Even if it's small: "I can see how my tone made that harder."

5 Name the need underneath

Most fights are about a deeper need: to feel respected, cared for, safe or valued.

6 Agree on one next step

Choose one thing you'll each try differently next time.

Try this sentence

"I feel _____ when _____, and I need _____."

What we usually argue about

What's often underneath it for me

Phrases that help us reconnect

e.g. "Can we start over?" "I'm on your side."

What I'll try differently next time

Please note

This worksheet is for everyday conflict. If there is fear, threats, control or violence in your relationship, please reach out for safety support. You deserve to be safe.