

*Corranda Andrews*

Y o u r R e l a t i o n s h i p

C h e c k - i n



W E L C O M E !

Marriage is a lifelong conversation, one that will energise you, support you, amuse you and sometimes drive you crazy!

The depth of your conversation really does correlate with the strength of your marriage. Which is why it's critical you find a way to share your thoughts and feelings.

I am pleased to share with you this weekly and monthly 'check-in' which I designed to use personally in my own relationship. They're based on both my own personal experience of relationships as well as from conversations with many clients and friends.

By committing to these check-ins you are showing up for yourself, your partner and your relationship and I really want to acknowledge that.

I truly hope they help you co-create a deeply fulfilling and emotionally connected partnership.

I'm rooting for you.

*Cassandra Andrews*

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## HOW TO SHOW UP

We all have busy lives and our partners so often get the last 1% of us at the end of the day, Is it any wonder that relationships break down? Much like cars, relationships need fuel, servicing and care. Healthy relationships really are an investment of time, energy and attention – where focus goes, energy flows.

Prioritising time each week to understand what's going on for each of you, will be a serious gamechanger to your relationship, helping to build trust, intimacy and a deeper emotional connection.

Awareness is the first step in lasting change. Using this check-in consistently will enable you to start identifying any trends or patterns in the way you show up either individually or together in your relationship and more importantly if they are serving your relationship.

Make your relationship check-ins a ritual, decide on the time and place that you will both dedicate to your relationship and each other. A time when you can be fully present, without distractions. Remove smart watches, phones and any other distractions that will stop you being present with each other.

It's also helpful if you can sit in the same place each week, perhaps have the same music on or the same candle or scent in the room. All of these 'anchors' indicate to your brain that this is your sacred relationship time.

It's important to consider what three things might get in the way of your check-ins and what will you both commit to doing to mitigate it. Addressing these potential issues in advance gives you a much higher chance of success.

Complete the questions individually, then share and discuss. The questions have been designed to create conversation and a deeper understanding of where you both are in the moment.

Remember that you and your partner have different maps of the world. You have been brought up differently, with different parenting, beliefs, values and experiences.

With this in mind, approach your check-in with compassion, empathy and curiosity. Here's a few things you might like to commit to:

- To create space for vulnerability – that means bringing the 'real you'.
- To show grace and respect for your relationship and each other.
- To be openminded and assume positive intent.
- To deeply listen to each other and get curious about your partners thoughts and feelings.

Ok, with that in mind let's get going....

### **Note to the men**

A women's fundamental needs are to be understood and listened to, they do not need you to fix anything.

### **Note to the women**

A man's fundamental needs are to be appreciated, to feel free and to know you value their thoughts and opinions.

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W e e k l y R e l a t i o n s h i p

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What three things did you appreciate over the past week that made you feel loved and supported by me?

1.

2.

3.

On a scale of 1 - 5 (1 being unfulfilled and 5 being truly nourished, answer the following questions:

How physically connected to me have you felt over the past week?

1    2    3    4    5

How emotionally connected have you felt over the past week?

1    2    3    4    5

How sexually fulfilled have you felt over the past week?

1    2    3    4    5

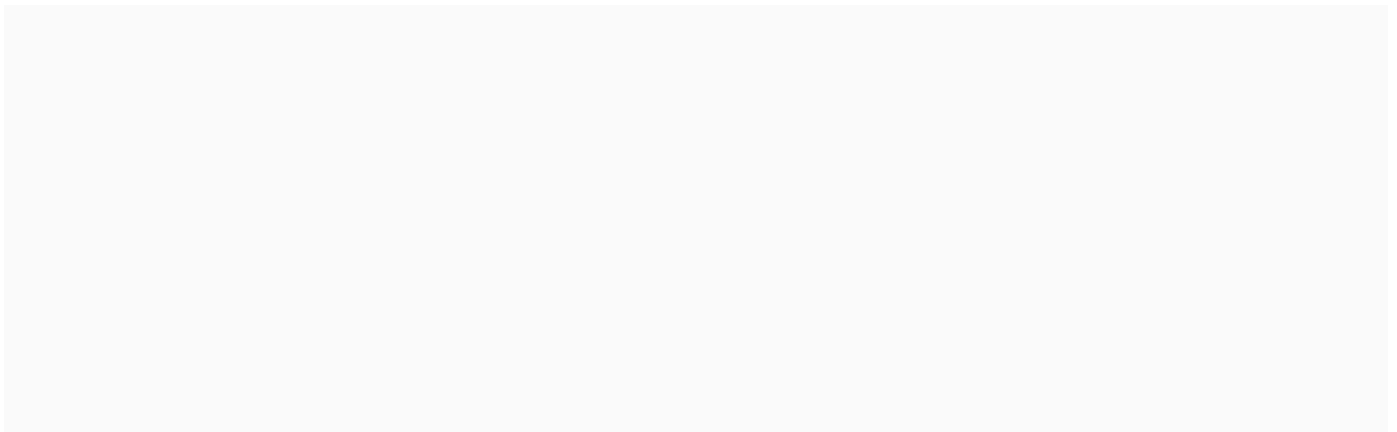
How seen and heard have you felt over the past week?

1    2    3    4    5

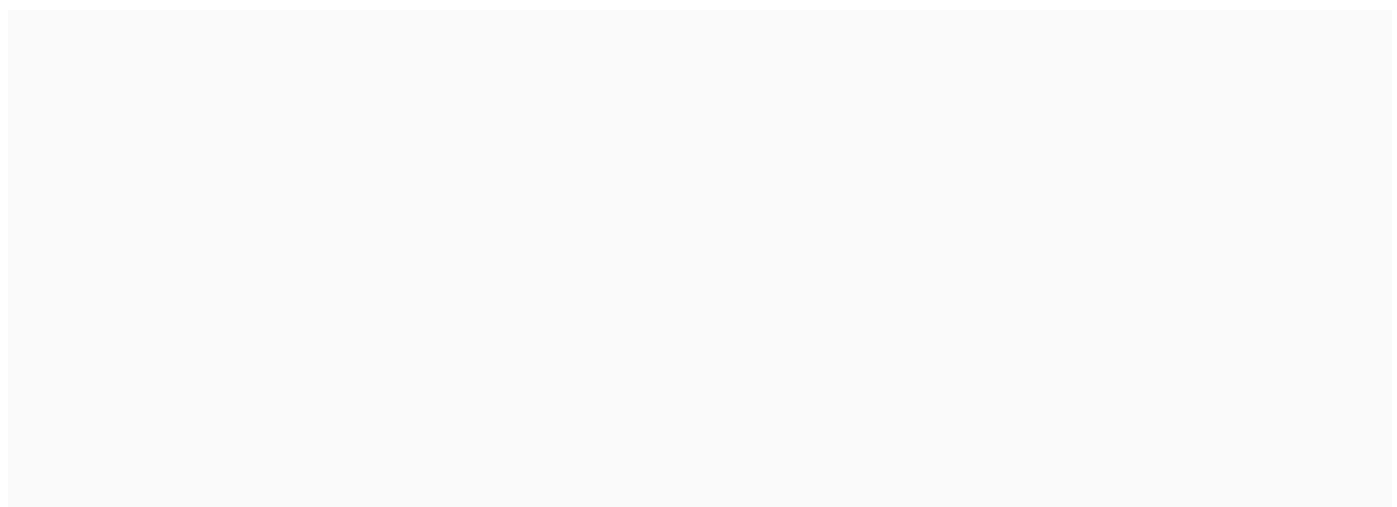
Have I shown you love over the past week in a way that works for you?



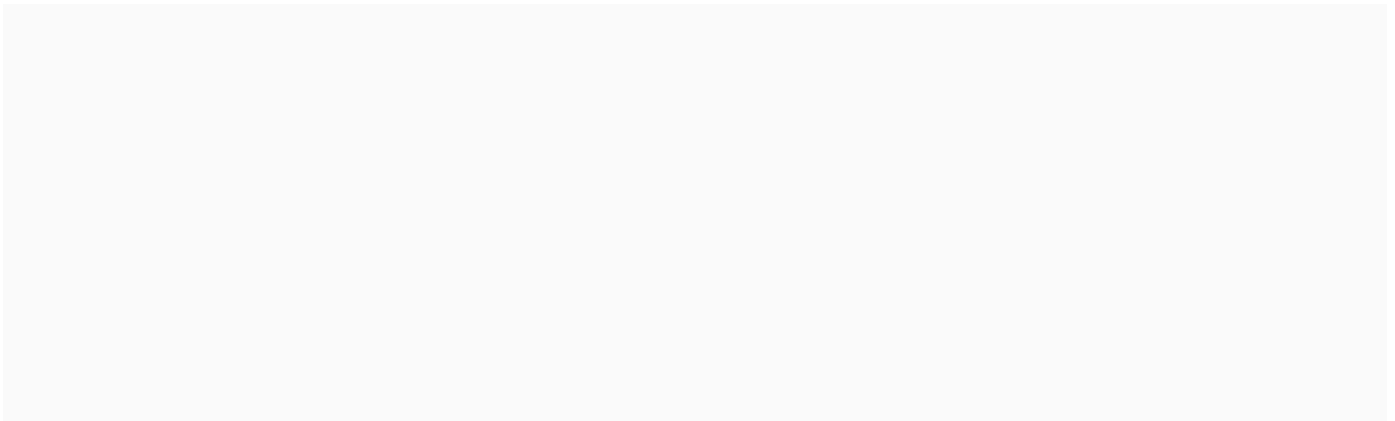
Has the balance between solitude and the time we've spent together worked for you?



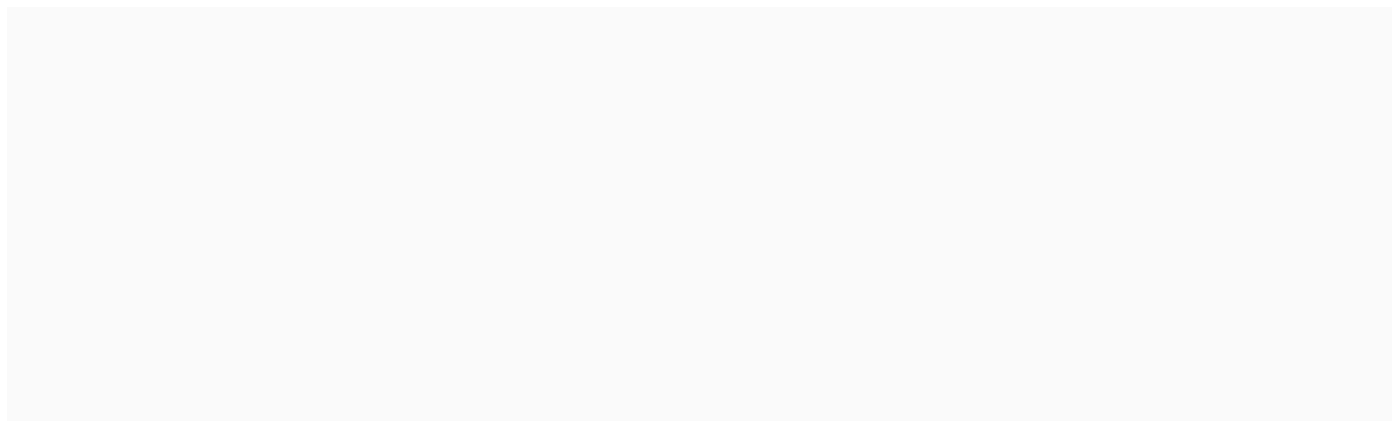
What specifically can I do this week to help you feel loved or supported?



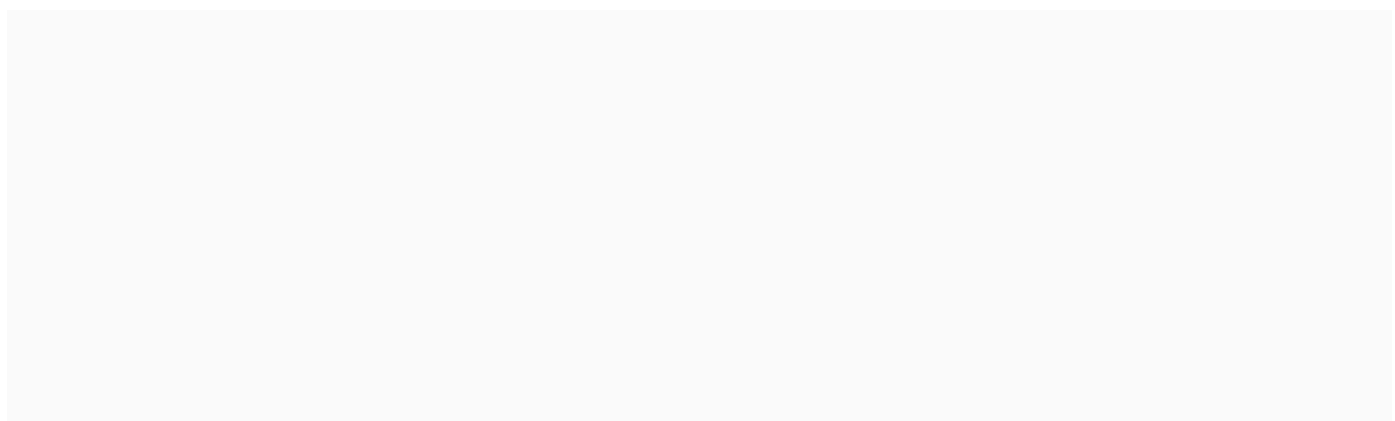
What are your thoughts about the division of household duties over the past week?



Is there anything you have wanted to say and haven't?



Is there anything else you would like to talk about?





## WHAT NEXT?

- Share diary for the week ahead
- Plan time together
- Kiss and cuddle, or perhaps more....

*Corranda Andrews*

Monthly Relationship

Check-in



## RELATIONSHIP WHEEL

The relationship wheel gives you a snapshot of the energy within your relationship, helping you both identify which areas need focus and attention.

Completing this monthly will ensure you are aware of issues before they become insurmountable.

Each spoke of the wheel on the next page represents a distinct component of your relationship.

Individually rate each area of your relationship on a scale of 1-10 (1 being unfulfilled to 10 being fully nourished). Be honest.....

When you're done, colour in each slice of the wheel. Take a look at your wheel and create space to share and talk through.

# RELATIONSHIP WHEEL

## **Communication**

Are you sharing what you are thinking and feeling? Are you both committed to resolving conflict with openness and compassion?

## **Fun**

Are you playful with each other and do you look for opportunities to have fun together?

## **Friends and Family**

Are you happy with the amount of time you spend with friends and family?

## **Sex**

Are you having enough sex? When you have sex, do you feel connected and emotionally full up?

## **Appreciation**

Do you feel truly appreciated by your partner, do they show you appreciation in a way that works for you?

## **Finances**

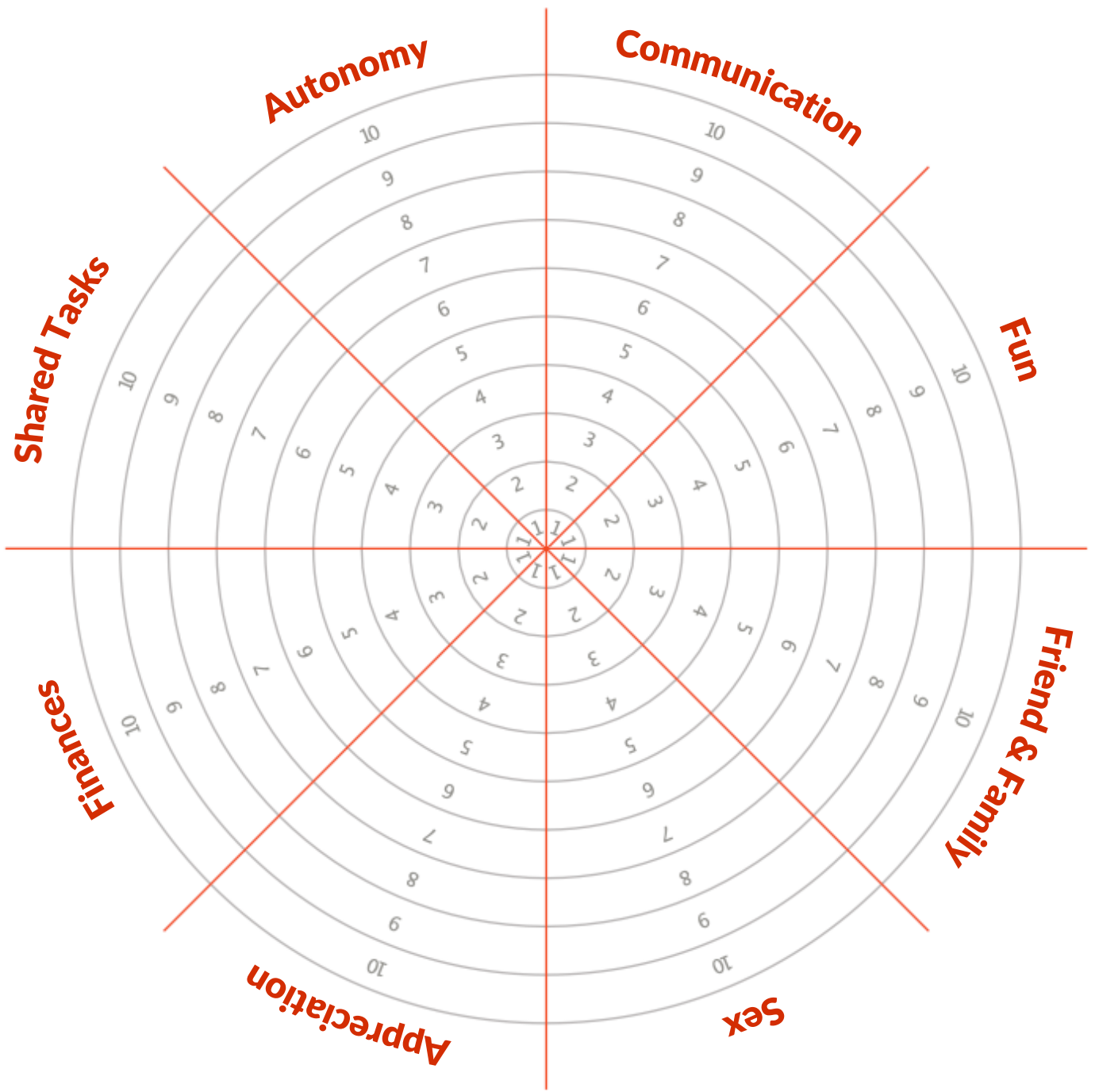
Are you having the conversations around your finances that you want? Are your values around saving/spending aligned? Are your financial priorities the same?

## **Shared Tasks**

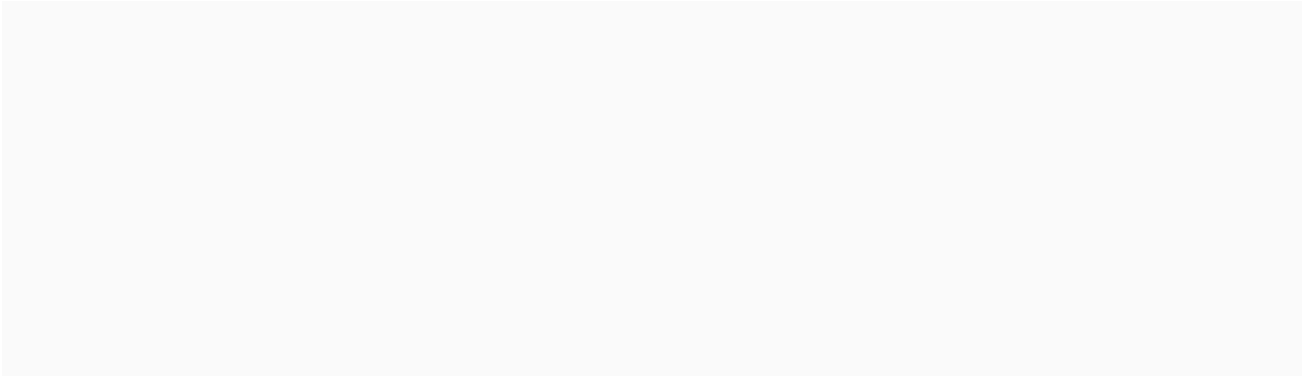
Do you feel the household duties are equitable and inline with the other commitments you both have?

## **Autonomy**

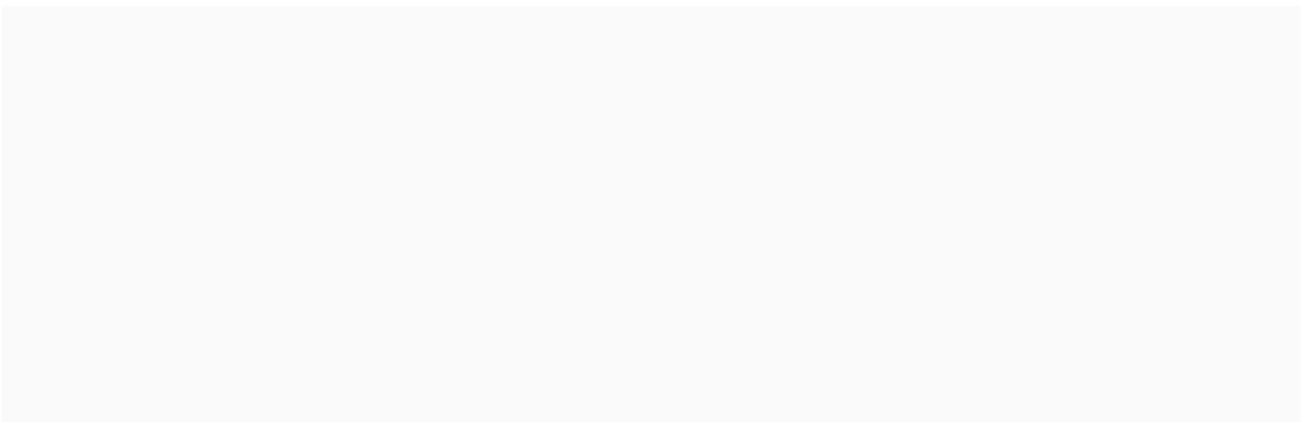
Do you have enough freedom to do the things you want to do individually?



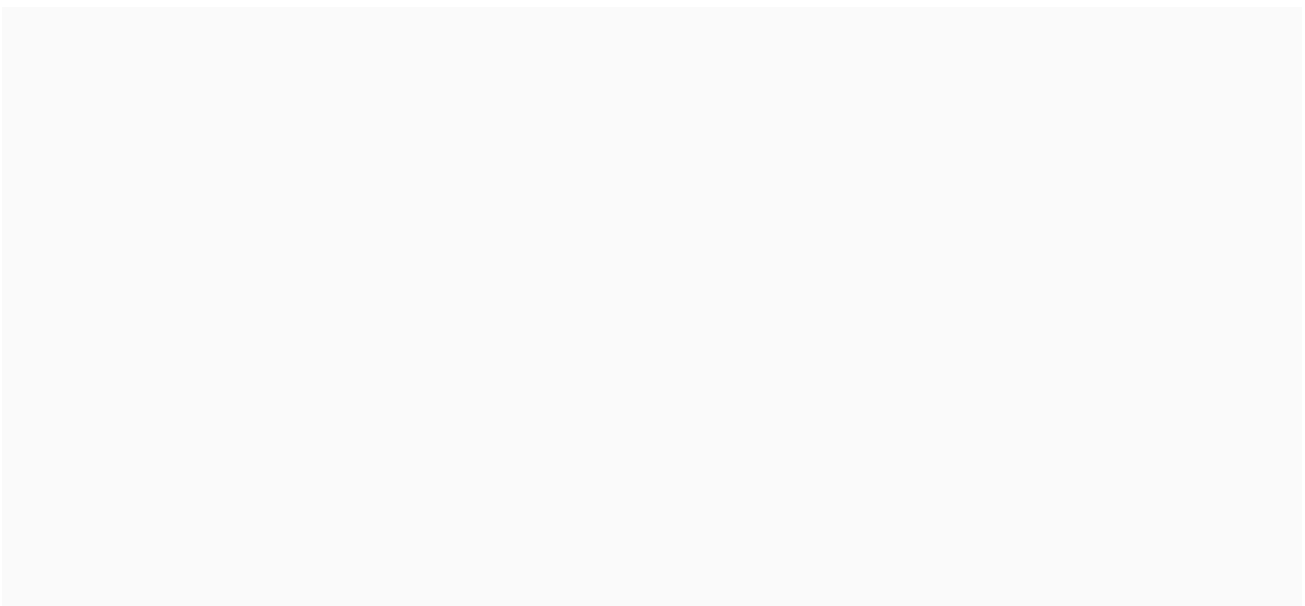
After reviewing each others relationship wheel, where are you aligned?



Which areas do you both feel need attention and energy?



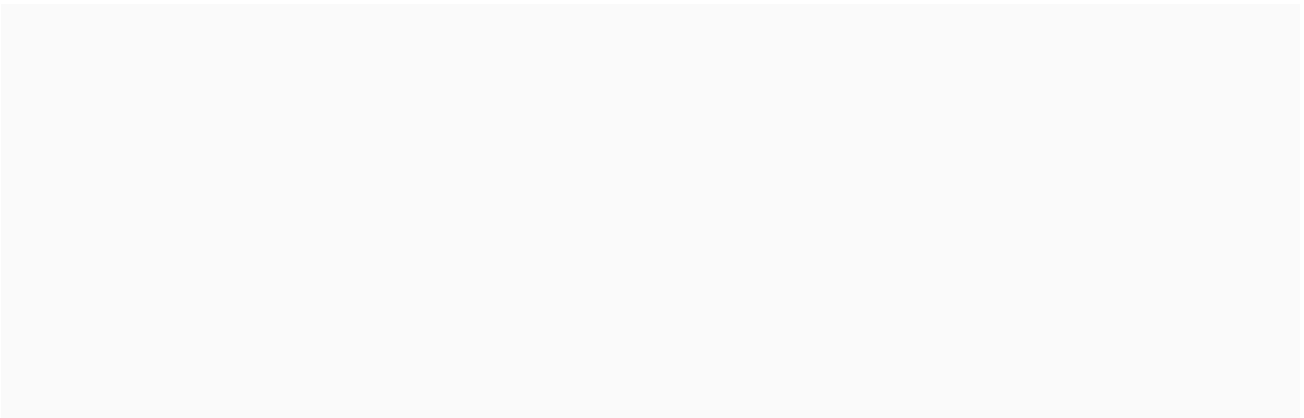
What are you both going to commit to doing this month to nourish these areas?



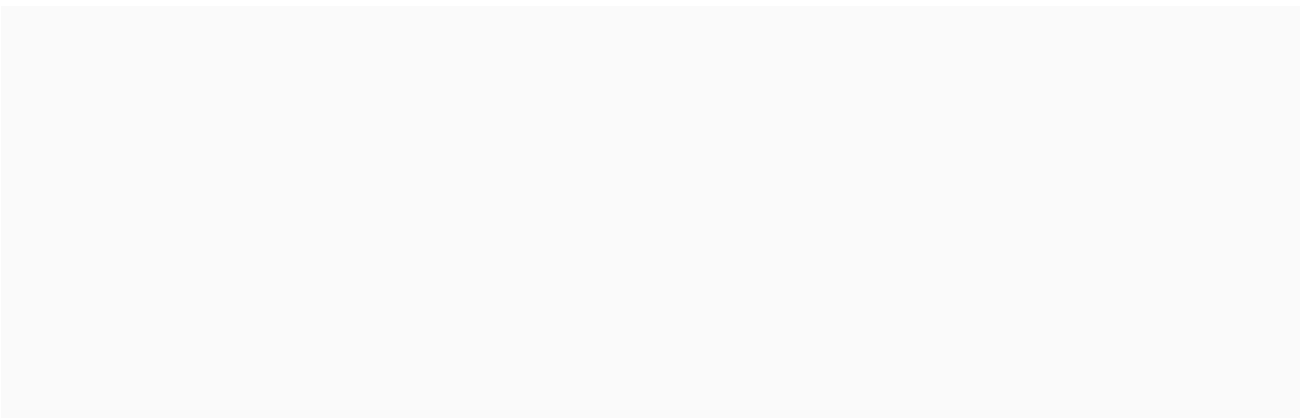
Is there anything I've stopped doing that you used to like?



Is there anything you'd like me to change?



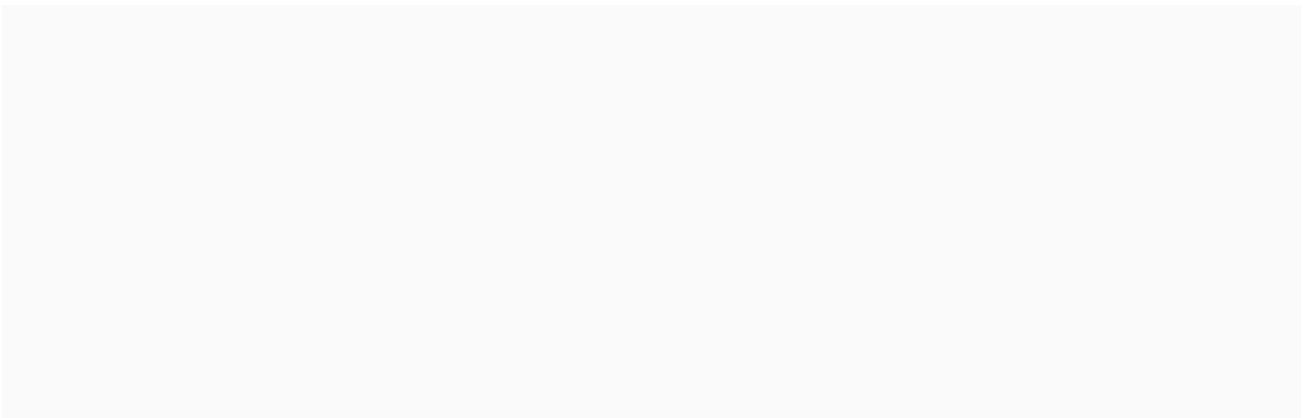
Is there anything you'd like me to start doing?



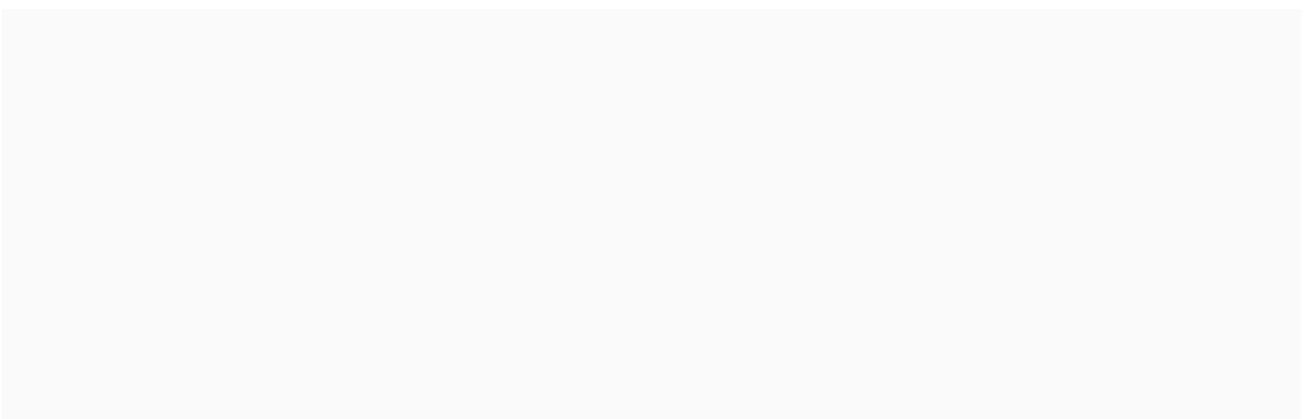
Is there anything coming up that requires more of our attention or preparation?



Ideas for date nights this month.



What's something we want to focus on this month to help our relationship thrive?





## WHAT NEXT?

- Kiss and cuddle, or perhaps more....

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