

covenant  
sex therapy

# in the sheets

Worksheets for building relationship skills, communicating effectively & engaging in activities that enhance your connection.

*24 questions  
for 2024*

Relationship check-ins are like a friendly chat for every couple, no matter where you are in your journey. We all know how daily routines can lead us down separate paths, and sometimes, we might not even notice the distance creeping in. That's where a relationship checkup comes in – it's like hitting pause to prevent drifting and create moments of reconnection.

Taking a breather to sync up and share the same wavelength is never a bad idea!

And hey, if you're not sure where to kick off the conversation, here are 24 questions for 2024 from Covenant Therapy.

Let's start with chatting about the good stuff – what makes us adore each other and our relationship. Keep it positive, and let those good feelings flow!

Let's get into the good stuff:

1. What am I doing now that you like?
2. What's one of your favorite traits of mine?
3. What do you appreciate about your spouse?
4. How is our friendship? Are we happy with the quality of our emotional and intellectual intimacy?
5. Is there anything I've stopped doing that you used to like?
6. Is there anything you would like me to change?
7. What roles do you take on in our relationship?
8. Do you like the roles you have in our marriage?
9. What would you rather do instead of your current relationship roles?
10. What is something specific I can do this week to help you feel loved or supported?

Moving on to more personal and reflective questions:

11. What is your best and worst memory of your childhood?
12. List your three biggest needs, and how can I fulfill them?
13. If there was one thing I understood better about you, what would it be?
14. What kinds of things do I do that annoy you, and what kinds of behaviors do you think I should stop or modify?
15. Does anything keep you awake at night that you haven't shared with me?
16. Is there something that you've dreamed of doing but haven't yet?  
What's prevented you from doing this?
17. Why do you love me? And when did you feel most loved by me?
18. What would you consider unforgivable and why?
19. How can we make our sex life better?

Closing with questions that encourage future conversations:

20. What is something you hope I ask you?
21. Of your friends and family, who do you think has the best relationship & why?
22. What do you hope for me?
23. What conversations do you sidestep that we should have?
24. What things do you neglect in our relationship because you know I'll pick up the slack?