



WEEKLY CHECK-IN

1. Review Schedule for Upcoming Week

Besides the obvious value of ensuring we are communicating well about our schedule, it allows us to know important meetings coming up for the week that we can pray about for each other. Danielle does a wonderful job of sending a text before a big meeting that she is praying for me. She makes a note during our weekly check-in about these meetings. It is amazing how much peace it gives me when I get her texts that she is praying.

2. Discuss Hopes and Dreams

It is so important to know our spouses' dreams and listen to them as they describe their dreams. Some big dreams are the same every week (condo at the beach) while others change often (would like to lose 10 lbs this month or try a new restaurant). This process keeps what is important to our spouse at the front of our minds.

3. Provide an emotionally safe environment to discuss how each other has hurt, frustrated, embarrassed, angered each other the past week.

Here is the process. The husband should lead by going first.

1. Pray out loud together for God to help you both provide an emotionally safe environment for each other by not getting flooded and defensive.
2. Ask your spouse, "What have I done this week that has hurt, frustrated, embarrassed or angered you?"
3. Validate their feelings - When they answer, the tendency is to get defensive. Instead, say **"Wow, I can really understand your perspective and why you feel the way you feel!"** I am sorry that my action/response hurt/frustrated/embarrassed/angered you. I love you and would not intentionally hurt you". Make sure your tone and body language are compassionate and not defensive. *Their feelings are real* even though you might think they are not justified.
4. Ask what your spouse wished you would have done differently.
5. Either say I will work hard to do that next time. If you feel it will be difficult to do that next time, suggest an alternative. The key is jointly coming up with a solution.
6. After the husband finishes this process, then the wife starts the process.

Remember this process takes time to get good at and can be hard the first few times. Be patient and persistent. The reward is you will actually feel closer afterward if done with compassion and issues will not build on each other over time.

4. Finish with discussing what your spouse did well the past week.

This helps us focus on the positive attributes and actions of our spouse. This is very important as our brain wants to focus on the negatives and this helps train our brain to focus on the positives.