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The Sunday Check-In

A Little Game for Two People Still Figuring Life Out Together

35 questions • 7 conversation categories • One bowl • Your own pace

Hey you! It's me! 💋

There was a season when my husband and I felt more like roommates than husband and wife. We were waiting for the kids to grow up and life to slow down, and we had stopped asking each other how we were really doing.

Eventually, we started making time for Sunday conversations. We mixed up the questions, listened, and learned more about the people we were becoming. I made this guide so you can try something similar, in your own way. You don't need perfect answers. You just need a place to start.

I love you, Jenn 💋

How to Play: The Bowl Game

1. Each person chooses one question from each of the seven sections.
2. Write each chosen question on its own slip of paper, or cut out the cards at the end.
3. Fold the questions and toss them into a bowl. Mix them up.
4. Take turns drawing. Both partners get a chance to answer each question.
5. Draw one, two, or three at a time. Leave the rest for another Sunday.
6. End by sharing one small thing you can do for each other this week.

Before You Start

Pick a calm time. A walk, a drive, or sitting side by side can feel easier than a formal face-to-face talk for some people. Ask, listen, and let each other finish. Skip the urge to correct or fix. You can say "I need time to think" and come back later. Try "What I'm hearing is ... did I get that right?"

> **House rules:** No interrupting. No keeping score. No using vulnerable answers against each other. Phones away. Either person may pass or pause. The purpose is mutual understanding, and both partners deserve to feel safe and respected.

PICK ONE FROM EACH SECTION

The 35 Questions

Checking In: How Are We Really Doing?

- [ ] How are you really doing, beyond the "fine" version?
- [ ] What's been weighing on you lately that you haven't said out loud?
- [ ] What's draining your energy right now, and what's still giving you energy?
- [ ] Is there anything you're carrying alone because you don't want to burden me?
- [ ] On a scale of 1 to 10, how are you doing this week? What would make it one point better?

Our Bodies, Minds & Midlife Changes

- [ ] Have you noticed changes in your energy, sleep, mood, or body that you haven't mentioned?
- [ ] Is there something about getting older that's been bothering you more than you've let on?
- [ ] When you're short-tempered or quiet, what's usually going on underneath?
- [ ] What do you wish I understood about what you're going through physically?
- [ ] Would you be open to both of us getting a checkup so we're not guessing about what's going on?

Feeling Seen & Appreciated

- [ ] When do you feel most appreciated by me? When do you feel taken for granted?
- [ ] What's something you do for us that you feel goes unnoticed?
- [ ] What's one small thing I could do that would make your day easier?
- [ ] Do you still feel like a priority, or more like a teammate managing a household?
- [ ] What's one thing I do that makes you feel loved?

Intimacy & Connection

- [ ] Do you feel close to me right now? What makes you feel closest?
- [ ] Has anything changed in our intimacy that we've been avoiding talking about?
- [ ] What does affection look like to you now? Has that changed over the years?
- [ ] Is there something you'd like more of, or less of, that you've been afraid to say?
- [ ] When was the last time we really had fun together? What would it take to get that back?

The 35 Questions (continued)

That "Something Has to Change" Feeling

- [ ] Do you ever feel stuck or restless? What does that feel like for you?
- [ ] If you could change one thing about your life right now, what would it be?
- [ ] Is there a dream you set aside that still matters to you?
- [ ] What part of who you used to be do you miss?
- [ ] What would a meaningful next chapter look like for you, and where do I fit in it?

Where We Stand as a Couple

- [ ] What's one thing we're doing well together right now?
- [ ] What's one thing we keep circling but never really resolve?
- [ ] When we argue, what do you wish I'd do differently? What do you wish you'd do differently?
- [ ] Do you feel safe telling me hard things? If not, what would help?
- [ ] Is there anything you're unhappy about that you've been afraid would start a fight?

Looking Ahead Together

- [ ] What are you most looking forward to in the next five years? What worries you?
- [ ] What do you want our life to look like when the kids are fully grown and out?
- [ ] How do you want us to handle hard seasons, like aging parents, health scares, or money stress?
- [ ] What's one thing we could start doing now so we're still close twenty years from now?
- [ ] What's one thing you need from me right now that you're not getting?

CUT-OUT QUESTION CARDS

✂ Choose your favorites. Cut along the dotted lines, fold the cards, and place them in your bowl.

CHECKING IN: HOW ARE WE REALLY DOING?

How are you really doing, beyond the "fine" version?

CHECKING IN: HOW ARE WE REALLY DOING?

What's been weighing on you lately that you haven't said out loud?

CHECKING IN: HOW ARE WE REALLY DOING?

What's draining your energy right now, and what's still giving you energy?

CHECKING IN: HOW ARE WE REALLY DOING?

Is there anything you're carrying alone because you don't want to burden me?

CHECKING IN: HOW ARE WE REALLY DOING?

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OUR BODIES, MINDS & MIDLIFE CHANGES

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WHERE WE STAND AS A COUPLE

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WHERE WE STAND AS A COUPLE

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LOOKING AHEAD TOGETHER

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LOOKING AHEAD TOGETHER

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WEEKLY REFLECTION

Our Sunday Check-In

Date

Our question(s) today:

Something I learned about you:

Something I want you to understand about me:

One small thing we'll try this week:

A gentle reminder: A hard answer is an invitation to pay attention. If these talks repeatedly escalate or feel unsafe, pause and seek appropriate support. A couples counselor can help with communication when both partners can participate safely.

