

The Relationship Autopilot Audit

A Reflection Tool to Shift from Functioning to Connecting

Introduction

Long-term relationships often slip into autopilot. You manage logistics, handle responsibilities, and get through the day—but emotional connection starts to fade. This worksheet helps you identify the routines that keep you functioning but feeling disconnected, and begin building small rituals of connection to bring emotional life back into your relationship.

1. What Parts of Our Relationship Feel Like Autopilot?

These are routines or roles that feel automatic, disconnected, or emotionally flat.

2. Where Do We Feel More Like Roommates or Teammates?

Examples: parenting, finances, scheduling, chores. How do these areas impact our emotional or physical intimacy?

3. What Moments Do I Miss That We Used to Share?

Think about physical closeness, laughter, emotional check-ins, spontaneous connection.

4. One Ritual or Action We Could Reintroduce This Week

Small rituals matter. Consider daily eye contact, intentional greetings, meaningful touch, or shared nighttime routines.
