COUPLES CHECK-IN

# Behind the Harmony

*A check-in for couples who don't fight*

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Some couples rarely argue, yet still feel a quiet distance. Peace can be real, or it can be a way of keeping hard feelings out of the room. This check-in helps you notice the unspoken rules in your relationship, share more honestly, and build enough safety to say what matters without blame.

### How to use this check-in

- Print a copy for each of you. Answer on your own first.
- Pick a calm, unhurried time to share. This is a conversation, not a test.
- Share only what feels safe. You can come back to any question later.
- When your partner shares, thank them before you respond.

SECTION 1

## How we handle emotion

**1. When something upsets me, I tend to...**

- ☐ Stay quiet so I don't upset my partner
- ☐ Downplay it and move on
- ☐ Wait for a better time, but never really bring it up
- ☐ Share it, but carefully filter it
- ☐ Other: _____

**2. When my partner is upset, I tend to...**

- ☐ Step in to fix it right away
- ☐ Avoid adding more stress for them
- ☐ Mirror their mood so they don't feel alone
- ☐ Stay strong and hide my own emotions
- ☐ Other: _____

SECTION 2

## What we don't say out loud

Answer on your own, then share if it feels safe.

1. **One thing I often feel but rarely say is...**

2. **One thing I wish I could express more freely, without hurting you, is...**

3. **A part of myself I sometimes hide to keep the peace is...**

SECTION 3

## Our unwritten rules

**Check any that feel familiar in your relationship:**

- [ ] "We don't talk about things when one of us is stressed."
- [ ] "We avoid saying things that could disappoint each other."
- [ ] "We try to stay positive no matter what."
- [ ] "We believe protecting each other means not sharing every feeling."
- [ ] "We don't argue, because it might shake our sense of safety."

**Which of these might be protecting us, and which might be limiting us?**

Talk through each one gently.

SECTION 4

## The emotional weight we carry

Answer together or separately. Be honest with yourself.

**1. Is there anything you feel responsible for that isn't truly yours?**

**2. Is there a part of yourself you've softened or silenced to protect your partner?**

**3. Do you ever feel alone, even though you're in a loving relationship?**

SECTION 5

## Creating brave space

Let's rewrite the rules of connection so both of us feel freer and more seen.

**1. One thing I'm ready to share more honestly from now on is...**

**2. One thing I want to give you more room to express is...**

**3. Choose a sentence you can both use when something feels hard but important:**

- ☐ "I love you, and I want to share something that matters to me."
- ☐ "I feel safe with you, so I'm going to try to say this out loud."
- ☐ "I'm sharing this not to blame you, but because I want to be more real with you."
- ☐ Our own words: _____

FINAL PROMPT

## Safety without silence

**What does real safety in this relationship feel like, and how can we protect it without avoiding the truth?**

### A note on safety

Honest conversations should feel vulnerable, not frightening. If you hold back because you fear how your partner will react, start with a therapist rather than with this worksheet.

### Want support putting this into practice?

I work with individuals and couples in Florida and Michigan, in person in Fort Lauderdale or by secure video. Book directly; no phone call needed: christinewaltercoaching.com/book-online

More free tools: christinewaltercoaching.com/free-resources

This resource is for education and self-reflection. It is not therapy and does not replace care from a licensed professional. In a crisis, call or text 988 (Suicide & Crisis Lifeline, US). In an emergency, call 911. If you are afraid of your partner, the National Domestic Violence Hotline is 1-800-799-7233.