



Curiosity-Based Check-in Questions

Deepen your connection and make room for understanding, adaptation by Samia Khan MS. LPC,
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Emotional & Mental Check-In

- How have you been feeling emotionally this week?
- Is there anything on your mind that you haven't shared yet?
- What's been bringing you joy lately?
- Have you been feeling supported by me? Is there anything I could do differently?
- What's been weighing on you, if anything?

Daily Life & Stress Levels

- How's your energy level been? Are you feeling drained or replenished?
- What's something that's felt overwhelming lately? How can I help lighten the load?
- Is there anything in our daily routine that you'd like to adjust?
- How's work/life balance feeling for you right now?
- Is there anything you wish you had more time for?

Love & Connection

- What's one thing I've done recently that made you feel loved?
- How can I show up for you in a way that feels meaningful?
- What kind of affection or reassurance have you been craving lately?
- Is there anything we haven't talked about that you'd like to explore together?
- Are there any small habits we could build into our relationship to feel more connected?

Future & Growth

- What's something you're excited about in the near future?
- Are there any goals or dreams you've been thinking about more lately?
- How can I better support your personal growth right now?
- What's something you'd love for us to experience together soon?
- How do you feel about the direction we're heading as a couple?