

The
Mental Wealth Co.

PARENTS & FAMILIES · MENTAL WEALTH LIBRARY

Marriage Check-In Cards

Twenty-four questions for staying honest, together.

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Hello,

In a busy life, the most intimate conversations often get pushed to 'later.' These cards exist to give you a small, structured way to have them now.

Pick one card at dinner, on a walk, or at the end of a long week. Take turns. Listen more than you speak. There are no right answers — only a chance to know each other again.

This is a resource, not therapy. If your relationship is in a hard place, please consider working with a couples therapist. There is no shame in that. It is one of the wisest investments any couple can make.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

How to use these cards

There is no wrong way to use these. Some couples pick one at random. Some work through them in order. Some keep one card in mind for a whole week.

A few gentle suggestions

- Set the phone down.
- Take turns answering — one person, then the other.
- Listen to understand, not to respond.
- It's okay to say, 'I need a minute with that one.'
- It's also okay to skip a card and come back to it another day.

If a card opens something bigger than a conversation over dinner, notice that. It might be the exact conversation your relationship has been waiting for.

Season & Connection

SEASON

What season of life do you feel we're in right now?

SEASON

What are you most looking forward to in the next few months — together and separately?

SEASON

What has felt heavy for you lately that you haven't said out loud?

SEASON

If we were to look back on this year in ten years, what would you want to remember?

CONNECTION

When have you felt most connected to me recently?

CONNECTION

When have you felt distant from me recently — and what do you think made it that way?

Connection & Communication

CONNECTION

What's one small thing I do that makes you feel loved?

CONNECTION

What's one thing you'd like more of from me?

COMMUNICATION

Is there anything you've been meaning to say and haven't found the right time for?

COMMUNICATION

When we disagree, what would help you feel more heard?

COMMUNICATION

What's a conversation topic you'd like us to have more often?

COMMUNICATION

What's a topic you'd like to protect from becoming a fight?

Support & Intimacy

SUPPORT

What's one way I can support you this week?

SUPPORT

What are you carrying right now that you'd like help with?

SUPPORT

Where do you feel most alone in your life — even with me here?

SUPPORT

How are you doing, really, under all of it?

INTIMACY

What makes you feel emotionally safe with me?

INTIMACY

What kind of physical affection means the most to you right now?

Intimacy & Vision

INTIMACY

What's a memory of us you return to when you need to smile?

INTIMACY

What would help our intimate life feel more connected?

VISION

What do we want the next year of our life together to feel like?

VISION

What's one goal we could work on together?

VISION

What's one shared dream we've stopped talking about lately?

VISION

If we changed nothing, would we be content? What would we want to change?

A note for both of you

You have chosen to sit down together and ask each other real questions. That is not nothing. That is, in fact, most of it.

The health of a relationship isn't measured in the absence of hard conversations. It's measured in how safe those conversations get to be.

One small next step

Choose one card from tonight that felt important. Return to it in a week and ask each other again. Notice what shifted, and what didn't.

A gentle note.

This resource was created by The Mental Wealth Co. for educational and informational purposes only. It is not a substitute for individualized mental health care, diagnosis, or treatment, and using it does not create a therapist-client relationship.

If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

You are welcome to print this resource for your own personal use, for your household, or — if you are a professional — for the individual clients you work with. Redistribution or resale requires written permission.

With warmth,
The Mental Wealth Co.