



Emotional Temperature Check: Daily Practice Guide

Why Daily Check-Ins Matter

Just like you wouldn't wait until your car breaks down to check the oil, you shouldn't wait until your relationship is in crisis to tune in. Daily emotional check-ins help you:

- **Catch small issues before they become big problems**
- **Stay connected during busy seasons**
- **Build emotional awareness and vocabulary**
- **Create a rhythm of intentional connection**
- **Track patterns and growth over time**

Think of this as preventive maintenance for your relationship—5-10 minutes a day that can save you hours of conflict repair.



Morning Intention Setting

The 5-Minute Morning Ritual

Best Time: Right after waking up, before checking your phone

What You'll Need: Journal or notes app, 5 quiet minutes

Step 1: Personal Check-In (2 minutes)

Ask yourself:

1. **How am I feeling this morning?** (Name 2-3 emotions)
 - Examples: Rested, anxious, hopeful, overwhelmed, peaceful, rushed
 2. **What's my energy level?** (1-10 scale)
 - 1-3: Depleted, need extra self-care
 - 4-6: Moderate, can handle normal demands
 - 7-10: High, have capacity to give
 3. **What do I need today to feel supported?**
 - Examples: Alone time, physical touch, words of encouragement, help with tasks, space to vent
-

Step 2: Relationship Intention (2 minutes)

Choose ONE intention for your relationship today:

Connection Intentions:

- "Today I will be fully present during our morning coffee"
- "I will ask one curious question about their day"
- "I will initiate physical affection three times"
- "I will express appreciation for something specific"



Patience Intentions:

- "Today I will pause before reacting"
- "I will assume positive intent" - "I will take three deep breaths if I feel triggered"
- "I will choose curiosity over criticism"

Support Intentions:

- "I will ask 'How can I support you today?'"
- "I will handle [specific task] without being asked"
- "I will listen without trying to fix"
- "I will validate their feelings even if I don't agree"

Self-Care Intentions:

- "I will communicate my needs clearly"
- "I will take space when I need it" - "I will not over-function or people-please" "I will honor my boundaries with kindness"

Step 3: Quick Visualization (1 minute)

Close your eyes and imagine:

- Your partner's face when they feel loved by you
- A moment of connection you want to create today
- Yourself responding with patience in a challenging moment
- The version of yourself you want to be in your relationship today

Take three deep breaths and carry that image with you.



Morning Intention Template (Copy & Use)

Date: _____

My emotional state: _____

My energy level (1-10): _____

What I need today: _____

My relationship intention: _____

One small action I'll take: _____

Evening Reflection Questions

The 10-Minute Evening Review

Best Time: Before bed, after the day's activities are done

What You'll Need: Journal, 10 quiet minutes (alone or with partner)

Solo Evening Reflection (Do this alone first)

Connection Check:

1. **When did I feel most connected to my partner today?**
 - Describe the moment in detail
 - What made it feel good?
 - How can I create more moments like this?
 2. **When did I feel most disconnected today?**
 - What was happening?
 - What was I feeling underneath? (hurt, scared, lonely, frustrated)
 - What did I need in that moment that I didn't get?
-



Emotional Awareness:

3. **What emotions did I experience in our relationship today?**
 - List 3-5 emotions (joy, frustration, gratitude, anxiety, love, irritation, etc.)
 - Which emotion was most dominant?
 - Which emotion did I have trouble expressing?
 4. **On a scale of 1-10, how emotionally safe did I feel today?**
 - 1-3: Guarded, defensive, shut down
 - 4-6: Neutral, going through motions
 - 7-10: Open, vulnerable, secure

If below 7, what would have helped me feel safer?
-

Behavior Reflection:

5. **How did I show up in my relationship today?**
 - Did I honor my morning intention?
 - What am I proud of?
 - What would I do differently?
 6. **Did I communicate my needs clearly today?**
 - If yes, how did that feel?
 - If no, what held me back? (fear, pride, exhaustion, assumption)
-

Gratitude & Growth:

7. **What's one thing my partner did today that I appreciated?**
 - Be specific (not just "they were nice")
 - Did I tell them? If not, can I tell them now?
 8. **What's one thing I learned about myself or my relationship today?**
 - About my triggers
 - About my needs
 - About my patterns
 - About what makes me feel loved
-

Evening Reflection Template (Copy & Use)

Date: _____

Most connected moment: _____

Most disconnected moment: _____

Dominant emotion today: _____



Emotional safety score (1-10): _____

How I showed up: _____

What I'm proud of: _____

What I'd do differently: _____

Gratitude for my partner: _____

Today's insight: _____

Couples Evening Check-In (Optional)

The 5-Minute Partner Connection

Best for: Couples who want to sync up daily

How it works: After doing your solo reflection, spend 5 minutes together

The Three Questions:

1. **"How full is your tank today?" (1-10)**
 - Share your energy level
 - No fixing, just listening
 - Helps you understand each other's capacity
2. **"What was your rose and thorn today?"**
 - Rose: Best part of your day
 - Thorn: Hardest part of your day
 - Keeps you updated on each other's inner world
3. **"What do you need from me tonight?"**
 - Connection? ("Can we cuddle?")
 - Space? ("I need to decompress alone")
 - Support? ("Can you listen while I vent?")
 - Nothing? ("I'm good, just wanted to check in")

Ground Rules: - No problem-solving unless asked - No defensiveness if they share a struggle - No phones or distractions - Physical touch (hold hands, sit close) - End with appreciation or affection



Weekly Relationship Review Template

The Sunday Reset (20-30 minutes)

Best Time: Sunday evening or a consistent weekly time

Purpose: Zoom out from daily details and assess the bigger picture

Part 1: The Week in Review (10 minutes)

Connection Assessment:

1. **How connected did we feel this week? (1-10)**
 - What contributed to that score?
 - What got in the way of connection?
 2. **How many quality moments did we have?**
 - Define “quality moment” (15+ minutes of undivided attention)
 - Was it enough? Too much? Just right?
 3. **What was our biggest win as a couple this week?**
 - A conflict resolved well
 - A fun experience shared
 - A challenge overcome together
 - A moment of vulnerability
 4. **What was our biggest challenge this week?**
 - What made it hard?
 - How did we handle it?
 - What can we learn from it?
-

Communication Check:

5. **How well did we communicate this week? (1-10)**
 - Were we clear about our needs?
 - Did we listen well?
 - Did we avoid or engage?
6. **What conversation do we need to have that we’ve been avoiding?**



- Be honest
 - Schedule it if needed
-

Intimacy & Affection:

7. **How satisfied am I with our physical connection? (1-10)**
 - Includes: touch, sex, affection, proximity
 - What would move the number up?
 8. **How satisfied am I with our emotional intimacy? (1-10)**
 - Do I feel seen, known, understood?
 - What would deepen our connection?
-

Part 2: Pattern Recognition (5 minutes)

Look for trends over the past 4 weeks:

Positive Patterns to Celebrate: - What's been working well consistently? - What habits are strengthening our relationship? - What should we keep doing?

Negative Patterns to Address: - What keeps coming up as a friction point? - What triggers are we hitting repeatedly? - What cycle do we need to interrupt?

Example Patterns: - "Every Sunday we argue about household tasks" → Need a new system - "We're most connected when we cook together" → Schedule it more - "I get triggered when you check your phone during dinner" → Set a boundary - "We laugh more when we're not stressed about money" → Need a financial plan

Part 3: The Week Ahead (5 minutes)

Planning for Connection:

1. **What's on the calendar this week that might stress us?**
 - Work deadlines, family obligations, appointments
 - How can we support each other through it?
2. **When will we have quality time this week?**
 - Schedule it now (even if it's 30 minutes)
 - Protect it like you would a work meeting
3. **What's one thing we each need from the other this week?**
 - Be specific



- Make sure it's doable
- 4. **What's our relationship intention for this week?**
 - Choose one focus area
 - Examples: "More playfulness," "Better listening," "Daily check-ins," "Less screen time together"

Weekly Review Template (Copy & Use)

Week of: _____

Connection score (1-10): _____

Quality moments this week: _____

Biggest win: _____

Biggest challenge: _____

Communication score (1-10): _____

Conversation we need to have: _____

Physical connection satisfaction (1-10): _____

Emotional intimacy satisfaction (1-10): _____

Positive pattern to celebrate: _____

Negative pattern to address: _____

Stressors coming this week: _____

Scheduled quality time: _____

What I need from my partner: _____

What they need from me: _____

Our intention for this week: _____



Tracking Your Progress

Monthly Check-In: The Big Picture

Do this at the end of each month:

1. Review your daily and weekly reflections

- What themes emerge?
- What's improved?
- What still needs attention?

2. Celebrate growth

- What communication skills have you practiced?
- What conflicts have you navigated better?
- What new awareness have you gained?

3. Adjust your practices

- Is daily check-in working? If not, what would?
 - Do you need more structure or less?
 - What tools are most helpful?
-



Tips for Success

Making It Stick

Start Small: - Week 1: Just morning intentions - Week 2: Add evening reflections - Week 3: Add weekly review - Week 4: Customize to what works

Be Flexible: - Missed a day? That's okay, start again tomorrow - Some days you'll just jot down bullet points—that counts - The goal is awareness, not perfection

Make It Easy: - Keep your journal by your bed - Set phone reminders - Use voice notes if writing feels like too much - Create a shared Google Doc with your partner

Stay Curious, Not Critical: - This isn't about judging yourself - Notice patterns without shame - Celebrate small wins - Growth is gradual

When to Seek Extra Support

These practices are powerful, but they're not therapy. Reach out for professional support if:

- You notice the same destructive pattern for 4+ weeks with no improvement
- Your emotional safety score is consistently below 5
- You're avoiding the weekly review because it feels too painful
- One or both of you is struggling with mental health
- There's been a significant breach of trust (infidelity, betrayal, etc.)

Remember: Asking for help is a sign of strength and commitment to your relationship.



Sample Week: Putting It All Together

Monday Morning:

"I'm feeling anxious about my work presentation. Energy level: 5/10. I need encouragement today. My intention: I will ask my partner for a hug before I leave for work."

Monday Evening:

"Most connected moment: When they texted 'You've got this' before my presentation. Most disconnected: When they seemed distracted during dinner. Emotional safety: 7/10. Grateful they remembered my presentation. Insight: I need to tell them when I need their full attention, not expect them to read my mind."

Sunday Review:

"Connection this week: 6/10. We had 3 quality moments. Biggest win: We used the 'soft startup' during a money conversation and didn't escalate. Challenge: We're both exhausted and defaulting to screens. Pattern: We connect best in the mornings. Plan: Schedule 20 minutes of morning coffee time together 3x this week."

Your Commitment

I commit to:

- Checking in with myself daily (even if just 2 minutes)
- Noticing my emotions without judgment
- Sharing my reflections with my partner when appropriate
- Using these insights to show up better in my relationship
- Being patient with myself as I build this habit

Signature/Date: _____

These practices are designed to help you stay connected to yourself and your partner. Use them with compassion, curiosity, and commitment to growth.