

Relationship Connection Check-In

亲密关系自我觉察

Relationships can become busy, repetitive, or focused on solving problems. This worksheet is a gentle invitation to slow down, reflect, and reconnect. There are no right or wrong answers.

两个人会变得忙碌，亲密关系会感觉单调、重复，或疲于应对问题。这份练习邀请你们慢下来，重新连接。没有标准答案，请带着好奇与善意完成。

1. Me Right Now | 此刻的我

最近我最常感受到的情绪是什么？

What emotions have been most present for me lately?

最近什么让我感到压力或疲惫？

What has been stressful or difficult recently?

我希望被伴侣理解的一件事是什么？

What is one thing I wish my partner understood?

2. Understanding Our Pattern | 理解我们的互动模式

当我们陷入冲突时，我通常会……

When conflict happens, I tend to...

□ 我最害怕或最在意的是什么？

What am I protecting or afraid of underneath?

□ 我猜伴侣可能在经历什么？

What might my partner be experiencing?

3. Appreciation & Connection | 欣赏与连接

□ 最近让我感到被爱的时刻是什么？

When did I feel connected or cared for recently?

□ 我欣赏伴侣的一件事是什么？

What is one thing I appreciate about my partner?

□ 我想对伴侣表达感谢的是.....

Something I want to thank my partner for is...

4. One Small Step | 一个小行动

□ 未来一周，我愿意尝试的一件小事是什么？

One small thing I can do this week is...

□ 我希望伴侣给予我的支持是什么？

What support would I like from my partner?

□ 我们一起创造连接的一个行动是.....

One way we can create connection together is...

Conversation Guidelines | 对话建议

Take turns. Listen to understand rather than respond. Stay curious.

轮流表达。以理解为目标，而不是说服。保持好奇与开放。

A Gentle Reminder | 温馨提醒

This worksheet is intended to support reflection and connection and is not a replacement for couples counselling or professional support.

这份资源旨在支持伴侣之间的觉察与连接，并不能替代伴侣咨询、心理治疗或专业支持。