

# FACING check in

Check-ins are about creating a safe place to share and connect

F<sub>e</sub>elings

What emotions am I feeling today?

A<sub>p</sub>preciation

What is one thing I can affirm or appreciate about my spouse today?

C<sub>o</sub>nnexion

How have I connected with God, myself, my spouse, and others today?

I<sub>n</sub>tegrity

How am I doing living within our shared values in ALL aspects of life?

N<sub>e</sub>eds

What do I need right now?

G<sub>r</sub>owth

What is one area of growth I can celebrate today?



Hope in the Havoc

# FACING

## check in

• • • • • • • • • • • • • • • •

## Helpful Tips

Check-ins are all about creating a safe place to **share** and **connect** as a couple. This is a space to build trust and vulnerability without arguing or shaming. These helpful tips are NOT rules you must follow. Make these Check-ins your own.

### Feelings

**What emotions am I feeling today?**

Learning to recognize and articulate our feelings is an important step in recovery.

Download a feelings wheel [here](#) or use your favorite.

Name two or three feelings words (e.g. I feel overwhelmed, encouraged, hopeful)

### Appreciation

**What is one thing I can affirm or appreciate about my spouse today?**

Sometimes this is hard. Look for just one thing however small you can affirm right now.

### Connection

**How have I connected with God, myself, my spouse, and others today?**

REMEMBER: Connection is the opposite of addiction!

Ask yourself: Am I truly connecting or am I just consuming?

Am I spending more time being fully present or more time escaping?

### Integrity

**How am I doing living within our shared values in ALL aspects of life?**

(e.g. Work, Finances, Screen Time, Friendships, Faith, Sobriety)

Sobriety is only one component in recovery. Healthy connection is the ultimate goal!

### Needs

**What do I need right now?**

Needs may or may not be specifically about recovery.

And needs may or may not be something you are asking your spouse to help with.

Ask yourself: What are my priorities this week? Where am I struggling?

Where do I need help or support right now?

### Growth

**What is one area of growth I can celebrate today?**

Growth can also be about anything in life: recovery or otherwise.

Celebrate your wins and successes together!



Hope in the Havoc