

FACING check in

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

Feelings

What emotions am I feeling today?

Appreciation

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

Connection

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

Integrity

What were my successes and challenges in honoring our shared values this week?

Needs

What do I need right now?

Growth

What is one area of growth I can celebrate today?



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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

What were my successes and challenges in honoring our shared values this week?

Am I consciously 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!



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