

State of the relationship chat

- 1) What went really well last month?
- 2) Which challenges or problems did we experience last month?
 - What did I observe?
 - How did this make me feel?
 - What do I need now?
- 3) What do we want to change in the coming month?
- 4) What else is on our mind that is worrying, scaring us or making us feel insecure? How can we address it?
- 5) What do we really love about each other?

