

Resources for Couples — Somatize Counselling & Somatic Therapy

The 5-Minute Couple Check-In

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Even the strongest relationships can drift when life gets busy. Taking five minutes once a week to pause, listen, and reconnect helps keep your emotional bond strong. This simple check-in supports safety, communication, and attunement — the foundation of connection.

■■ Step 1: Set the Scene

Choose a quiet time when you're both present — no phones, no TV, no multitasking. Light a candle, sit together, and agree that this is not a problem-solving space, but a moment to simply connect.

“This is our time to listen and be together.”

■ Step 2: Share the Highlights

Take turns answering each question slowly. Listen fully while your partner speaks — no interruptions, no fixing.

1. What felt good between us this week?
2. What felt challenging or distant?
3. What's one thing you appreciated about me?
4. What do you need from me in the week ahead?

After both partners share, take a deep breath together and notice how it feels to be seen and heard.

■ Step 3: Reconnect with a Small Gesture

End the check-in with something that feels connecting — a hug, holding hands, a kind word. If emotions came up, you might say:

“Thank you for telling me. I hear you.”

or

“We'll keep working on this together.”

These small moments of repair tell your nervous systems: we're still a team.

■ Gentle Reminder

Connection isn't built in grand gestures — it's built in small, consistent moments of care. Even one 5-minute check-in a week can shift how safe and supported your relationship feels.

If you'd like help building deeper communication or understanding, couples therapy can offer a supported space to strengthen your bond.

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(This free resource is for relationship wellbeing and does not replace professional counselling or therapy.)