

A man and a woman are looking at a smartphone together. The man is on the left, with a beard and short brown hair, wearing a dark shirt. The woman is on the right, with long blonde hair, wearing a light-colored top. They are both looking down at the phone with interest. The background is a soft, out-of-focus indoor setting.

NEW YEAR CONNECTION CHECK-IN

A QUICK GUIDE FOR COUPLES
WANTING TO START THE NEW
YEAR WITH INTENTION



CARPENTER COUPLE & FAMILY
COUNSELING, PLLC

A new year doesn't mean your relationship needs a complete overhaul - often, it's the small pauses, the soft conversations, and the intentional moments that help partners reconnect. Use this simple check-in to gently reset together as you start this new year.

DISCLAIMER: This material is for educational and informational purposes only and does not serve as a substitute for therapy/counseling/mental health treatment with a licensed therapist.

PART 1: REFLECT TOGETHER

Prompt 1

One thing I appreciated about you this past year:



Prompt 2

One thing that felt challenging for us this past year:



Prompt 3

One thing I hope we grow toward this year:



PART 2: A SMALL COMMUNICATION RITUAL

Take turns answering these prompts (1-2 minutes each):



01

RIGHT NOW, I FEEL...



02

**SOMETHING I NEED MORE OF
THIS YEAR IS...**



03

**SOMETHING I WANT TO
UNDERSTAND BETTER ABOUT
YOU IS...**

PART 3: A SHARED INTENTION FOR THE YEAR

Choose one intention together (or write your own):

>> "We will aim for kindness over perfection."

>> "We will pause before reacting."

>> "We will make space for small, consistent moments of connection."

>> "We will check-in weekly, even briefly."

Our shared intention for this year:

A large white rectangular box intended for writing a shared intention for the year.

THANK YOU FOR DOWNLOADING!

I'm so glad you chose to begin the year with this moment of intention and appreciation. These small, intentional pauses are often what help couples feel more connected, understood, and emotionally supported.

If you're noticing places where you'd like a little more guidance, or if you want to strengthen your relationship in a deeper, more intentional way this year, therapy can be a meaningful next step.

If you reside in Texas, visit the Carpenter Couple & Family Counseling website (www.carpentercoupleandfamilycounseling.com) to learn how therapy can help you navigate this season of change. You can also search for a therapist in your local area/state at PsychologyToday.com.

-Erica Carpenter, PhD, LMFT-S

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