

CONNECTION RITUAL HEALTH CHECK

Adapted from Chapter 11 of Relationship Communication Decoded

Your relationship thrives on consistent, intentional connection, much like an operating system that requires regular updates to run smoothly. This **Connection Ritual Health Check** is designed to help you tune in to what's working well, identify areas that might be drifting, and discover where your connection deserves more mindful care.

Important Note: This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.



INSTRUCTIONS

Rate each item below on a scale from **1 (Not at all true)** to **5 (Very true)**. There are no right or wrong answers, just your honest reflection.

ITEMS

1. My partner and I regularly engage in routines that foster closeness.
[1] [2] [3] [4] [5]
2. We have small, consistent rituals that reinforce our emotional bond.
[1] [2] [3] [4] [5]
3. Our routines reflect mutual care, even in busy or stressful times.
[1] [2] [3] [4] [5]
4. Despite our schedules, we prioritize time together in meaningful ways.
[1] [2] [3] [4] [5]
5. My partner and I regularly talk about how our relationship is doing.
[1] [2] [3] [4] [5]
6. Our conversations include both emotional well-being and practical life details.
[1] [2] [3] [4] [5]
7. We reflect on both the strengths and challenges of our relationship.
[1] [2] [3] [4] [5]
8. These check-ins help us grow stronger and more connected as a couple.
[1] [2] [3] [4] [5]

9. I feel emotionally understood when I openly share what I'm going through.
[1] [2] [3] [4] [5]
10. When I express a need, my partner listens and responds with care.
[1] [2] [3] [4] [5]
11. We both make an effort to tune in and respond to each other's emotions.
[1] [2] [3] [4] [5]
12. My partner notices shifts in my mood and gently checks in with curiosity.
[1] [2] [3] [4] [5]
13. We talk through concerns before they escalate into bigger issues.
[1] [2] [3] [4] [5]
14. We address tension early instead of brushing it aside.
[1] [2] [3] [4] [5]
15. Communication is something we nurture consistently, not just when things go wrong.
[1] [2] [3] [4] [5]
16. We treat our connection like preventative care, not damage control.
[1] [2] [3] [4] [5]

SCORING

Total the scores for each health area (scores range from **4–20**) :

- | | | |
|--|----------------|--------|
| • Frequency & Quality of Connection Rituals | 1, 2, 3, 4 | = ____ |
| • Relationship Check-In Habits | 5, 6, 7, 8 | = ____ |
| • Emotional Attunement & Responsiveness | 9, 10, 11, 12 | = ____ |
| • Preventative Mindset | 13, 14, 15, 16 | = ____ |

INTERPRETATION GUIDE

Understanding Health Areas

- **Frequency & Quality of Connection Rituals:** *How regularly and meaningfully you and your partner engage in routines that foster closeness, both big and small.*
- **Relationship Check-In Habits:** *How consistently you and your partner openly discuss the state of your relationship, sharing feelings and feedback.*

- **Emotional Attunement & Responsiveness:** *How well you and your partner listen to, understand, and respond to each other's emotional experiences.*
- **Preventative Mindset:** *How actively you and your partner address potential concerns and nurture your connection before issues escalate.*

For each connection ritual area:

- **Consistently Engaged (16–20):** This area indicates that your connection rituals are a vibrant and reliable part of your relationship, fostering closeness, understanding, and proactive care.
- **Mindfully Practiced (10–15):** This area shows your connection rituals are present and being nurtured, and with continued intentional focus, they can become an even more profound source of connection.
- **Opportunity for Engagement: (4–9)** This area suggests that your connection rituals currently play a less prominent role, highlighting a chance to explore new ways to deepen your shared routines and strengthen your bond.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

What stood out to you most from your scores on connection rituals?

Reflecting on **Frequency & Quality of Connection Rituals**, which routines still feel nourishing, and which feel forced or outdated? What small ritual would you love to bring back or begin?

Considering your **Relationship Check-In Habits**, what makes these conversations feel easy or rewarding, and what could make them even better? Are they more spontaneous or scheduled?

For **Emotional Attunement & Responsiveness**, where do you feel most emotionally in sync with your partner, and where might you miss each other? What helps you feel truly heard and supported?

Regarding **Preventative Mindset**, what would it look like to consistently treat your connection like preventative care, rather than damage control? Where could you gently address something now, instead of waiting for it to escalate?

Based on your insights from this Health Check, what's one immediate, small step you can take this week to enhance a key area of your connection rituals?

NEXT STEPS

You've gained valuable insight into the health of your connection rituals and how you proactively maintain the vitality of your relationship. To deepen this understanding and learn how to sustain your bond through all of life's changes, return to Chapter 11 of *Relationship Communication Decoded*. There, you'll find comprehensive guidance on building effective preventative strategies, creating meaningful connection rituals, conducting regular check-ins, and developing a flexible relationship improvement plan. Use your Health Check insights as a personalized guide to apply the chapter's strategies, ensuring your communication remains vibrant and adaptable as you evolve together.