Happy & Married



The Official

Weekly Marriage Meeting Guide

A LITTLE TIME FOR THE TWO OF YOU.
A CLOSER LOOK AT THE LIFE YOU ARE SHARING.

BASED ON THE REFLECT & CONNECT METHOD

START HERE

You talked all week. Did you connect?

You can spend an entire week talking to your spouse and still miss each other.

You talk about dinner. The calendar. A bill that needs paying. Who's picking up what on the way home. And somewhere between Monday and Friday, the other things go unsaid:

> *"I was proud of you."*
>
> *"I've had more on my mind than you realize."*
>
> *"I miss having fun with you."*

Those aren't small things. They're the things that make a marriage feel like a marriage and not just a well-run household.



A weekly marriage meeting gives those things room.

For a little while, you get to feel noticed, hear what your spouse has been carrying, and choose something to look forward to together.

GETTING STARTED

Make It Easy to Begin

The whole method in five steps. You don’t need perfect words.

1 **Pick a time.**
A quiet window you both welcome. About 20 minutes is a good starting point; let the conversation breathe.

2 **Reflect separately.**
Each of you completes your private Marriage Check-In at Happy & Married (about 10 minutes, on your own, before you meet).

3 **Bring one appreciation and one topic.**
Something you’re thankful for, and a little curiosity about the person beside you.

4 **Follow the agenda.**
Notice the good. Share your week. Go through your pillars one at a time. Choose a small step. Leave with something to look forward to.

5 **Book the next one.**
Put it on the calendar before you stand up.

NOT SURE HOW TO BEGIN?

“What’s something about your week you wish I knew?”

Start with that one question. Need structure? The one-page agenda is on page 15. Want room to capture what matters? See pages 13–14. Or just talk.

BEFORE YOU MEET

Make This Time Your Own

The meeting goes better when you each arrive with something real to say. Take a few minutes alone first.

1 Complete Your Private Check-In

Complete your private Marriage Check-In at happyandmarried.com before you meet. It takes about 10 minutes and helps you notice your feelings, needs, and contributions.

2 Choose What You Want to Share

After completing your Check-In, use these prompts to prepare for your conversation.

What did I appreciate about my spouse this week?

What do I wish my spouse understood?

What is one thing I could do to make next week better?

3 Bring What Helps

Have your Check-In results and any notes available to help guide the conversation. Choose what you want to share and what you'd like to understand better.

> **Your Check-In is yours.**
>
> You choose what to share. You don't have to show your results, share every answer, or hand over your notes.

BEFORE YOU MEET

Invite Your Spouse

The invitation matters. You're not scheduling a performance review. You're simply saying, "I'd like more time with you."

AN INVITATION YOU CAN BORROW

"I'd love a little time for us to catch up on more than logistics. Would you be open to trying 20 minutes this weekend?

We can each bring one thing we appreciated and one thing we want to talk about."

If the answer is "not right now," ask what time or length would feel easier. Leave room for an honest answer.



Set the Scene

Sunday morning coffee. Dessert after the kids are asleep. A quiet porch. A walk where you can talk.

Choose something you both enjoy and call it whatever feels right: your Sunday catch-up, coffee together, or simply "our time." Put the screens away.

HELP EACH OTHER FEEL HEARD

Six Habits That Make a Difference

Most of us don’t need our spouse to fix everything. We need to feel understood.

1 Take Turns

Let each person finish. Ask, “Is there more you want me to understand?”

2 Describe a Moment

Say what happened and how it affected you. Skip “you always” and “you never.”

3 Ask Before Assuming

“What was going on for you then?”

4 Understand Before Solving

“Do you want me to listen, help think it through, or do something specific?”

5 Stay With One Pillar

Finish one area before moving to the next. Park anything else for later.

6 Pause When Needed

Either of you can ask for a break. Name a time to come back.

THE SAME CONCERN, TWO WAYS

BLAMING

“You never care about my time.”

CLEARER

“When our plans changed and I didn’t hear until I was ready to leave, I felt frustrated. Could we text each other as soon as plans change?”

This gives your spouse something they can actually do.

You can honor a feeling without agreeing with every detail.

“I hear that you felt overlooked. I remember the timing differently, and I want to understand what would help.”

YOUR CONVERSATION · STEP 1

Start With Something Good

APPRECIATE · ABOUT 3 MINUTES

What did your spouse do this week that you might have let pass without saying anything? A thoughtful text. Making you laugh. Quietly handling something while you were tired.

Take turns sharing one thing you appreciated about your spouse this week. Be specific, keep it honest, and give each other a moment to receive it.

THINK ABOUT...

What did my spouse do this week that helped me feel supported?

What small moment together do I want to recognize?

Choose one and tell your spouse.

WHAT THAT MIGHT SOUND LIKE

“Thank you for checking on me before my presentation. Knowing you remembered meant a lot.”

Let the thanks land.

When your spouse appreciates you, pause and take it in. A simple “Thank you—it means a lot that you noticed” is enough.

YOUR CONVERSATION · STEP 2

Ask About the Week Underneath the Week

SHARE · ABOUT 5 MINUTES

Take turns sharing a highlight and something that deserves attention. Your Check-In can help you begin. Leave room for an answer you weren't expecting.

ASK EACH OTHER…

"When did you feel close to me this week?"

"What felt stressful or lonely?"

"What might I have experienced differently than you?"

Choose a question and give each other time to answer.

A SMALL QUESTION CAN OPEN A DOOR

YOUR SPOUSE

"I've just been tired."

YOU

"Would you like to tell me more?"

YOUR SPOUSE

"I've been overwhelmed, and I didn't know how to ask for help."

You don't need to dig for hidden meaning in every answer. Sometimes a gentle invitation helps someone find their words.

A note about your scores

Your Check-In score and color reflect your experience this week. If you choose to share them and they differ, ask what each of you noticed. You don't need to agree on a number or use it to decide who is right.

YOUR CONVERSATION · STEP 3

Go Through Your Pillars, One at a Time

EXPLORE · THE HEART OF YOUR MEETING

People grow, seasons shift, and what mattered last month may not be what matters today. Stay curious about what your spouse is experiencing now.

Use your **Check-In** results and notes to guide you through the ten pillars, one at a time. Some may need only a quick acknowledgment. When something matters to either of you, slow down and talk about it.

WHEN A PILLAR MATTERS, SLOW DOWN

1. **Describe**
   One of you shares a specific experience and how it felt.
2. **Summarize**
   The listener reflects back: “What I’m hearing is…”
3. **Check**
   The listener asks, “Did I get that right?” Give your spouse room to clarify.
4. **Switch**
   Trade roles so the other spouse can share and feel heard.

A STARTING POINT · USE YOUR OWN WORDS

“When ___ happened, I felt ___.
What would help me this week is ___.”

One or two areas can be enough.

Spending your time understanding each other is worthwhile. If you don’t reach every pillar, choose where to pick up next week. You don’t have to solve everything today.

Conversation Starters for Each Pillar

Only starting points. Ask one, both, or neither, and follow where the answer leads.

1 Money & Finances

- What money decision felt good to us this week?
- Is there an upcoming expense we should talk about before deciding?

2 Communication

- When did you feel heard by me this week?
- Was there a moment when you needed a different response from me?

3 Intimacy & Connection

- When did you feel emotionally close to me this week?
- What kind of affection, if any, would feel welcome to you?

4 Family & Home

- What worked well in how we shared home or family responsibilities?
- Which responsibility needs a clearer agreement?

5 Time & Priorities

- When did our schedule make room for what matters to us?
- What could we move or decline to make time together?

6 Conflict & Repair

- After a disagreement, what helped us reconnect?
- Is there something I need to acknowledge or take responsibility for?

7 Fun, Adventures, & Joy

- What made us laugh this week?
- What would be fun for us to do again?

8 Vision & Growth

- What personal goal would you like me to understand better?
- What small step toward a shared hope feels realistic this week?

9 Trust & Safety

- When did you feel your boundaries were respected?
- Is there a boundary or request you want me to understand, including something you want to decline?

10 Health & Wellbeing

- What helped your energy or wellbeing this week?
- What support would feel useful as you care for yourself?

FOLLOW THE ANSWER, NOT THE LIST

Either of you can pass on a question or ask for another time. Never use a question to demand private information, monitor your spouse, or pressure them to open up. Listen to what they choose to share. Physical affection and sex should always be mutually wanted; neither is an obligation or a measure of how the meeting went.

YOUR CONVERSATION · STEPS 4 & 5

Make Next Week a Little Better

STEP 4 · PLAN · ABOUT 4 MINUTES

Look back. What helped last week? What needs adjusting?

Look ahead. Discuss schedules, responsibilities, and where either of you needs support. Make room for time together, too.

Choose one or two small actions. Agree on who will do what, by when, and when you'll check back.

WHAT THAT MIGHT LOOK LIKE

"I'll handle dinner Tuesday so you can rest after your appointment. We'll check Sunday to see if it helped."

"We'll take a phone-free walk Thursday after dinner. At our next meeting, we'll decide whether we'd like to do it again."

STEP 5 · CLOSE · ABOUT 2 MINUTES

Leave With Something to Look Forward To

Each of you finishes:
"Something I understand better now is..."

Then ask each other:
"What would be fun for us this week?"

Keep it simple: a favorite meal, a song to send, or a few minutes outside together.

Confirm your next meeting.

Choose your next day and time. Then close with a kind sentence, a quiet moment, a prayer, or a hug if you both want one.

Let this become a moment you look forward to coming back to.

WHEN IT GETS HARD (OR JUST BUSY)

Some Weeks Won't Go Smoothly.

That's not failure. It's part of building a habit together.

You remember it differently

Describe your own memory and its impact. You can understand a feeling without settling every detail.

Your scores differ

If you choose to share scores, ask what shaped each person's experience. Neither score overrides the other.

One person talks more

Pause and invite the other in. A gentle timer can help.

You feel defensive

"I want to understand. Can we take this one part at a time?"

It needs more time

"This matters. Can we return to it tomorrow at 7?"

You need a break

"I'm getting overwhelmed. Could we try again at 6:30?"

One of you isn't ready

Ask if another time would help, and respect a decision to pause.

You missed a week

Pick up at the next workable time. You don't need to make up every missed meeting.

A 5-Minute Meeting for Busy Weeks

Keeping the habit alive matters more than doing it perfectly.

1 MINUTE	Share one appreciation each.
2 MINUTES	Share one feeling or need each.
2 MINUTES	Agree on one small action and your next meeting time.

Bigger concerns still deserve their own conversation.

Your safety comes first

If there is fear, coercion, threats, or abuse in your marriage, a joint meeting may not be safe. Put your safety first and reach out to qualified support. This guide is educational and doesn't replace professional help.

WORKSHEET · REFLECTION

Our Weekly Marriage Meeting

Use these two worksheet pages during your meeting. Print a fresh copy whenever you need one, or leave the fields blank and simply talk.

Date _____ **Our names** _____

Something I Appreciated About You

Name: _____

Name: _____

Something I Want You to Know About My Week

Name: _____

Name: _____

Something We Want to Understand Better

Something We Want to Remember

WORKSHEET · AGREEMENT

Carry a Little Care Into the Week

Choose one or two small actions you both agree to. Keep them realistic for the week ahead.

Meeting date _____

Action 1

What will we do?

_____

_____

Who will do it? _____

By when? _____

When will we check back?

_____

Action 2 Optional

What will we do?

_____

_____

Who will do it? _____

By when? _____

When will we check back?

_____

A Topic to Return To

_____

When will we return to it?

_____

Something to Look Forward To Together

_____

_____

_____

Our Next Meeting

Date _____

Time _____

KEEP THIS PAGE NEARBY

Your Meeting at a Glance

BEFORE YOU MEET

Complete your private Marriage Check-In (about 10 minutes, separate from the meeting) and bring your notes for each pillar. Bring one appreciation and one topic.

1 Appreciate — 3 MIN

"What did I appreciate about you this week?" One specific example each.

2 Share — 5 MIN

"What would I like you to understand about my week?" Make room for both perspectives.

3 Explore — FLEXIBLE

Go through your pillars one at a time: "What's on your mind here?" Share, summarize, check, switch. Give it the time it needs.

4 Plan — 4 MIN

"What small action do we both agree to?" Who, what, when, check-back.

5 Close — 2 MIN

"What am I taking away?" Confirm your next meeting.

Listen. Stay curious. Choose small actions.
Either of you can ask for a pause.



Some weeks you'll laugh. Some weeks you'll discover your spouse needs a little more support. Sometimes you'll simply be glad you sat down together.

Keep making room for the person you chose and the life you're still building.

Happy & Married

Make your next conversation easier to begin.

Start Your Marriage Check-In

happyandmarried.com

STAY INTENTIONAL. STAY CONNECTED. STAY HAPPY & MARRIED.