The 10-Minute *"Not-Roommates"* Check-In Kit

Most evening connection attempts backfire because one partner springs a heavy "We need to talk about us" conversation at 9:15 PM when both nervous systems are spent. Keep this first page for yourself, send one warm text in the afternoon, and place **Sheet 2** between your mugs.

3 Low-Defensiveness Afternoon Texts

Send one before 4:00 PM — gives him an easy 10-minute finish line

1. The "Banning Chores" Invitation

Light & Playful · Weekday Evening

"Quick non-chore text: I realized 95% of our texts this week have been about groceries or schedules, and I actually just miss hanging out with you. Want to steal 10 minutes on the couch after 8:30 tonight where we're banned from talking about logistics?"

2. The Coffee Table Card Hand-Off

Zero Solo Pressure · Pairs With Sheet 2

"I printed a super short 4-question Sunday check-in card for us—it takes 10 minutes over coffee, and the rule on the sheet is I ask two and you ask two. Up for trying it with me tomorrow morning?"

3. The 6-Second Greeting Reset

For Touch-Starved or Exhausted Weeks

"Read something today about the '6-second hello hug' when couples get home from work and realized how much I miss just holding you with zero rush. Let's try it when you walk in tonight."

Why the Printed Sheet Works Better Than "A Talk"

When the paper says Partner A asks #1 & #3 and Partner B asks #2 & #4, you step out of the "relationship manager" role—and he gets an equal, predictable turn.

Stop at Minute 12 While It Still Feels Warm

Ending on time builds trust. Once your partner learns a 10-minute check-in never turns into a 90-minute critique, saying yes next Sunday becomes effortless.

The 2-Minute Safety & Goodwill Boundary Check (Read Before Starting)

1. HALT & Nervous-System Check: Save this card for calm daylight or weekend coffee if either of you is running on under 5 hours of sleep, hungry, touched-out, or mid-argument. Good connection requires two regulated nervous systems.

2. Roommate Drift vs. Unsafe Dynamics: Joint vulnerability tools require mutual goodwill and emotional safety. If you experience intimidation, coercion, or fear of your partner's reaction, skip joint exercises and visit **closertous.com/safety-first** (U.S. 24/7 Hotline: **1-800-799-7233** · Text **START** to **88788**).

Our 10-Minute *Sunday Coffee* Check-In

Place this sheet between two mugs. Let the page hold the rules so neither of us has to play the interviewer.

10–15 Minutes Max
Stop while it still feels light and easy. We never turn a coffee check-in into a marathon talk.

We Trade Who Asks (2 & 2)
Partner A asks #1 & #3; Partner B asks #2 & #4. Both of us answer every question.

No Chores or Fixing
Just curiosity and listening. Household to-do lists, bills, and schedules wait until tomorrow.

PARTNER A ASKS — #1

"Outside of work and house logistics, what took up the most space in your head this week that we haven't really talked about?"

Both partners answer — ~2.5 mins · Just listen, no fixing

PARTNER B ASKS — #2

"When did you feel most like we were on the same team recently—and what is one small thing I did that felt supportive?"

Both partners answer — ~2.5 mins · Notice what works

PARTNER A ASKS — #3

"When you come home tired at the end of the day, what helps your brain shift gears best—15 minutes of quiet first, a long hug in the kitchen, or going for a short walk?"

Both partners answer — ~2.5 mins · Protect decompression

PARTNER B ASKS — #4

"Looking at our calendar this coming week, which evening looks lightest for a 20-minute phone-free catch-up just for the two of us?"

Both partners answer — ~2.5 mins · Jot it below & done

Our 20-Minute Phone-Free Evening
From Question #4 — pencil it in & close the sheet

Day: _____ Time: _____ Phones parked in: _____