



## Couples Coping Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. We prioritize our relationship over work		
2. We nurture our relationship		
3. We communicate openly and effectively with each other		
4. We take time to say good morning, goodnight, goodbye, and I love you		
5. We celebrate our accomplishments		
6. We spend time with family and friends		
7. We attend important events together		
8. We listen empathetically to each other		
9. We express our frustrations constructively		
10. We capture memories and photos of our relationship		
11. We are open to new ideas		
12. We laugh together		
13. We are affectionate with each other		
14. We evaluate the quality of our relationship		
15. We relax together		
16. We take vacations and weekend getaways together		
17. We offer each other support, advice, and help when needed		
18. We move towards each other when we are stressed		
19. We work together as a team		
20. We provide a safe space for each other to process thoughts and emotions		