

ADHD Couple Check-In Worksheet

Name one relationship or logistics problem, choose one practical agreement, and set the next check-in.

What's the relationship problem right now?

Choose one issue to work on. This worksheet is for a calmer first conversation, not for winning an argument or solving every problem at once.

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| ☐ We only talk about this when one of us is already upset. | ☐ We keep having the same disagreement. |
| ☐ Shared chores, reminders, or admin keep getting dropped. | ☐ I need to ask for help without sounding blaming. |
| ☐ We need repair before we can solve the logistics. | |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
