



# Prenup To-Do

## Marriage Check-In Checklist: What to Talk About and How to Handle It

### 1. Communication

- [ ] Are we listening to each other without interrupting or judging?
- [ ] Do we feel heard and understood?

**How to handle:** Set weekly “talk times” with no distractions. Use “I” statements, not blame (“I feel...” instead of “You always...”). Consider a therapist or mediator if conversations escalate.

### 2. Finances

- [ ] Are we transparent about spending, debts, and goals?
- [ ] Are money issues causing tension?

**How to handle:** Review your budget together monthly. Set shared financial goals. Discuss big purchases before making them. Consider a financial advisor if needed.

### 3. Intimacy

- [ ] Do we feel emotionally and physically connected?
- [ ] Are both partners’ needs being met?

**How to handle:** Have honest, respectful conversations about intimacy. Prioritize quality time, date nights, and affection. Seek couples therapy if needed to explore deeper concerns.

### 4. Trust & Honesty

- [ ] Have there been breaches of trust (cheating, lying, secrecy)?
- [ ] Are we rebuilding trust or avoiding the issue?

**How to handle:** Be honest about past mistakes and committed to earning back trust. Set clear boundaries. Consider individual therapy for healing and accountability.

### 5. Parenting & Family Dynamics

- [ ] Are we aligned on parenting roles and discipline?
- [ ] Are in-laws or outside family causing stress?

**How to handle:** Create a united parenting front. Have regular check-ins about the kids. Set boundaries with extended family as a team.

## 6. Household Responsibilities

- [ ] Is there a fair division of chores and duties?
- [ ] Does one partner feel overburdened or unappreciated?

**How to handle:** List out all household tasks and divide them based on availability and strengths. Revisit and rebalance regularly.

## 7. Mental Health & Individual Needs

- [ ] Is stress, depression, or anxiety affecting our relationship?
- [ ] Are we making space for self-care and personal growth?

**How to handle:** Encourage therapy or counseling for individual struggles. Respect each other's time to recharge. Support each other's personal goals and passions.

## 8. Shared Goals & Future Vision

- [ ] Do we still want the same things long-term?
- [ ] Are we working as a team or growing apart?

**How to handle:** Revisit your shared vision regularly—career, kids, lifestyle, retirement. Set goals together. If goals no longer align, discuss next steps respectfully.

## 9. Conflict Resolution

- [ ] Do we fight fairly, or does it get toxic?
- [ ] Are we resolving problems or just sweeping them under the rug?

**How to handle:** Learn conflict resolution skills (timing, tone, taking breaks). Consider counseling to break harmful patterns.

## 10. Boundaries & Respect

- [ ] Do we respect each other's time, space, and feelings?
- [ ] Are there unhealthy behaviors or control issues?

**How to handle:** Set clear personal and relationship boundaries. Address any emotional, verbal, or physical abuse immediately, with professional help if needed.

[www.USWomen2Women.org](http://www.USWomen2Women.org)

