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Seasonal Relationship Check-Ins

Your Essential Guide To Creating
A Love That Lasts





Welcome to Seasonal Relationship Check-Ins!
They are my absolute favourite tool for creating a deep, lasting connection in a relationship.

Life is cyclical. We all go through personal seasons - our relationships go through seasons, the planet goes through seasons, and women go through internal monthly seasons. We all know this. But how much are you harnessing the power of these cycles to your advantage?

When we actively engage with and celebrate these seasonal shifts, we start to flow more with the rhythms of the world. We feel more present, we feel more gratitude, and we increase our sense of radical aliveness. Taking a moment to slow down and celebrate the time you've spent with loved ones is so wonderfully expansive!

When people don't acknowledge or celebrate seasons, they miss out on some of life's greatest pleasures. Have you ever 'fought' a seasonal change? Denied it? Wanted it so badly not to be that season? Maybe you spend all of winter longing for summer? When we fight against reality, we spend precious energy literally denying reality, and it's exhausting. But what if instead we accepted this, and used it to fuel our lives?

Let's harness the characteristics of each season and flow through life with more grace,, ease and pleasure. Let's use the winter's slowness to rest and recuperate. Let's harness the fun, expansive energy of spring to bring new ideas to life. Let's tap into summer's fun, wild, and free energy to live playfully and go on adventures. And let's use the fall as a time to reflect, consider our long term goals, bask in the beauty of the world and be grateful for all that the year has brought us. The flow of the seasons happens whether we want it to or not, so let's embrace it!

May this practice be a nurturing and supportive addition to your life that invites greater connection between you and your partner(s).

Enjoy my loves!

xoxo
Kris

Preparing for the Check-In

Everybody will do this in their own way - please take this as a starter's guide and blueprint. Use what works for you, discard what doesn't, and add in your own personalized questions & steps!

I highly recommend checking in deeply with your partnership(s) around the equinoxes and solstices. Or whenever you feel is the beginning of new seasons in your life. When does your life start to shift into a different pattern? Maybe that has to do with your work, or your kids, or your family's natural rhythms. Where do new chapters seem to emerge organically? Consider having your relationship check-ins during those times.

Personally, I prioritize two things going into this:

1. That we have created a special time and place to have this conversation. My partner and I will often rent an Air-BnB or go away camping for the weekend - travel outside our regular spaces to have this conversation. This helps create the container and add a sense of importance and power to the conversation. Also, it ensures that we do at least 4 couple's getaways each year!
2. That we both start working on the questions from Part 1 & 2 ahead of time, and at the same time. Each person answers each question by themselves first. We let the other know as we approach the date (usually about 2 weeks ahead of time) that we want to start recording our answers. We answer them on separate documents so that our answers are not influenced by one another, and then combine them on a single shared document for later reference.

Setting The Container

Before beginning, make sure you have the time, space, and privacy to do this entire exercise. You may even split it over the course of 2 days.

Read the agreements and purpose out loud.

Remind one another of your feelings for the other before beginning.

Assure one another that you are here not to judge or criticize, but to create a safe space to talk about what is actually happening in the relationship.

Co-Regulation

Drop into this space together. Pick at least 2 of the following exercises.

Meditation: Sit together in silence. Close your eyes, take a moment to notice how you're feeling before beginning. Are you nervous or excited? Where do you feel this in your body?

Grounding: Take 3-10 deep breaths. Place your hands on the earth or ground as you do this. Imagine the energy from the ground coming up into your body on your inhales, refreshing and energizing your body. On your exhales, send any energy away from your body that is not serving you. There is no wrong way to do this! Just taking a few deep intentional deep breaths will serve to ground you here in this moment.

Gratitudes: Express 3 heart-felt gratitudes to one another. Go deep, go big.

Eye Gazing: Gaze into one another's eyes for 2-5 minutes. Watch as the magic begins to happen... the window to the heart is in the eyes.

Breathwork: Sit in yab-yum together (legs crossed, one person sitting on top of the other with their legs wrapped around the bottom partner's back). Breathe in and out through your mouth (continuous, no pausing at the top of the inhale or bottom of the exhale, at a pace slightly higher than what's normal). Place your right hand on each other's hearts, and your left hand on top of their hand. Gaze into each other's eyes or close your eyes. Breathe into each other's hearts.

Agreements

- I invite, encourage, and respect my partner's 'no'.
- I will get curious around a 'no' and commit to exploring mine & my partner's no's.
- I agree to explore my own edges and be open to discovering what it would take for me to 'come along' to my partner's desires & point of view.
- I welcome the expression of my partner's fears, hesitations, and uncertainties.
- I accept and love my partner for who they are, what they want, and what is important to them. This conversation/exercise is not meant to change how I feel about them.

Purpose

- To mark time and celebrate the last season together.
- To discuss and commit to our desires and goals for the next season.
- To create space for bringing up any challenges see if there is anything that needs changing or adjusting in the relationship.

Part 1: Last Season

Celebrate

- What happened in the last season that you want to highlight or are proud of? What did we overcome together? What did we accomplish? Did we accomplish our goals?

Clear

- What do you want to leave behind from last season? Any hurts, any limiting beliefs, anything that got in the way to accomplishing your goals?

Challenges

- What challenges did you face and overcome this season?
- Are there any challenges from last season that you want to address the following season?
- Is there anything that happened or that's on your mind that you haven't been able to express to your partner? Create space to say the hard things.
- Are there any wounds that still need attention and care?

Summarize

- If you had to describe the last season with your partner to a stranger, succinctly, what would you say?

Part 2: Looking Forward

Questions:

1. What are your desires for next season?
2. What do you hope to accomplish together next season?
3. Do you foresee any changes to the way you are likely to be able to, or have the capacity to show up for your partner next season?
4. Are there any major changes in either partner's life that need to be addressed (i.e. change of job, change of living location, etc.)?
5. Do you want to address any major shifts in the way you see this relationship or how you relate to it?
6. What are you most excited about for next season?
7. Do you have any fears or resistances that come up for you around this partnership in the next season (or in foreseeable future seasons)?
8. What actions does your partner do that makes you feel loved, seen, and cared for? (Or what are your favourite things that they do?)
9. Is there anything that your partner used to do that you wish they would keep doing?
10. What do you see as your partner's blind spots or biggest areas of growth?

Part 3: Goal Setting & Closing

Answer these questions together in real time. Feel free to reflect on your answers beforehand as well!

Relationship Shifts

Address any major shifts that have occurred in the relationship.
(I.e. change of jobs, living location, agreements, boundaries, desires for the future, etc.)

Does this change how you will move forward?

Agreements & Actions

Record any new agreements & actions that were a result of this conversation.

Goals

Create shared goals for next season.

(Make them SMART Goals: Specific, Measurable, Achievable, Relevant, Time-Bound)

Learning Suggestions (Optional)

Has one of you been reading a great book or learning about something new (especially about relationships) that you'd like the other person to learn about too? Is there something you'd like the other person to look into to help address their largest area of growth?

You may wish to suggest it here.

Celebrations

You did a lot of amazing work today, celebrate this together! Pick 3 major things each.

Co-Regulate Again

See the co-regulation options from the beginning and pick 1 or 2. You may be extremely attuned to one another in this moment. Sex, physical intimacy, or physical activity is often an incredible way to finish the check in.