

## The Love Tank Check-In

The Love-Tank Check-In is a simple process to clear any obstacles in the way of feeling connected with your partner, and to foster more positive feelings in your relationship.

Ongoing intentional relationship attunement can contribute to a happier and better-functioning relationship in the long and short term. It takes some time and effort, like building any new habit does (and consistency, so put it in your calendars and set your reminder alarms!). Recommended frequency for doing the check-in is once per week. It's still beneficial to do every other week or even monthly – it's just less effective less frequently, especially as ADHDers tend to forget how we felt/things that happened more than two minutes ago.

You can complete the check-in in person, on the phone, over text or email messages. If you live together, in-person check-ins might be accessible for you. Choose a specific time each week to complete the check in, like Sunday evenings by 8:00 PM.

Love Tank Check-In Steps	
<b>Step 1: Highlight</b>	What went well for you in your relationship this past week? Share whatever happened that made you feel good in your relationship/that your partner did. Go beyond just expressing <i>what happened</i> and tell your partner <i>why it matters</i> . How did their action make you feel, specifically? Some examples of feelings for a “Highlight” might include taken care of, supported, loved, cherished, closer to your partner, known/understood by them, grateful for their thoughtfulness or whatever strength you are reflecting on.
<b>Step 2: Lowlight</b>	What was something you may have felt challenged by in the past week, to do with your partner/your partnership? Try to phrase your concerns with “I felt” statements, then stick to the facts about the situation.
<b>Step 3: Bold Request</b>	Asking for your needs and desires can be incredibly empowering in a relationship. Your Bold Request can be for anything your heart desires. You could ask your partner for a daily smooch, to be brought breakfast in bed, or for the moon. Practicing asking for something that you might not normally request is an exciting opportunity to expand your comfort zone and communication skills.

### Highlight Examples:

“My highlight was when we snuggled together the other morning. I felt loved.”

“When we watched my favourite TV-show together, I had fun and felt connected with you.”

“I felt happy when you told me you were proud of me about how I tackled my work project.”

“When you brought me home chocolate, it made me feel like you were thinking about me.”

“When you cleaned the house before my parents came to visit, I felt cared for.”

### Lowligh Examples:

“I felt angry when you didn’t do the chores like you said you would on Friday.  
I had to remind you three times, and I hate feeling like a nag.”

“I felt stressed when you were late for our date.  
I worry you don’t care as much about me as you used to.”

“My lowlight is when we had that miscommunication about the kids.  
I felt tense for hours after.”

“When you ate all the leftovers and didn’t ask if I wanted any, I felt hangry.”

#### A Note about Lowlights:

Try to remember, the purpose of the Lowligh is not to attack your partner. It’s to clear negative feelings by expressing them respectfully. This practice brings to light your areas for growth as a couple and helps keep negative feelings from being suppressed (which only makes them grow stronger).

#### A Note about Bold Requests:

Prepare to (possibly) hear a “no”! No one likes rejection, however, learning to hear “no” and to take it well is also an excellent interpersonal skill. It can open the door to negotiate an alternative. For example, perhaps your partner can’t commit to giving you an hour-long full-body massage, but they are willing to give you a ten-minute foot rub instead. Get creative, compromise, and have fun practicing asking for what your heart wants.

#### Always Follow Up:

After the Love Tank Check-in, take some time over the next 24 hours to validate your partner’s feelings around their “Lowligh” concern with care and curiosity. Celebrate the “Highlights”; the ways you are rocking it by helping them to feel loved. See if you can bring more joy and pleasure to your relationship by responding to their Bold Request during the upcoming week. If you are not a yes, you may be a “no and” willing to negotiate an alternative form of showing love.