

# Midlife Marriage Check-In: Reflection Questions

- How do you feel about us right now?
- What feels heavier than it used to?
- What feels better or more settled?
- Where do you feel most alive lately?
- What support do you want more of?
- Listen without correcting or defending.

# Midlife Marriage Check-In: Moving Forward Together

- What do we want to protect in this next chapter?
- What do we want to let go of?
- What small change would help us feel closer?
- How can we support each other better now?
- Growth works best when it is shared.

# Disclaimer

This printable tool is for educational and personal-growth use only. It is not a substitute for professional mental health, medical, legal, or therapeutic advice. Always seek the guidance of a licensed professional for concerns involving your relationship, emotional well-being, or safety.

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