

The 15-minute nightly check-in for two

Sit side by side, phones face down. The timer moves you through seven short steps. Use a phone timer, or the one on the page this card came from.

1. Settle in · 1 min

Phones away. Sit side by side and take three slow breaths together.

2. Partner A: my day, really · 3 min

Partner A talks about the day, the real version. Partner B only listens and asks questions.

3. Partner B: my day, really · 3 min

Swap. Partner B talks, Partner A only listens and asks questions.

4. Partner A: one feeling, one need · 2 min

Partner A finishes: "Today I felt..." and "What would help me is..."

5. Partner B: one feeling, one need · 2 min

Partner B finishes the same two sentences. No fixing, just hearing.

6. One thank-you, one small plan · 3 min

Each of you names one thing the other did that helped. Then agree one small thing for tomorrow.

7. Close · 1 min

End with a hug, a six-second kiss or a simple "thank you for this".

Tired night? Do steps 2, 3 and 6 only. Five calm minutes beat fifteen rushed ones.

Pragma, the AI relationship coach for two

A private 15-minute session a day for each partner, by voice or chat. 7 days free.

App Store: apps.apple.com/app/id6781943495 · Google Play: [search "Pragma AI couples"](#) · Web app: app.aicouplestherapy.app

Pragma is an AI relationship coach, not a therapist. It does not diagnose or treat. In the US, call or text 988 at any hour if you are in crisis.