CHECKLIST

# Supporting Your Partner: A Weekly Checklist

- [ ] Have one calm conversation about financial boundaries and what information you each need
- [ ] Suggest one outdoor activity you can do together regularly this week
- [ ] Write down two things you will not compromise on and share them clearly
- [ ] Identify one person you can talk to when support feels too heavy
- [ ] Keep at least one of your own routines or hobbies this week
- [ ] Check in with yourself about signs of anxiety or exhaustion
- [ ] Agree what honesty looks like between you and acknowledge when it happens