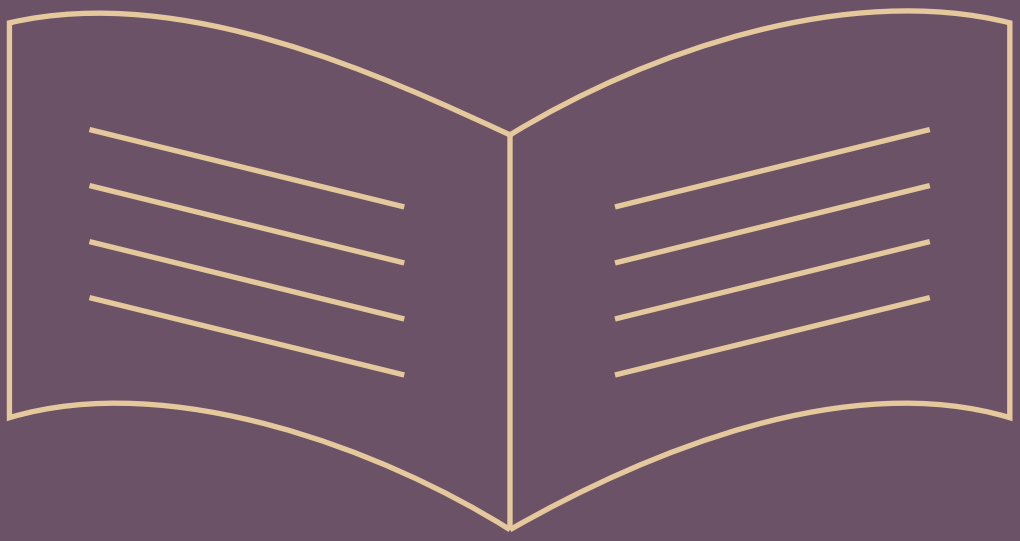
BOOKCHOWK / THE THURSDAY COLLECTION

The Shared Week Check-In

A practical planning workbook for adult partners



RELATIONSHIPS & SEXUAL AWARENESS

SanjAI Matta

ORIGINAL EXERCISES / PRINTABLE PDF / OCTOBER 2026

START HERE

One useful result

For adults aged 18 and over who freely want to plan an ordinary week together. This workbook focuses on shared tasks, calendars, spending decisions and personal space. It complements conversation skills by producing a practical plan with named owners and room for separate choices. It is not therapy, legal advice or a tool for resolving coercion or abuse. Do not use a joint exercise with someone whose behaviour makes you afraid, or if it would expose you to retaliation. Independent support is more appropriate in that situation. All examples are fictional. You may skip any question; participation and sharing are optional.

How to use this mini workbook

Read one lesson, study the example and try the action. Use the question as a short reflection. Write in your own notebook, annotate the PDF or print only the worksheets you need. The companion gives you reusable text fields rather than repeating the whole book.

Find your way

03 1. Agree the purpose and a stopping point

04 2. See fixed commitments before filling the gaps

05 3. Give a task an owner and a finish point

06 4. Make shared spending questions explicit

07 5. Plan personal space and optional connection

08 6. Review the plan without putting someone on trial

09-11 Reusable worksheets / 12 Edition and use

READ / APPLY / REFLECT

1. Agree the purpose and a stopping point

Choose a short, practical purpose for the check-in: coordinate the week rather than settle the entire relationship. Ask whether both people are willing and whether the timing works. Agree a stopping point and a way to pause. A planning conversation is not useful if one person cannot safely disagree. Keep the agenda visible and put larger questions aside for a separate conversation or appropriate support. You do not have to share every private thought to coordinate a calendar. The plan should support both people's lives rather than make one person the manager of the other.

WORKED EXAMPLE

"Would fifteen minutes after breakfast work to plan meals, appointments and the repair visit? We can pause if either of us needs to." The invitation names a bounded task.

TRY IT

Write a purpose, three agenda items and a mutually acceptable pause phrase.

YOUR NOTE

Is participation a real choice for both people?

END OF FREE SAMPLE

Continue with the full workbook

This free sample contains the cover, introduction and first lesson. The complete edition has 12 pages and includes an editable companion file.

The full book includes six lessons with worked examples, practical actions, reflection questions and three reusable worksheets.

Full edition: INR 49 at www.bookchowk.com

This is a digital download, not a printed book. No purchase is needed to use this sample for personal or household practice.