

The 15-Minute Reset

A monthly check-in for couples navigating life in medicine.

15 minutes. Two people. No keeping score.

Medicine changes quickly. Your marriage has to keep adjusting with it.

This isn't a marriage assessment or a list of everything you need to fix. It's simply a way to slow down long enough to understand the season you're in, see what the other person is carrying, and make sure you're still moving through it together.

Pick a time once a month. Put the phones down. Take turns answering. Don't defend, correct, or compare.

01

Check In

What number are you today, 1-10?

ME ____ / 10	YOU ____ / 10
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Do you want to talk about why? ■ Yes ■ Not right now

You don't have to explain a bad day. And a good number doesn't mean there's nothing worth talking about.

The number tells you where your spouse is. The second question tells you what they need.

02

Name the Season

Marriage isn't supposed to look the same in every season.

What season are we actually in right now?

For example: survival, growth, disconnected, reconnecting.

What's making this season particularly hard or different?

What does this season require from each of us that we've never said out loud?

The goal isn't to make residency feel like attending life or a newborn season feel like life before kids. It's to make sure your expectations match the life you're actually living.

03

See What I'm Carrying

Take turns asking:

What are you carrying right now that you don't think I fully see?

Listen without defending, correcting, explaining, or comparing. Then switch.

You don't have to fix what your spouse shares. Start by seeing it.

04

Reset Expectations

Unspoken expectations have a way of turning into resentment.

What do you need from me in this season that you're not getting?

Is there anything you've been expecting from me that we haven't actually talked about?

What expectations need to change for the season we're in?

You may not be able to give each other everything you're asking for. Understanding it is still a much better place to start than assuming.

05

Look at the Month Ahead

Pull up your calendars.

Where are the pressure points this month?

Call. A difficult rotation. Work deadlines. Appointments. Sick kids. Travel. Family obligations. Whatever is coming.

Where do you need me most?

Where do I need you most?

Don't wait until you're frustrated by something you could have talked about ahead of time.

06

Create Margin

What is making life harder than it needs to be right now?

Can we:

- Stop it ■ Simplify it ■ Automate it ■ Outsource it
- Ask someone for help ■ Lower the standard for this season

One thing we're going to change this month:

Not every problem requires one of you to do more.

07

Look Up

Before you finish:

What is one thing you're looking forward to right now?

ME

YOU

Then go live your month.

You don't need to solve your entire marriage in 15 minutes.

You just need to keep knowing the person you're building it with.

EVERY FEW MONTHS, ASK ONE BIGGER QUESTION

If the next six months looked exactly like this one, is there anything we'd want to change?

OTHER SIDE MED

The center of connection for every family in medicine.