

Circle Yes or No (Y N)

- Y N We discuss things regularly.
- Y N We disagree sometimes but usually reach a compromise.
- Y N We talk openly and honestly about issues and our feelings.
- Y N My partner listens to me.
- Y N I am good at admitting it to my partner when I am wrong or have made a mistake.
- Y N My partner accepts responsibility when he/she has made a Mistake and apologizes.
- Y N I can be myself when I'm with my partner.
- Y N I feel safe with my partner.
- Y N I feel respected.
- Y N I feel heard and seen with my partner, whether we are alone or with others.
- Y N We laugh together.
- Y N My partner trusts and respects me.
- Y N My partner loves me for who I am..
- Y N We communicate well about topics, feelings, details.
- Y N We make time for each other
- Y N We are comfortable having time and activities apart.
- Y N I feel strong in myself and not overshadowed by my partner.
- Y N My partner trusts and respects me.
- Y N My partner loves me for who I am..
- Y N We communicate well about topics, feelings, details.
- Y N We make time for each other
- Y N We are comfortable having time and activities apart.
- Y N I feel strong in myself and not overshadowed by my partner.
- Y N I am not insecure when my partner wants time alone.
- Y N We understand each other's family dynamics.
- Y N We take care of ourselves as well as each other.
- Y N We have clear agreements about our physical/sexual relationship.
- Y N My partner asks me how I feel.
- Y N My partner wants me to succeed.
- Y N My partner is honest with me.
- Y N I can be honest with my partner without fear of being criticized or starting an argument.

- Y N Conflict drives apart through silence, name calling or yelling..
- Y N When I am tired I sometimes say hurtful things to my partner.
- Y N My partner puts me down.
- Y N My partner blames me for everything that goes wrong.
- Y N My partner insults me, tells me I am crazy or stupid.
- Y N My partner lies to me.
- Y N I feel on edge when I'm out with my partner. I can't relax or enjoy myself.
- Y N My partner cheats on me.
- Y N My partner makes me do all the work in the relationship.
- Y N My partner yells at me.
- Y N Sometimes my partner is physically or verbally aggressive.
- Y N My partner won't let me see my friends.
- Y N My partner lies to me about money or I always seem to pay for things.
- Y N My partner makes big promises or big gestures after a fight.
- Y N I can't be myself when I'm with my partner. Friends have said I'm different with him/her.
- Y N My partner says/texts sexual things that makes me feel uncomfortable.
- Y N My partner is inconsiderate of my needs.
- Y N My partner expects me to fall in with his/her plans.
- Y N My partner never asks about my day or my life.
- Y N I don't always feel emotionally or physical safe with my partner.
- Y N My partner has extreme swings in moods and behavior.
- Y N My partner makes important decisions without me.

Healthy Relationship Checklist

From



720-230-3076

encouragetherapy.com