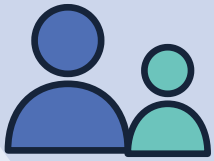
ADULTS | PRINTABLE WORKSHEET

Healthy Relationship Checklist



WHAT THIS IS

Healthy relationships feel safe, respectful, and balanced. This checklist helps you see the patterns in a relationship, with kindness to yourself.

HOW TO USE IT

1. Pick one relationship.
2. Check what is true most of the time.
3. Reflect on what you need.

EXAMPLE

"Mostly healthy, but I feel dismissed when I share feelings. I could ask for more listening."

SIGNS OF HEALTH

- [ ] I feel safe being myself
- [ ] We both listen
- [ ] Disagreements are respectful
- [ ] Trust goes both ways
- [ ] We support each other's goals
- [ ] I can say no without punishment
- [ ] We make decisions together
- [ ] We repair after conflict

RED FLAGS

- [ ] Controlling or jealous
- [ ] Put-downs or name-calling
- [ ] Cutting me off from others
- [ ] Guilt-tripping
- [ ] Ignoring my boundaries
- [ ] Walking on eggshells
- [ ] Threats or intimidation
- [ ] Hot-and-cold behavior

What I need more of

_____

_____

A boundary or conversation I could try

_____

_____

If you feel unsafe in a relationship, help is available: National Domestic Violence Hotline 1-800-799-7233 (text START to 88788), or call 911 in an emergency.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.