

RELATIONSHIP WELLNESS

CHECKLIST

READ EACH STATEMENT AND CHECK "YES" OR "NO" ABOUT WHETHER IT IS TRUE OF YOUR RELATIONSHIP WITH YOUR PARTNER CURRENTLY OR NOT.

01	WE FEEL SAFE SHARING OUR THOUGHTS AND FEELINGS, EVEN WHEN IT'S HARD.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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02	WE REPAIR AFTER CONFLICT INSTEAD OF LETTING IT LINGER.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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03	WE CHECK IN REGULARLY—NOT JUST WHEN SOMETHING IS WRONG.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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04	WE SHOW APPRECIATION AND AFFECTION REGULARLY.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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05	WE FEEL EMOTIONALLY SAFE BEING VULNERABLE WITH ONE ANOTHER.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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06	WE RESPECT EACH OTHER'S BOUNDARIES—BOTH EMOTIONAL AND PHYSICAL.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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07	WE TALK ABOUT OUR GOALS, PRIORITIES, AND VALUES.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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08	WE MAKE DECISIONS TOGETHER WITH RESPECT AND HONESTY.	YES <input type="checkbox"/>	NO <input type="checkbox"/>
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◆ IF YOU CHECKED "YES" FOR MANY OF THESE BOXES—WONDERFUL! IF THERE ARE AREAS THAT FEEL LACKING OR INCONSISTENT, THAT'S ALSO VALUABLE INFORMATION. HEALTHY RELATIONSHIPS ARE BUILT. YOU DON'T NEED TO DO THIS ALONE. THERAPY CAN SUPPORT YOU IN DEEPENING YOUR CONNECTION, SHIFTING PATTERNS, OR SIMPLY BEING MORE INTENTIONAL ABOUT HOW YOU LOVE AND GROW—TOGETHER. ◆