

Healthy Relationship Checklist

Think of two people with whom you have relationships. They can be friends, family members, or a romantic partner. Write one person's name at the top of each checklist. Then, for each relationship quality, circle the word that shows how often that quality is present in your relationship with that person.

Relationship #1:

Quality relationship?

How often is this quality present in the

Mutual respect and acceptance (you respect each other)	always	often	sometimes	rarely
Open communication (you share your thoughts and feelings easily with each other. You both feel heard)	always	often	sometimes	rarely
Trust	always	often	sometimes	rarely
Reliability (you can count on each other)	always	often	sometimes	rarely
Safety (there is no pressure or abuse)	always	often	sometimes	rarely
Shared interests (you have fun together)	always	often	sometimes	rarely
Caring and affection	always	often	sometimes	rarely
Equality , equal power (you both have an equal say about things in the relationship)	always	often	sometimes	rarely

Relationship #2:

Quality relationship?

How often is this quality present in the

Mutual respect and acceptance (you respect each other)	always	often	sometimes	rarely
Open communication (you share your thoughts and feelings easily with each other. You both feel heard)	always	often	sometimes	rarely
Trust	always	often	sometimes	rarely
Reliability (you can count on each other)	always	often	sometimes	rarely
Safety (there is no pressure or abuse)	always	often	sometimes	rarely
Shared interests (you have fun together)	always	often	sometimes	rarely
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