

Healthy Relationship Checklist

**How do you know if the relationship you're in is a healthy one?**

Please circle the correct answer:

- |   |       |       |
|---|-------|-------|
| • You love yourself and take care of yourself.  | right | wrong |
| • You're happy with or without your partner.  | right | wrong |
| • You're active and have meaningful friendships outside of your relationship.                       | right | wrong |
| • You have your own ideas and opinions.   | right | wrong |
| • You communicate your needs to your partner.   | right | wrong |
| • Your partner is respectful of your feelings, thoughts, and opinions.                              | right | wrong |
| • You and your partner listen to each other without judging each other.                             | right | wrong |
| • Both you and your partner admit when you are wrong.   | right | wrong |
| • You discuss differences and compromise equally.   | right | wrong |
| • You and your partner value each other as individuals.   | right | wrong |
| • You both feel secure about your feelings for each other without jealousy or possessiveness.       | right | wrong |
| • You and your partner accept each other's choices without pressuring one another to change.        | right | wrong |
| • You respect each other's needs for privacy.   | right | wrong |
| • You are honest with yourself and each other.  | right | wrong |
| • You respect each other's boundaries and are able to say no to sex.                                | right | wrong |
| • You both can and do keep agreements.  | right | wrong |
| • Neither you nor your partner's needs should come before the other's. They are equally important.  | right | wrong |
| • Arguments or fights do not lead to abusive behavior or threats.                                   | right | wrong |
| • Neither partner feels that he/she/they are being pressured or sacrificing to stay with the other. | right | wrong |
| • Both of you maintain the freedom to be yourselves.  | right | wrong |

**If you did not answer "right" to each of these questions, you may be in an unhealthy relationship. Each of us are important and deserve to be happy and healthy.**