



Relationship Green Flags

Qualities of a Healthy Relationship

Every relationship is unique. For example, the way one couple expresses appreciation may be very different from how another couple does so. However, healthy relationships tend to be alike in many ways. These relationship green flags are associated with physical and mental wellness.

You respect and value your partner, and express gratitude often.

YES NO

You find happiness in time spent together *and* apart. Some needs are met outside the relationship (through friendships, hobbies, etc).

YES NO

You are invested in your partner and the relationship. You give the relationship adequate time and energy.

YES NO

You share important goals, beliefs, and values with your partner.

YES NO

You take responsibility for your actions and work as a team to solve problems.

YES NO

You communicate your own needs and wishes, while respecting those of your partner.

YES NO

You take your partner's perspective and understand their feelings, even if you do not always agree.

YES NO

Your actions align with your words. The thoughts and feelings you express are genuine.

YES NO

You have your own interests and goals separate from those of your partner.

YES NO

You feel close and connected with your partner physically and emotionally.

YES NO

You respect your partner's boundaries. You feel safe physically, intellectually (expressing thoughts), and emotionally (expressing feelings).

YES NO

You feel comfortable being yourself in the relationship.

YES NO