

How am I doing??? – A Relationship Health Check-up

Evaluator:

Learner:

Date:

33 Signs of Healthy Communication		Always	Regularly	Occasionally	Rarely	Never	Unsure (√)
		5	4	3	2	1	
Verbal Communication							
1	I use respectful Language						
2	I speak in calm tones						
3	Honesty: I tell truth						
4	Transparency: Share what I am thinking/feeling						
5	I address issues directly and clearly						
6	I avoid interrupting (except for clarification)						
7	I confirm what I've heard you say						
8	I ask for clarification (What did you mean by that?)						
9	I clarify my assumptions (It seems to me that ...)						
10	I say positive things about you						
Modeling Responsibility							
11	I am punctual						
12	I carry out my responsibilities as best as I can						
13	I apologize when I have done something wrong or hurtful						
14	I acknowledge what I can and will do differently						
15	I keep my word						
16	I ask for help when I need it						
17	I prioritize my needs over my wants						
18	I take care of my health						



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		5 Always	4 Regula			1 Never	
Esteem							
19	I express my views regularly						
20	I give others a chance to share their opinions						
21	I walk with confidence						
22	I speak with confidence						
23	I am aware of my strengths						
24	I can acknowledge my limitations						
25	I welcome constructive feedback						
26	The feedback I give is constructive						
27	I have goals						
28	I am pursuing my goals						
Our Relationship							
29	I express my care for you daily						
30	I make it obvious that I like you						
31	I tell you that you are important to me and why						
32	I take the time to ask how you are doing						
33	I make myself available to help you when you ask						

