



What Makes a Healthy Relationship?

Connection • Respect • Safety • Growth

Exploring the qualities, experiences, and boundaries that support healthy connection

Healthy relationships are not perfect relationships. They are relationships in which both people can be themselves, communicate honestly, maintain boundaries, experience mutual respect, and work through challenges without losing their sense of self.

The Foundations of a Healthy Relationship

Relationship Quality	What It Can Look Like	Present?
Emotional Safety	I can express thoughts, feelings, needs, and concerns without fear of ridicule, punishment, intimidation, or retaliation.	☐ Yes ☐ Sometimes ☐ No
Respect	We value each other's feelings, opinions, boundaries, time, individuality, and right to make personal choices.	☐ Yes ☐ Sometimes ☐ No
Trust	Words and actions generally align. Honesty, reliability, and consistency help create a sense of security.	☐ Yes ☐ Sometimes ☐ No
Healthy Communication	We can speak openly, listen to understand, ask questions, and discuss difficult topics without attacking one another.	☐ Yes ☐ Sometimes ☐ No
Boundaries	Each person can say yes or no, ask for space, maintain privacy, and communicate limits without being punished or shamed.	☐ Yes ☐ Sometimes ☐ No
Reciprocity	Both people contribute care, effort, attention, compromise, and emotional energy. One person is not responsible for carrying the relationship.	☐ Yes ☐ Sometimes ☐ No
Accountability	We can acknowledge mistakes, apologize sincerely, take responsibility, and make meaningful changes when needed.	☐ Yes ☐ Sometimes ☐ No
Independence & Connection	We can enjoy closeness while still maintaining individual interests, friendships, goals, and identities.	☐ Yes ☐ Sometimes ☐ No
Affection & Intimacy	Affection and intimacy are mutual, respectful, consensual, and comfortable for both people.	☐ Yes ☐ Sometimes ☐ No
Support	We encourage each other's well-being, goals, growth, successes, and healthy relationships with others.	☐ Yes ☐ Sometimes ☐ No
Conflict & Repair	Disagreements can happen without threats, humiliation, manipulation, or cruelty. After conflict, both people participate in repair.	☐ Yes ☐ Sometimes ☐ No

Relationship Quality	What It Can Look Like	Present?
Consistency	Care and respect are not limited to the good days. The relationship has enough stability that I generally know where I stand.	☐ Yes ☐ Sometimes ☐ No
Shared Values & Expectations	We understand what matters to each of us and can discuss expectations about commitment, family, finances, lifestyle, responsibilities, and the future.	☐ Yes ☐ Sometimes ☐ No
Growth	The relationship allows both people to learn, change, develop, and become more fully themselves.	☐ Yes ☐ Sometimes ☐ No

How Do I Want a Relationship to Feel?

A healthy relationship is not only about what another person does. Consider how you want to experience yourself when you are in a relationship.

- | | |
|-----------------------------------|---|
| ■ Safe | ■ Respected |
| ■ Heard | ■ Valued |
| ■ Accepted | ■ Supported |
| ■ Trusted | ■ Connected |
| ■ Free to be myself | ■ Able to say no |
| ■ Able to have my own opinions | ■ Able to ask for what I need |
| ■ Comfortable having independence | ■ Able to disagree |
| ■ Able to grow and change | ■ Emotionally connected without losing myself |

Relationship Reflection

The three qualities that matter most to me in a relationship are:

When I feel emotionally safe with someone, I notice:

Healthy communication looks and sounds like:

When conflict happens, I would like us to:

The boundaries that help me stay connected to myself are:

I know I am receiving mutual effort when:

I want to feel supported by my partner through:

I can support another person without abandoning myself by:

My Healthy Relationship Blueprint

For me, trust means...

For me, respect means...

For me, emotional safety means...

For me, healthy intimacy and connection mean...

The amount of independence I need in a relationship is...

When I need space, I want to be able to...

When I need support, I want to be able to...

When my partner needs something different from me, I want us to...

One relationship pattern I want to strengthen is...

One relationship pattern I want to change is...

Relationship Reminder

A healthy relationship should create room for two whole people. Connection does not require giving up your voice, boundaries, identity, or emotional safety.

This worksheet is intended to support therapeutic reflection and discussion. It is not a substitute for emergency or crisis services.