



Relationship Do's & Don'ts

Needs • Standards • Boundaries • Safety

Understanding What I Need, What I Deserve, and What I Will No Longer Accept

Relationships can influence how we see ourselves, how safe we feel, and how we communicate our needs. Past experiences may shape what feels familiar or "normal" to us, even when those patterns are painful or unhealthy. Use this worksheet to explore what you want in relationships, identify behaviors that do not feel healthy for you, and develop boundaries that support your emotional well-being.

1. My Relationship DO's

In a healthy relationship, I want:

- Open and honest communication
- Emotional safety
- Consistency
- My feelings to be heard and acknowledged
- The freedom to say "no" without guilt or punishment
- Time together AND healthy independence
- Healthy disagreement without insults or threats
- To feel comfortable being myself
- Mutual respect
- Trust
- Affection and connection
- My boundaries to be respected
- Support for my goals and personal growth
- Both people to take responsibility for their actions
- The ability to repair after conflict

What else is important to me?

2. My Relationship DON'Ts

Behaviors I do not want to accept in my relationships:

- Lying or repeated dishonesty
- Being belittled or humiliated
- Controlling behavior
- Having my feelings dismissed
- Being pressured to do things I don't want to do
- Silent treatment used as punishment or control
- Being isolated from friends or family
- Physical aggression or violence
- Feeling like I have to "walk on eggshells"
- Name-calling or insults
- Manipulation or guilt
- Excessive jealousy or possessiveness
- Having my boundaries repeatedly ignored
- Being blamed for another person's behavior
- Repeated broken promises without meaningful change
- Threats or intimidation
- Sexual pressure or violations of consent

Other behaviors I no longer want to accept:

3. What Have I Learned About Relationships?

Growing up, what did I learn about love and relationships?

What behaviors did I learn to consider "normal"?

Have I ever confused intensity, anxiety, rescuing, people-pleasing, or fear of losing someone with love or connection?

What relationship patterns do I notice repeating in my life?

4. Needs vs. Boundaries

Something I NEED from another person is:

Something I can ASK for is:

Something I cannot control about another person is:

Something I CAN control is:

A boundary I need to practice is:

Boundary practice: If _____, I will _____.

5. Green, Yellow & Red Flags

GREEN FLAGS

Behaviors that help me feel safe, respected, and connected

YELLOW FLAGS

Behaviors that tell me to slow down, pay attention, or communicate

RED FLAGS

Behaviors that tell me a relationship may not feel emotionally or physically safe

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6. Checking In With Myself

When I am around this person, I usually feel:

- | | |
|---|--|
| ☐ Calm | ☐ Safe |
| ☐ Respected | ☐ Heard |
| ☐ Valued | ☐ Free to be myself |
| ☐ Anxious | ☐ Confused |
| ☐ Responsible for their emotions | ☐ Afraid of upsetting them |
| ☐ Drained | ☐ Like I need to prove my worth |
| ☐ Like I am walking on eggshells | ☐ Unsure of myself |

What is my body telling me that I may not be listening to?

7. My Relationship Standards

I deserve relationships where...

I am no longer willing to...

I give myself permission to...

One boundary I want to practice this week is...

A Reminder to Myself

Healthy relationships do not require me to abandon myself in order to keep someone else.

I can care about another person while still honoring my own feelings, needs, values, and boundaries.

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