

Healthy Relationship Checklist

Couple Information

Partner 1:

Partner 2:

Relationship Duration:

Category	Skills/Behaviors	Remarks
Communication	1. Active listening: Demonstrate that you're fully engaged when your partner is speaking.	<input type="checkbox"/>
	2. Expressiveness: Share thoughts and feelings openly and honestly.	<input type="checkbox"/>
	3. Empathy: Understand and validate your partner's emotions.	<input type="checkbox"/>
	4. Non-verbal communication: Pay attention to body language and gestures.	<input type="checkbox"/>
	5. Clarity: Clearly express your needs and expectations.	<input type="checkbox"/>
Conflict Resolution	6. Calmness: Stay composed during disagreements and avoid escalating conflicts.	<input type="checkbox"/>
	7. Compromise: Seek solutions that meet both partners' needs.	<input type="checkbox"/>
	8. Timing: Choose appropriate times to discuss sensitive issues.	<input type="checkbox"/>

	9. Active problem-solving: Collaborate to find resolutions rather than placing blame.	<input type="checkbox"/>
Trust and Transparency	10. Honesty: Be truthful and transparent about your actions and feelings.	<input type="checkbox"/>
	11. Reliability: Follow through on commitments and promises.	<input type="checkbox"/>
	12. Trust-building: Take actions that build and reinforce trust over time.	<input type="checkbox"/>
Respect and Support	13. Appreciation: Express gratitude and acknowledge your partner's efforts.	<input type="checkbox"/>
	14. Independence: Encourage personal growth and individual pursuits.	<input type="checkbox"/>
	15. Support: Offer emotional and practical support during challenges.	<input type="checkbox"/>
	16. Boundaries: Respect each other's personal space and set healthy boundaries.	<input type="checkbox"/>
Intimacy and Connection	17. Affection: Demonstrate physical and verbal expressions of love.	<input type="checkbox"/>
	18. Quality time: Prioritize and spend meaningful time together.	<input type="checkbox"/>
	19. Shared goals: Discuss and work towards common aspirations.	<input type="checkbox"/>

	20. Intimate communication: Share fantasies, desires, and feelings.	<input type="checkbox"/>
Problem-Solving	21. Teamwork: Approach challenges as a team, not as adversaries.	<input type="checkbox"/>
	22. Patience: Understand that resolutions may take time and effort.	<input type="checkbox"/>
	23. Flexibility: Adapt to changes and navigate uncertainties together.	<input type="checkbox"/>
Self-Care and Well-being	24. Individual self-care: Prioritize self-care to maintain personal well-being.	<input type="checkbox"/>
	25. Joint self-care: Establish shared practices that promote the relationship's well-being.	<input type="checkbox"/>
Emotional Intelligence	26. Self-awareness: Understand and manage your own emotions.	<input type="checkbox"/>
	27. Empathetic responsiveness: Respond to your partner's emotions with empathy.	<input type="checkbox"/>
Financial Harmony	28. Financial communication: Discuss and plan finances openly and collaboratively.	<input type="checkbox"/>
	29. Financial responsibility: Jointly manage financial responsibilities and decisions.	<input type="checkbox"/>

Shared Responsibility	30. Household responsibilities: Share and divide household tasks and responsibilities equitably.	<input type="checkbox"/>
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Counselor's Information	
Counselor's Name:	
Counselor's Signature:	
Date:	