

Healthy Relationships Wheel

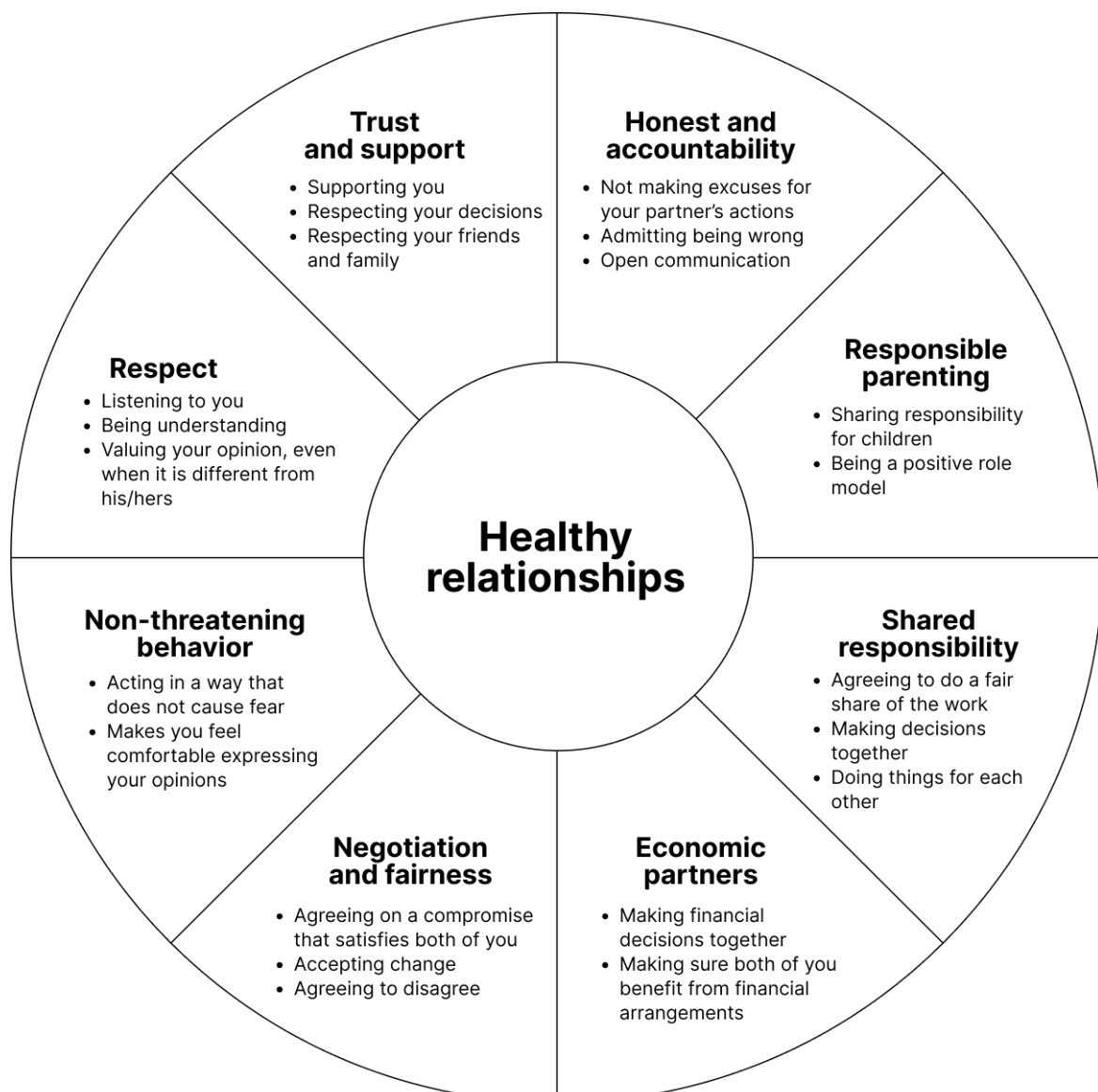
Partner 1 name: _____ Partner 2 name: _____

Instructions: Please take a moment to reflect on each aspect of the Healthy Relationships Wheel. Each partner should assign a rating and write a short reflection based on their perspective.

The rating scale is as follows:

- **1 – Not at all like us:** This statement does not describe our relationship or how we interact. It feels completely inaccurate for us.
- **2 – Slightly like us:** This sometimes applies to us, but not very often. There are aspects that resonate, but overall, it's not a strong fit.
- **3 – Somewhat like us:** This is somewhat true for our relationship. We relate to it in certain situations, but it's not consistent.
- **4 – Mostly like us:** This describes us well. While there may be occasional exceptions, it generally aligns with how we relate to each other.
- **5 – Very much like us:** This statement is a perfect or near-perfect match for our relationship. It strongly reflects how we interact and connect.

This exercise isn't about being a perfect couple but about striving for balance and mutual respect.



1. Negotiation and fairness

Partner 1

Partner 2

Score:

Score:

Reflection:

Reflection:

2. Non-threatening behavior

Partner 1

Partner 2

Score:

Score:

Reflection:

Reflection:

3. Respect

Partner 1

Partner 2

Score:

Score:

Reflection:

Reflection:

4. Trust and support

Partner 1

Partner 2

Score:

Score:

Reflection:

Reflection:

5. Honesty and accountability

Partner 1

Partner 2

Score:

Score:

Reflection:

Reflection:

6. Responsible parenting	
Partner 1	Partner 2
Score:	Score:
Reflection:	Reflection:
7. Shared responsibilities	
Partner 1	Partner 2
Score:	Score:
Reflection:	Reflection:
8. Economic partnership	
Partner 1	Partner 2
Score:	Score:
Reflection:	Reflection:
Additional notes	