Healthy Relationships Wheel

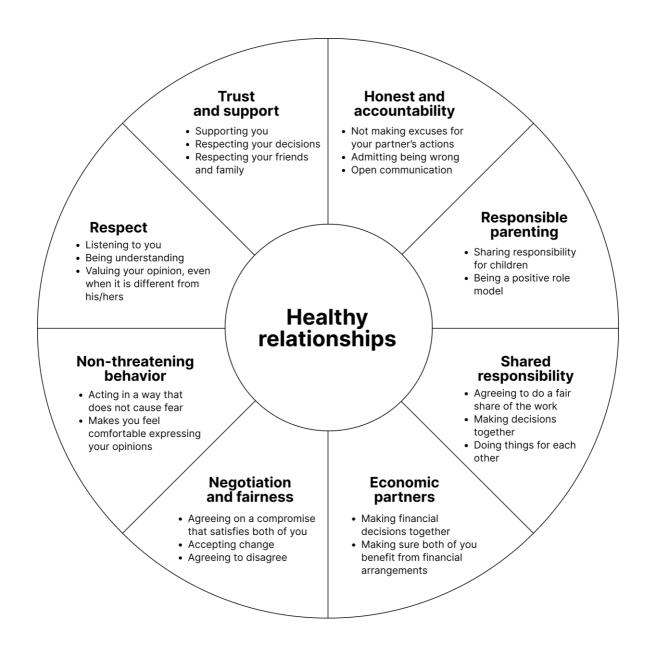
Partner 2 name:

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		

DVassist. (n.d) *Unhealthy vs healthy relationships*. https://dvassist.org.au/am-i-experiencing-domestic-violence/unhealthy-vs-healthy-relationships/