

Healthy Relationships Wheel Form

Name: _____ Date: _____

Please take a moment to reflect on each aspect and assign a rating based on how well it represents your current relationship dynamics. Fill in the blank spaces provided with your chosen rating

1. Emotional Intelligence:

- How well do you and your partner understand and manage your emotions in the relationship? []

2. Trustworthiness:

- How much trust do you have in your partner? []

3. Empathy:

- How empathetic are you and your partner towards each other's feelings and experiences? []

4. Boundaries:

- How well do you and your partner respect and maintain each other's personal boundaries? []

5. Supportive Friends and Family:

- How supportive are your friends and family of your relationship? []

6. Intimate Connection:

- How satisfied are you and your partner with the level of intimacy and emotional closeness in your relationship? []

7. Financial Compatibility:

- How well do you and your partner align in terms of financial goals and values? []

8. Personal Growth:

- How supportive are you and your partner of each other's personal growth and individual aspirations? []

9. Mutual Respect:

- How much respect do you and your partner show towards each other's opinions, values, and boundaries? []

10. Relationship Balance:

- How balanced is the distribution of responsibilities, decision-making, and power in your relationship? []

11. Fun and Adventure:

- How often do you and your partner engage in fun activities and create new experiences together? []

12. Communication of Needs:

- How well do you and your partner communicate your needs and desires to each other? []

13. Spiritual Connection:

- How aligned are you and your partner in terms of spiritual beliefs and practices? []

14. Trust in Conflict Resolution:

- How confident are you and your partner in resolving conflicts in a fair and trusting manner? []

15. Growth Mindset:

- How open are you and your partner to learning, growing, and adapting in the relationship? []

16. Resilience:

- How resilient is your relationship in overcoming challenges and setbacks? []

17. Appreciation and Gratitude:

- How often do you and your partner express appreciation and gratitude towards each other? []

18. Sexual Satisfaction:

- How satisfied are you and your partner with your sexual relationship? []

19. Cultural Compatibility:

- How well do you and your partner align in terms of cultural backgrounds and values? []

20. Future Planning:

- How well do you and your partner align in terms of envisioning and planning for the future? []

After completing the form, you can use the ratings assigned to each aspect to evaluate your relationship on the Healthy Relationships Wheel. This will help you gain insights into areas of strength and areas that may require attention and growth.