

Healthy Relationships Worksheet

Name	Date
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This worksheet is intended to assist you in reflecting on a relationship, whether with a close friend, family member, coworker, or acquaintance. Each question addresses an important aspect of a good relationship, such as the ability to manage emotions, communicate effectively, and demonstrate empathy. **Take a few moments to answer the following questions:**

Do you express your emotions constructively, whether they are positive or negative? Do you accept the emotions of the other person in your relationship?

How well do you handle external challenges that may come up in your relationship, such as disagreements, changes in circumstances, or conflicts?

Do you listen to new ideas and perspectives and accept and appreciate the other person's differences?

Do you feel energized by your interactions with him/her?

Do you feel valued, heard, and understood in your relationship, and do you show empathy and care?

Do you feel a sense of safety and trust in your relationship, and do you approach the other person with mutuality and respect?

After answering these questions, take some time to think of at least one way you can improve in each area. Write down your thoughts in the spaces provided below:

How can you express your emotions more constructively, and how can you better accept and appreciate the emotions of the other person in your relationship?

What steps can you take to handle external challenges more effectively, and to maintain a positive and healthy dynamic in your relationship?

Name	Date
<p>How can you better listen to new ideas and perspectives, and appreciate the differences between you and the other person in your relationship?</p>	
<p>How can you both continue to build an energizing and enriching relationship, and what activities or behaviors can you engage in to strengthen your bond?</p>	
<p>How can you show more empathy, care, and understanding towards the other person in your relationship, and how can you both communicate more effectively to ensure that you both feel heard and valued?</p>	
<p>What can you do to build a sense of safety, trust, and mutual respect in your relationship, and how can you communicate your feelings and needs in a way that promotes a healthy and supportive dynamic?</p>	
<p>Additional Note</p>	
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