

Relationship Checklist

Name:

Date:

Communication

- We openly communicate with each other.
- We actively listen to each other without judgment.
- We express our thoughts and feelings honestly.
- We resolve conflicts through healthy communication.

Trust

- We trust each other.
- We are transparent about our actions and decisions.
- We keep our promises and commitments.

Respect

- We respect each other's boundaries.
- We appreciate and acknowledge each other's opinions.
- We treat each other with kindness and consideration.

Quality Time

- We spend quality time together regularly.
- We engage in activities that bring us joy and strengthen our connection.
- We prioritize our relationship amid busy schedules.

Support

- We support each other's goals and aspirations.
- We offer emotional support during challenging times.
- We celebrate each other's successes.

Intimacy

- We maintain a healthy level of physical and emotional intimacy.
- We communicate openly about our needs and desires.
- We prioritize each other's comfort and well-being.

Shared Values

- We share common values and goals.
- We discuss and align on important life decisions.
- We work together to overcome differences in values.

Independence

- We respect each other's need for personal space.
- We maintain a healthy balance between individual and shared activities.
- We encourage each other's personal growth.

Fun and Playfulness

- We incorporate fun and playfulness into our relationship.
- We enjoy each other's company and have a sense of humor.
- We create memorable experiences together.

Reflection and Improvement

- We regularly reflect on the state of our relationship.
- We address issues constructively and work towards improvement.
- We are open to seeking external help if needed.