HEALTHY RELATIONSHIP(S) CHECKUP



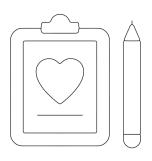
When was the last time you and your partner(s) had a healthy relationship checkup? We all deserve to experience compassionate and supportive relationships! Relationships where we can openly communicate, trust one another, and express our needs, wants, and boundaries. Just like we regularly check up on our health, our relationships need routine checkups to ensure we are maintaining healthy relationships. You can do this check-up independently or together with your partner(s). Go at your own pace. Feel free to use the writing space to reflect on each topic.

SCARLETEEN'S ARTICLE "DOES YOUR RELATIONSHIP NEED A CHECK-UP?" INSPIRED THE CONTENT FOR THIS HANDOUT.

CREATED IN COLLABORATION WITH CHECK IT HUMBOLDT.

	□ DO I LIKE THE PERSON I'M WITH? DO THEY LIKE ME? □ DO I ENJOY THEIR COMPANY? DO I LOOK FORWARD TO SPENDING TIME WITH THEM? DO THEY BRING ME JOY? □ ARE OUR VALUES AND RELATIONSHIP EXPECTATIONS COMPATIBLE? □ DO THEY SHOW RESPECT FOR ME THROUGH THEIR WORDS AND ACTIONS? □ DO WE TREAT ONE ANOTHER AS EQUALS AND SHARE POWER IN DECISION-MAKING?
SCHEDULING YOUR APPOINTMENT QUESTIONS TO ASK IN THE BEGINNING AND THROUGHOUT YOUR RELATIONSHIP(S)	
SCREENING FOR COMMUNICATION	□ DO WE COMMUNICATE OPENLY ABOUT OUR WANTS, NEEDS, AND BOUNDARIES WITHIN OUR RELATIONSHIP? □ DO WE KNOW EACH OTHER'S COMMUNICATION STYLES? WHAT ARE THE SIMILARITIES AND DIFFERENCES IN OUR COMMUNICATION? □ DO WE CREATE SPACE FOR EACH OTHER'S VOICES? DO I FEEL HEARD? DO THEY FEEL HEARD? DO WE EACH SHARE AND ACTIVELY LISTEN? □ DO I FEEL CONNECTED TO THEM WHEN WE COMMUNICATE?





ASSESSMENT OF BOUNDARIES

□ DO WE	KNOW	FACH	OTHER'S	ROUNDA	DIFS

☐ DO WE FEEL COMFORTABLE SETTING AND EXPRESSING OUR BOUNDARIES IN OUR RELATIONSHIP?

☐ HOW ARE WE DOING AT RESPECTING THE BOUNDARIES WE SET? HAS THERE BEEN ANY BOUNDARY-PUSHING OR -CROSSING?

☐ ARE THERE ANY BOUNDARIES WE NEED TO CHECK IN ABOUT?



BLOOD PRESSURE READING FOR PACING

☐ IS OUR RELATIONSHIP GOING AT A COMFORTABLE PACE?

☐ DO ANY OF US FEEL PRESSURED TO MOVE THINGS FASTER?

□ DO WE STILL HAVE THE TIME AND ENERGY TO ENGAGE IN THE OTHER PARTS OF OUR LIVES OUTSIDE OUR RELATIONSHIP? AM I MAINTAINING MY RELATIONSHIPS WITH OTHER PEOPLE? DO I HAVE TIME FOR MYSELF? MY WORK, INTERESTS AND PASSIONS?

☐ DO WE KNOW EACH OTHER'S LOVE LANGUAGES AND THE WAYS WE

\sim	LIKE TO BE SHOWN LOVE/AFFECTION? (TAKE THE LOVE LANGUAGES QUIZ ONLINE AND SHARE THE RESULTS).
	$\hfill \Box$ DO I FEEL VALUED AND LOVED/LIKED? DOES MY PARTNER(S)? DO WE EXPRESS IT TO ONE ANOTHER?
	☐ DO I FEEL LIKE I CAN FULLY BE MYSELF AROUND THEM?
	☐ DO WE ENCOURAGE ONE ANOTHER TO ENGAGE IN SELF-CARE AND LOVE OURSELVES?

HEART HEALTH



TEMPERATURE FOR CONFLICT

☐ HOW DO WE EXPRESS DISAGREEMENTS? DO WE ADDRESS AN ISSUE
RIGHT AWAY, OR DO WE BOTTLE UP OUR FRUSTRATIONS? ARE WE QUICK
TO RESPOND IN ANGER, OR DO WE TAKE TIME TO DISCUSS HOW WE EACH
FEEL ABOUT THE SITUATION CALMLY?

□ WHAT ARE EACH OF OUR NEEDS WHEN WE EXPERIENCE CONFLICT? DO WE NEED TO TALK IT OUT RIGHT AWAY. OR DO WE NEED TIME TO PROCESS IT ALONE AND THEN COME BACK TOGETHER TO DISCUSS?

☐ WHEN EXPERIENCING CONFLICT, DO WE STILL SHOW RESPECT FOR
ONE ANOTHER AND ENGAGE WITH COMPASSION?

\Box DO	WE SUPPORT	AND ENCOL	JRAGE EACH	OTHER'S	INDIVIDUAL
CDO	V/TU2				

☐ DO WE FEEL THE FREEDOM TO GROW, TRY NEW THINGS, AND CHANGE IN POSITIVE WAYS?

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☐ DO I TRUST MY PARTNER? DO THEY TRUST ME?

☐ DO WE FEEL LIKE WE CAN BE HONEST WITH EACH OTHER?

□ DO WE KNOW THAT WE WOULD NEVER INTENTIONALLY DO SOMETHING TO HURT ONE ANOTHER?

☐ DO WE FOLLOW THROUGH ON WHAT WE SAY WE ARE GOING TO DO? DO WE MAINTAIN OUR COMMITMENTS?

☐ IF WE HAVE A LACK OF TRUST, ARE WE DOING THINGS TO BUILD BACK TRUST? HOW IS THAT PROCESS WORKING?

TRUST SCREENING





INDIVIDUALITY TEST

DOTHAVE A SOLID IDENTITY OUTSIDE OF MY RELATIONSHIP? DOPARTNER(S)?	JES M
D DO I EVER FEEL LIKE I AM LOSING MYSELF IN THE RELATIONSHIP	?
AM I ALLOWED TO BE MY OWN PERSON? IS MY PARTNER(S)?	
DO WE RESPECT EACH OTHER'S DIFFERENT INTERESTS AND CRESPACE FOR US TO SPEND TIME WITH OTHERS (FAMILY, FRIENDS, LONES) OUTSIDE OUR RELATIONSHIP?	

After reviewing the checklist, what areas do I feel good about within my relationship? What areas am I concerned about or want to better address within my relationship? What topics would I like to reflect on more with my partner(s)?

National Domestic Violence Survivor Support Resources:

Domestic Violence Online Hotline: www.thehotline.org
National Dating Abuse Helpline: 1.866.331.9474
StrongHearts Native Helpline: 1.844.762.8483
Center for Pacific Asian Family Multilingual Helpline: 1.800.339.3940

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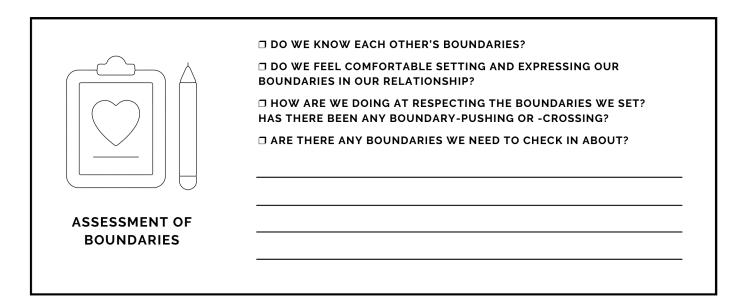
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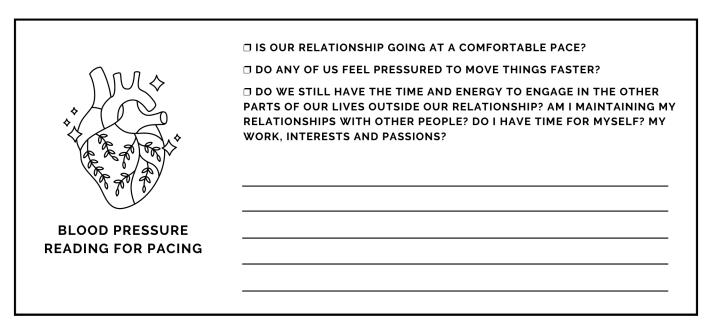
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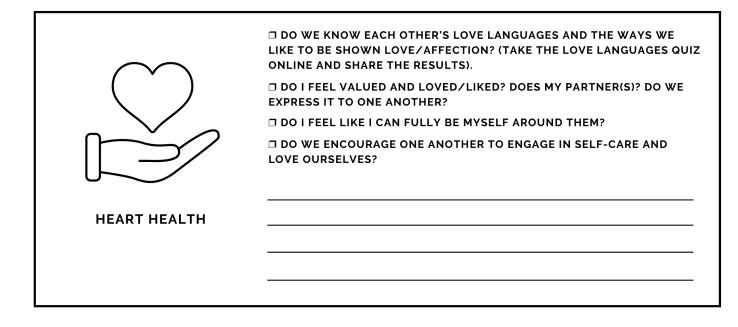
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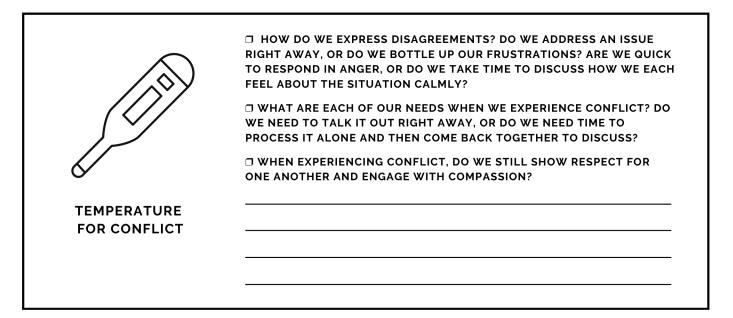
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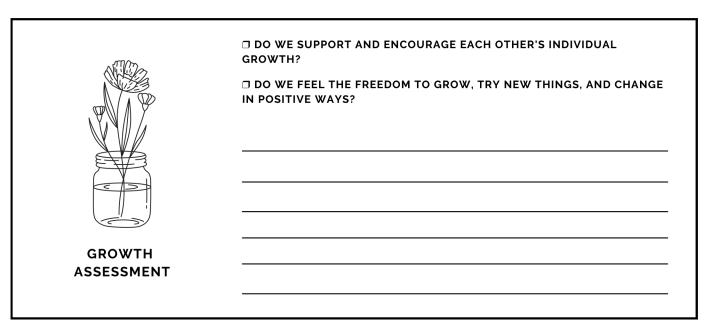
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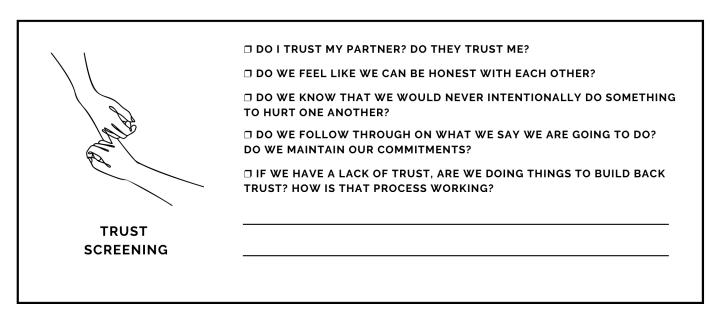


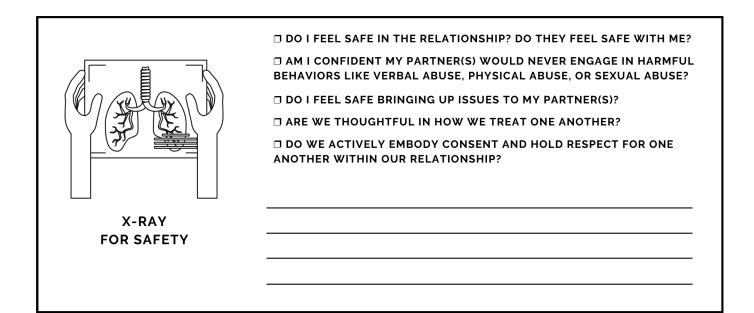


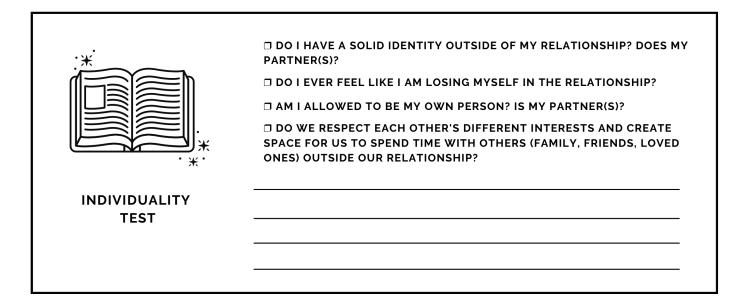












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