

Relationship checklist

How healthy is your relationship?

RED FLAG ✘

- Your opinions don't matter
- You're explaining yourself
- You feel uncomfortable at times
- There is jealousy displayed
- You feel alone
- You withhold your feelings
- You give in to your partner's wishes
- Arguments go unresolved
- There is name calling & abuse

GREEN FLAG ✔

- You feel listened to
- You're free to be yourself
- Your boundaries are respected
- You trust & are trusted
- You feel supported
- You can be vulnerable
- There is compromise
- You can talk through issues
- There is love & affection

What is it looking like?

Mostly green flags

Congratulations! What work is there to do?

Collectively



Support your partner may need



Support you might need




Mostly red flags

It may be time to consider ending the relationship

Additional red flags:

Notes:

- Are you justifying their behaviour?
- Are you explaining human behaviour?
- Have you changed for them?
- Do you withhold to protect them?
- Are you unsure of their motives?
- Do you feel insecure?
- Are they affecting your self-esteem?
- Do you feel unworthy?
- Have you experienced violence?



Do you need additional support? Where might you find it?

