

# Healthy Relationships

This checklist can be used to evaluate a romantic relationship, a friendship, or a family relationship.  
Answer each question check if YES or cross if NO.

- Can you both accept changes in roles and feelings?
- Do you feel good about yourself in this relationship?
- Do you have other important relationships in your life?
- Can you be yourself in this relationship?
- Are you comfortable sharing your feelings with this person?
- Are you genuinely interested in each other's lives?
- Does the other person in the relationship understand you?
- Do you both work to make the relationship better?
- Do you both pursue your own interests?
- Does this relationship make you a better person?
- Can you talk to the other person about what bothers you?
- Do you feel worthwhile outside of this relationship?