

Name: _____ Date: _____

Building Healthy Relationships

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?

Do you listen to new ideas and perspectives & 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?

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?