

Name : _____

Date : _____

BUILDING HEALTHY RELATIONSHIP

1. What are your communication preferences?

Understanding how you and your partner communicate can strengthen your relationship. Do you prefer open conversations, written messages, or non-verbal cues?

2. How do you handle conflicts?

Conflict is natural in any relationship. Consider how you both approach disagreements and find constructive ways to resolve them.

3. What boundaries do you need?

Establishing clear boundaries ensures mutual respect. Discuss personal space, privacy, and emotional limits with your partner.

4. What shared goals do you have?

Building a future together involves aligning your aspirations. Talk about common goals, whether they're related to career, family, or personal growth.

5. How do you express appreciation?

Regularly expressing gratitude and showing appreciation strengthens bonds. Explore love languages and find out how you both feel loved and valued.
