

Name: _____ Date: _____

HEALTHY RELATIONSHIP & CONNECTION WORKSHEET

The purpose of this worksheet is to strengthen the foundation of your bond through deep understanding and mutual respect. Use these questions as a guide for an open conversation with your partner or a loved one.

1. Cultivating Safety & Security

What specific actions or words make you feel most valued and safe in this relationship?

How can we maintain this sense of security even when we are in the middle of a conflict?

2. Open & Honest Communication

What is the best way for us to discuss difficult topics without feeling defensive?

Are there specific communication styles or "love languages" you would like to see more of from me?

3. Balancing Autonomy & Togetherness

How do we currently balance "me-time" with quality "we-time"?

Does our current division of time feel fair and fulfilling to you, or should we make adjustments?

4. Growth & Mutual Support

What is a personal goal you have for this year?

How can I be your best "cheerleader" and support system as you work toward achieving it?
