

# Healthy Relationship

Name:

Date:

Answer each question.

To what extent do you and your spouse utilize non-verbal clues in addition to spoken words to communicate effectively?

How do you and your spouse establish and preserve trust in your partnership?

Are you able to recognize and talk about the boundaries in your relationship?

How do you and your spouse help each other emotionally when things are hard?

How do you handle disagreements? Are your methods helpful or detrimental?