

RELATIONSHIP HEALTH & DIRECTION CHECKLIST

Instructions:

Each person should complete this separately.

Rate each statement from **1–5**:

1 = Strongly Disagree | 5 = Strongly Agree

1. RESPECT & SAFETY

- I feel emotionally safe expressing my thoughts and feelings. _____
 - My partner respects my boundaries (time, space, values). _____
 - There is no manipulation, intimidation, or control. _____
 - We handle disagreements without insults or threats. _____
 - I feel valued—not tolerated or taken for granted. _____
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2. COMMUNICATION

- We can talk openly about difficult topics. _____
 - My partner listens to understand, not just to respond. _____
 - We resolve conflict rather than avoid it or let it build up. _____
 - I feel heard and understood most of the time. _____
 - We can apologise and forgive each other. _____
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3. TRUST & HONESTY

- I trust my partner's words and actions. _____
 - We are honest, even when it's uncomfortable. _____
 - There is no ongoing secrecy that damages trust. _____
 - I don't feel the need to "check up" on my partner. _____
 - We are reliable and keep our commitments. _____
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4. SHARED VALUES & DIRECTION

- We agree on important life values (faith, family, lifestyle). _____
 - We have compatible goals for the future. _____
 - We respect each other's beliefs, even when we differ. _____
 - We are moving in the same general direction in life. _____
 - I can realistically see a future with this person. _____
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5. EMOTIONAL CONNECTION

- I feel emotionally connected to my partner. _____
 - We enjoy spending time together. _____
 - There is mutual care, is affection, and support. _____
 - I can be myself without pretending. _____
 - The relationship adds joy—not just stress—to my life. _____
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6. EFFORT & COMMITMENT

- Both of us are putting in effort—not just one person. _____
 - We prioritise the relationship in a healthy way. _____
 - We are willing to work through challenges together. _____
 - I feel chosen—not like an option or backup plan. _____
 - We both want this relationship to grow. _____
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7. PERSONAL GROWTH & INDEPENDENCE

- This relationship helps me grow as a person. _____
 - I still maintain my identity, friendships, and interests. _____
 - My partner supports my goals and ambitions. _____
 - I am not dependent on this relationship for my self-worth. _____
 - We strengthen each other rather than drain each other. _____
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8. RED FLAGS CHECK (Answer honestly: Yes / No)

- There is repeated lying or betrayal. _____
 - There is emotional, verbal, or physical abuse. _____
 - One person consistently gives far more than the other. _____
 - There is pressure to compromise core values or beliefs. _____
 - The relationship is mostly anxiety, confusion, or drama. _____
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SCORING & REFLECTION

Step 1: Add Your Scores

- 140–175 → Strong, healthy foundation
 - 100–139 → Mixed; needs intentional work
 - Below 100 → Significant concerns
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Step 2: Ask the Real Questions

- Where are the lowest scores—and why?
 - Are these issues improving or repeating?
 - Are both people willing to work on them?
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Step 3: Reality Check

A relationship is worth pursuing further if:

- There is **mutual effort**, not one-sided chasing
- Problems are **worked on**, not ignored
- You feel **peace more often than confusion**

A relationship is **not** worth continuing if:

- You're constantly anxious, drained, or uncertain
 - Respect and trust are repeatedly broken
 - You're hoping the person will become someone else
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FINAL QUESTION (DON'T SKIP THIS)

- If nothing changed in this relationship for the next 2 years...
Would I still choose it?