

Healthy Relationship(s) Checkup



When was the last time you and your partner(s) or friend(s) had a healthy relationship checkup? We all deserve to experience compassionate and supportive relationships! Relationships where we can openly communicate, trust one another, and express our needs, wants, as well as boundaries. Just like we regularly check up on our health, our relationships need check ups every now and then to ensure we are maintaining healthy relationships. You can do this check up independently or together with your partner(s). Go at your own pace. Feel free to use the writing space to reflect on each topic.

NOTE: THE CONTENT FOR THIS HANDOUT WAS ADAPTED FROM SCARLETEEN'S ARTICLE, "DOES YOUR RELATIONSHIP NEED A CHECK UP" BY HEATHER CORINNA.



SCHEDULING YOUR APPOINTMENT: PREREQUISITES

THE INFORMATION WE NEED TO KNOW IN THE BEGINNING OF AND THROUGHOUT A RELATIONSHIP(S)

- DO I LIKE THE PERSON I HAVE A RELATIONSHIP(S) WITH? DOES THAT PERSON LIKE ME?
- DO I ENJOY BEING AROUND MY PARTNER(S) OR FRIEND? DO THEY LIFT UP MY SPIRITS?
- ARE MY WANTS AND NEEDS AND THEIR WANTS AND NEEDS COMPATIBLE?
- DO I WANT TO BE IN THE KIND OF RELATIONSHIP(S) WE'RE IN?
- DO WE TREAT ONE ANOTHER AS EQUALS AND HAVE SHARED POWER AND DECISION MAKING WITHIN THE RELATIONSHIP?



SCREENING FOR COMMUNICATION

ENGAGING IN COMPASSIONATE COMMUNICATION

- DO WE COMMUNICATE OPENLY ABOUT OUR WANTS, NEEDS AND BOUNDARIES WITHIN OUR RELATIONSHIP?
- DO WE KNOW EACH OTHER'S COMMUNICATION STYLES? WHAT ARE THE SIMILARITIES AND DIFFERENCES IN OUR COMMUNICATION?
- DOES OUR COMMUNICATION FEEL BALANCED WITH EACH OF US SHARING AND ACTIVELY LISTENING WELL?
- HOW DO WE EXPRESS DISAGREEMENTS AND ADDRESS CONFLICT WHEN ISSUES ARISE? ARE WE RESPECTFUL OF ONE ANOTHER?



GOING OVER HEALTH HISTORY FOR LIMITS AND BOUNDARIES

VOICING OUR WANTS AND DISLIKES

- DO WE KNOW EACH OTHER'S LIMITS AND BOUNDARIES?
- DO WE FEEL COMFORTABLE EXPRESSING OUR BOUNDARIES?
- ARE WE DOING WELL AT RESPECTING EACH OTHER'S LIMITS AND BOUNDARIES?
- IF ANY BOUNDARY PUSHING OR CROSSING HAS HAPPENED IN THE PAST, HAVE WE DISCUSSED AND RESOLVED THAT FULLY?



BLOOD PRESSURE READING FOR PACING

KEEPING THE RELATIONSHIP(S) BALANCED AND AT A GOOD PACE

- IS OUR RELATIONSHIP(S) GOING AT A COMFORTABLE PACE THAT WE ARE ALL OKAY WITH? ARE THINGS MOVING TOO SLOW OR TOO FAST?
- AM I STILL ABLE TO ENGAGE IN THE OTHER PARTS OF MY LIFE, INCLUDING MY RELATIONSHIPS WITH OTHER PEOPLE, MY WORK, MY PASSIONS, INTERESTS, AND MY LIFE GOALS?
- DO ANY OF US FEEL RUSHED OR PRESSURED TO MOVE THINGS FASTER THAN WE'D LIKE?



HEART RATE & CIRCULATION HEALTH FOR CARE/LOVE

CHECKING IN WITH HOW WE SHOW AND RECEIVE LOVE AND CARE

- DO WE KNOW EACH OTHER'S LOVE LANGUAGES AND THE WAYS WE LIKE TO BE SHOWN LOVE/AFFECTION? (TAKE THE LOVE LANGUAGES QUIZ ONLINE AND SHARE RESULTS).
- DO I FEEL VALUED, LOVED, LIKED AND/OR CARED FOR? DOES MY PARTNER(S) OR FRIEND? DO WE EXPRESS IT TO ONE ANOTHER?
- DO WE ENCOURAGE ONE ANOTHER TO ENGAGE IN SELF-CARE AND LOVE OURSELVES?



**CHECKING TEMPERATURE
FOR CONFLICT**

**ADDRESSING CONFLICT
IN HEALTHY WAYS**

- WHEN WE HAVE A CONFLICT, DO WE TAKE THE TIME TO BRING IT UP AS CALMLY AND FAIRLY AS WE CAN RATHER THAN BOTTLING THINGS UP OR EXPLODING IN ANGER OR FRUSTRATION?
- ARE WE UNDERSTANDING THAT CONFLICTS WILL HAPPEN? DO WE TAKE THE TIME TO REALLY WORK ON RESOLVING THEM RATHER THAN AVOIDING THEM OR BLOWING THEM OFF?
- WHEN WE'RE WORKING OUT CONFLICT, ARE WE COMMUNICATING WITH KINDNESS AND COMPASSION?



**ASSESSMENT FOR
FLEXIBILITY & GROWTH**

**ADAPTING TO THE GROWTH AND
CHANGE IN RELATIONSHIP(S)**

- ARE WE BEING FLEXIBLE WITH EACH OTHER, UNDERSTANDING THAT PEOPLE AND SITUATIONS CHANGE AND THAT THE NATURE OF OUR RELATIONSHIP(S), OUR MOODS, THE TIME WE SPEND TOGETHER CAN CHANGE FROM DAY TO DAY?
- DO I FEEL FREE TO GROW AND CHANGE IN POSITIVE WAYS IN MY RELATIONSHIP RATHER THAN BEING EXPECTED TO STAY EXACTLY THE SAME PERSON AS I WAS AT THE START? DOES MY PARTNER(S) OR FRIEND?



SCREENING FOR TRUST

**BEING ABLE TRUST
WITHIN A RELATIONSHIP**

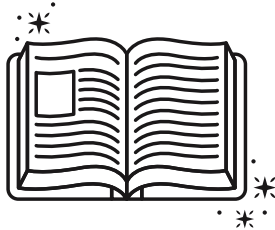
- IS MY FRIEND OR PARTNER(S) TRUSTWORTHY? DO I TRUST THEM? DO THEY TRUST ME?
- DO WE KEEP EACH OTHER'S CONFIDENCES AND HONOR OUR AGREEMENTS?
- ARE WE RESPECTING BOUNDARIES INSTEAD OF PUSHING THEM?
- IF WE HAVE A LACK OF TRUST, ARE WE DOING THINGS TO BUILD BACK TRUST? HOW IS THAT PROCESS WORKING?



X-RAY SCREENING FOR SAFETY

MAKING SURE THAT OUR RELATIONSHIPS ARE SAFE

- DO I FEEL SAFE IN THE RELATIONSHIP? DO THEY FEEL SAFE WITH ME?
- AM I CONFIDENT MY PARTNER(S) OR FRIEND AND I WOULD NEVER INTENTIONALLY DO ANYTHING TO HURT ONE ANOTHER PHYSICALLY, EMOTIONALLY OR SEXUALLY?
- DO I FEEL SAFE TO BRING UP ISSUES TO MY PARTNER(S) OR FRIEND?
- DO WE THINK CAREFULLY ABOUT HOW WE TREAT ONE ANOTHER?
- DO WE ACTIVELY EMBODY CONSENT AND HOLD RESPECT FOR ONE ANOTHER WITHIN OUR RELATIONSHIP?



REVIEW OF SELF-CARE AND INDIVIDUALITY

MAINTAINING OUR IDENTITY AND INTERESTS

- DO I HAVE A SOLID IDENTITY OUTSIDE OF MY RELATIONSHIP? DOES MY PARTNER(S) OR FRIEND?
- DO I EVER FEEL LIKE I'M LOSING MYSELF IN THE RELATIONSHIP?
- AM I ALLOWED TO BE MY OWN PERSON? IS MY PARTNER(S) OR FRIEND?
- DO WE RESPECT EACH OTHER'S UNIQUE AND DIFFERENT INTERESTS AND CREATE SPACE FOR US TO SPEND TIME WITH OTHERS (FAMILY, FRIENDS, LOVED ONES) OUTSIDE OUR RELATIONSHIP?

After reviewing the checklist, what areas do I feel good about within my relationship?
 What areas am I concerned about or want to better address within my relationship?
 What topics would I like to reflect on more with my partner(s) or friend?

Local resources: Campus Advocate Team Hotline: 707.445.2881
 Humboldt Domestic Violence Services Hotline: 707.443.6042

National Resources: Domestic Violence Online Hotline: www.thehotline.org
 National Dating Abuse Helpline: 1-866-331-9474

