

# HEALTHY RELATIONSHIP SELF CHECK UP

Ask yourself these questions about your relationships. It is important to take a of couple minutes from time to time and ensure that the people around you are contributing positively to your well being.

1. Do I like being around this person? Does this person like being around me?

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2. Do I feel happy when I am with my partner or friend?

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3. Do I want to be in the type of relationship that I am in?

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4. Do we treat each other as equals and make decisions together?

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5. Do we openly communicate about our wants, needs, and boundaries?

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6. How do we discuss disagreements? Are we respectful of how each other feel?

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7. Are we aware of each others boundaries?

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8. If any boundaries have been crossed in the past have we discussed the incident(s)?

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9. Are we both comfortable with the pace of our relationship? Are we moving too fast or too slow?

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10. Do I feel free to engage and focus on areas of my life that are separate from my relationship?

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11. Do we know each others love languages?

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12. Do we encourage each other to prioritize self-care and to love ourselves?

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13. When conflict arises do we take the time to resolve it?

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14. Do we feel free to grow and change as an individuals?

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15. Do I trust my friend/partner?

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16. Do I feel safe in this relationship?

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17. Do I feel respected in this relationship?

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18. Do I have my own identity separate from this relationship?

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\*materials adapted with permission from CHECK IT Sexual Violence Bystander Intervention program at Humboldt State University