

# Healthy Relationship Checklist

We human beings are hardwired to pursue and form meaningful relationships. Connection is a fundamental human trait. Sadly, the way we connect can sometimes cause pain and confusion in our lives.

There are many people who identify with being in unfulfilling, unhappy relationships, often over and over again. Let's face it, being in a happy and satisfying relationship is not easy.

Relationships that are based on friendship and mutual respect tend to be the most enduring. Having a good understanding of your relationship and your style of attachment is the first step toward a healthy relationship.

Go through the list of questions below on your own and answer each question honestly. Use them to identify your relationship strengths and weakness. If you are in a relationship you might want to ask your partner to work through the checklist independently too.



Yes/No	Yes/No
<input type="checkbox"/> <input type="checkbox"/> We discuss things regularly	<input type="checkbox"/> <input type="checkbox"/> Conflict drives us apart
<input type="checkbox"/> <input type="checkbox"/> We disagree sometimes but usually reach a compromise	<input type="checkbox"/> <input type="checkbox"/> When I am tired I sometimes say hurtful things to my partner
<input type="checkbox"/> <input type="checkbox"/> We talk openly and honestly about most issues	<input type="checkbox"/> <input type="checkbox"/> Our arguments are destructive to one or both parties
<input type="checkbox"/> <input type="checkbox"/> We negotiate on issues that are more important to one party	<input type="checkbox"/> <input type="checkbox"/> My partner puts me down
<input type="checkbox"/> <input type="checkbox"/> My partner listens to me	<input type="checkbox"/> <input type="checkbox"/> My partner insults me, tells me I am crazy or stupid
<input type="checkbox"/> <input type="checkbox"/> I am good at admitting it to my partner when I am wrong or have made a mistake	<input type="checkbox"/> <input type="checkbox"/> My partner blames me for everything that goes wrong
<input type="checkbox"/> <input type="checkbox"/> My partner accepts responsibility when he/she has made a mistake and apologises	<input type="checkbox"/> <input type="checkbox"/> My partner lies to me
<input type="checkbox"/> <input type="checkbox"/> I can be myself when I am with my partner	<input type="checkbox"/> <input type="checkbox"/> I feel on edge when I'm out with my partner, I can't relax or unwind
<input type="checkbox"/> <input type="checkbox"/> I feel loved	<input type="checkbox"/> <input type="checkbox"/> My partner cheats on me
<input type="checkbox"/> <input type="checkbox"/> I feel respected	<input type="checkbox"/> <input type="checkbox"/> My partner lies about hurting me
<input type="checkbox"/> <input type="checkbox"/> I feel acknowledged	<input type="checkbox"/> <input type="checkbox"/> My partner makes important decisions without me
<input type="checkbox"/> <input type="checkbox"/> I feel heard	<input type="checkbox"/> <input type="checkbox"/> My partner makes me do all the work
<input type="checkbox"/> <input type="checkbox"/> My partner has a good sense of humour	<input type="checkbox"/> <input type="checkbox"/> My partner yells at me
<input type="checkbox"/> <input type="checkbox"/> It's okay if we don't agree sometimes	<input type="checkbox"/> <input type="checkbox"/> My partner sometimes hurts me physically
<input type="checkbox"/> <input type="checkbox"/> My partner asks me how I feel	<input type="checkbox"/> <input type="checkbox"/> My partner won't let me see my friends
<input type="checkbox"/> <input type="checkbox"/> My partner respects me	<input type="checkbox"/> <input type="checkbox"/> My partner lies to me about money
<input type="checkbox"/> <input type="checkbox"/> My partner likes me the way I am and doesn't try to change me	<input type="checkbox"/> <input type="checkbox"/> My partner takes all the money
<input type="checkbox"/> <input type="checkbox"/> My partner asks me what I think	<input type="checkbox"/> <input type="checkbox"/> I can't be myself when I am with my partner
<input type="checkbox"/> <input type="checkbox"/> My partner wants me to succeed	<input type="checkbox"/> <input type="checkbox"/> I don't feel like my partner listens to me
<input type="checkbox"/> <input type="checkbox"/> My partner is honest with me	<input type="checkbox"/> <input type="checkbox"/> We often fight and lose our tempers
<input type="checkbox"/> <input type="checkbox"/> My partner admits mistakes	<input type="checkbox"/> <input type="checkbox"/> My partner does not prioritise our relationship when he should
<input type="checkbox"/> <input type="checkbox"/> My partner sticks to our agreements	

Yes/No

Yes/No

- My partner shares the work that supports us
- My partner trusts and supports me
- My partner loves me for who I am
- We communicate well
- We share equal responsibility for our relationship
- When we disagree, we do not attack each other
- We make time for each other
- We have similar friends and separate friends
- When we host friends, my partner helps do things that need to get done
- My partner thinks it's okay when I spend time with my friends
- I feel strong in myself and not overshadowed by my partner
- My partner understands and accepts my family
- I am not insecure when my partner wants time alone
- We understand each other's family dynamics
- Sex is pretty good most of the time
- My partner does nice things for me
- My partner believes in me
- My partner makes me feel safe
- We share responsibility for the practical things in life
- We remember important dates and events
- We take care of ourselves as well as each other
- We try to understand each other's needs, desires and expectations
- We genuinely like each other and love spending time together
- We freely and openly express our love
- We are compassionate toward each other
- My partner and I share our money
- We share financial responsibility
- My partner doesn't waste our money
- My partner is a good parent
- My partner helps the kids feel good about themselves
- My partner listens to the kids
- We share parenting values
- We parent in complimentary ways
- We share the parenting responsibilities

- My partner doesn't think he / she is ever in the wrong
- My partner is inconsiderate of my needs
- My partner expects me to fall in with his/ her plans
- My partner never asks me about my day or my life
- My partner is not supportive of my parenting techniques
- My partner is uninvolved in our home and family life
- Given a choice, my partner wouldn't choose to spend his / her free time with me and our children
- My partner is influenced heavily by what his / her friends think
- My partner is disrespectful to me
- We do not have an intimate relationship as often as we used to
- My partner doesn't seem to find me attractive anymore
- I don't find my partner attractive anymore

It can be confronting to see your relationship laid bare in black and white, using only yes or no answers to some big relationship questions. It takes courage to honestly answer these questions that may be problem areas in our relationship so congratulations for getting to the end.

The purpose of this list of questions is to highlight for you where you are doing well in your relationship, and where you need to do some work. Depending on the answers to certain questions, the work you need to do may be minimal or intensive. Your issues may range from minor irritations to significant challenges about needs, wants, preferences, interests, opinions, beliefs and values.

Remember no relationship is perfect. It is easy to make the mistake of comparing your own relationship to those of your friends or to the highlights of other people's relationships on social media.

If you feel that your relationship needs work, here are a few ideas to get you started in the right direction.

- It can be helpful to remember that we are all doing our best and we all make mistakes. When we need most is a kind response. Forgiveness for small transgressions within a relationship can make all of the difference
- Let go of any grudges or resentments. Issues that are raised again and again can corrode your connection and love in the long term
- Be a soft place to fall. We all need someone to have our back or be in our corner. Try to be that place for your partner too.
- A healthy balance of time together AND apart it can be challenging, especially when children come along. But maintaining friendships and separate activities keeps relationships fresh.
- Try not to compare how much each partner is doing in relations to chores and parenting etc. If you feel that there is imbalance sit down and talk it through and work out a time table that allows you both to feel like you share the work equally.
- Learn each other's love language and use them as often as you can. This shows your partner that you really want them to feel your love. Love is a daily practice so try to make small gestures often.
- Avoid calling each other names, criticism, contempt or avoiding your partner completely as these things are toxic in relationships. Work on healthy communication and fighting fair.
- Get familiar with your own relationship values, and talk to your partner about them. Understand that values underpin your relationship so being on the same page as one another can be helpful. It is okay to have different values as long as you respect each other's.
- You are in a partnership so remember to make important decisions together. Communication about really important issues like family, money and sex can cause a lot of distress for couples. Make time for important discussions when you are both calm and feeling ready to listen to one another and to compromise.

***Please Note: If your partner is hurting you emotionally, physically or verbally, you need to seek professional help and support immediately.***

The list of questions above is not a therapeutic diagnostic tool. It is a checklist to assist in self-reflection. Debbi Carberry has helped hundreds of women and couples who were struggling in their relationships. If you feel that you would like some additional support in your relationship go to <https://debbicarberry.com.au/better-relationships-program/> to find out about Debbi's ground-breaking online course, "**Rewire your Brain for Better Relationships**".

**Debbi Carberry** is a clinical social worker in private practice in Brisbane, where she specialises in relationships transformation. Debbi is the author of a short relationship guide "**Is Your Approach to Relationships Healthy? 7 Questions Every Woman Should Ask Herself**" and the creator of the groundbreaking online course, <https://debbicarberry.com.au/better-relationships-program/>

