

# Relationship Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

## COMMUNICATION

### Communication Items

#### Communication Items

- ☐ We openly communicate with each other
- ☐ We actively listen to each other without judgment
- ☐ We express our thoughts and feelings honestly
- ☐ We resolve conflicts through healthy communication

## TRUST

### Trust Items

#### Trust Items

- ☐ We trust each other
- ☐ We are transparent about our actions and decisions
- ☐ We keep our promises and commitments

## RESPECT

### Respect Items

#### Respect Items

- ☐ We respect each other's boundaries
- ☐ We appreciate and acknowledge each other's opinions
- ☐ We treat each other with kindness and consideration

## QUALITY TIME

### Quality Time Items

#### Quality Time Items

- ☐ We spend quality time together regularly
- ☐ We engage in activities that bring us joy and strengthen our connection
- ☐ We prioritize our relationship amid busy schedules

## SUPPORT

### Support Items

#### Support Items

- ☐ We support each other's goals and aspirations
- ☐ We offer emotional support during challenging times
- ☐ We celebrate each other's successes

## INTIMACY

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### Intimacy Items

#### Intimacy Items

- ☐ We maintain a healthy level of physical and emotional intimacy
- ☐ We communicate openly about our needs and desires
- ☐ We prioritize each other's comfort and well-being

## SHARED VALUES

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### Shared Values Items

#### Shared Values Items

- ☐ We share common values and goals
- ☐ We discuss and align on important life decisions
- ☐ We work together to overcome differences in values

## INDEPENDENCE

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### Independence Items

#### Independence Items

- ☐ We respect each other's need for personal space
- ☐ We maintain a healthy balance between individual and shared activities
- ☐ We encourage each other's personal growth

## FUN AND PLAYFULNESS

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### Fun and Playfulness Items

#### Fun and Playfulness Items

- ☐ We incorporate fun and playfulness into our relationship
- ☐ We enjoy each other's company and have a sense of humor
- ☐ We create memorable experiences together

## REFLECTION AND IMPROVEMENT

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### Reflection and Improvement Items

#### Reflection and Improvement Items

- ☐ We regularly reflect on the state of our relationship
- ☐ We address issues constructively and work towards improvement
- ☐ We are open to seeking external help if needed