

# RELATIONSHIPS TRACKER

Following are 2 lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have traits of both. The point of this exercise is to figure out what things in your relationship are healthy or unhealthy so you can gain appreciation for the best things and decide what you want to change. Please note that this list doesn't cover all situations. You may want to share this list with someone in your support system and talk about the changes you intend to make in your relationship.

I am evaluating my relationship with \_\_\_\_\_

## IS IT HEALTHY?

Check the box if you and this person....

- Have fun together more often than not
- Enjoy spending time separately and with each other
- Trust each other
- Always feel safe with each other emotionally & physically
- Respect each other's opinions even when they are different
- Both apologize when wrong
- Allow each other space when you need it
- Both accept responsibility for their actions
- Support each others individual goals
- Always treat each other with respect
- Solve conflicts without putting each other down, cursing or making threats

## IS IT UNHEALTHY?

Check the box if one of you....

- Doesn't listen when the other talks
- Frequently criticizes you, your friends or family
- Has grabbed, pushed, thrown things or physically hurt you
- Embarrasses or humiliates you
- Doesn't take the other person or things that are important to him/her seriously
- Goes back on promises
- Acts controlling or possessive
- Blames the other for their own behaviour
- Tries to make the other feel crazy or plays mind games
- Uses alcohol or drugs as an excuse for hurtful behaviour
- Depends completely on the other to meet social or emotional needs