

Free healthy relationship worksheets: Version 2

Mutual respect	Equality	Open communication	Honesty
Assertive communications	Face their differences	Truthfulness	Healthy boundaries
Trust	Promote growth	Prioritise each other	Compromise
Remain calm during fights	Care for each other	Express love	Show gratitude to each other
Accountability	Loyalty	Support	Unconditional love

Independence:

In a healthy relationship, you depend on the other person too but not to an extent where you start affecting the freedom of another person.

Practical decisions rather than emotional:

Relationships that are long-term and strong are based on practical needs and terms.

Open and honest communication:

Try to build a strong and honest relationship with your significant other, and build a bond through love, care, and honest communication. Effective Communication is the key to building strong relationships.

Set your priorities:

Prioritize each other over their own unnecessary stuff.

Set Limits & Never cross them:

Know each other's limits, never do or say something that you will regret later, and think before you speak.