

Healthy relationships worksheets for youth pdf

Don't lose a relationship:

Always analyze the things you are fighting. It is worth fighting for; is it worth losing a relationship.

Remember your Values:

Never deviate from what you believe in, practice your values, even though the other person isn't doing right. You do what you feel is right. Don't reciprocate each other.

Learn to say no:

Be assertive but don't be aggressive. Know when and how to say no if anything is beyond or against your values.

Honest with each other:

Honesty is the best policy: Build your relationship with honesty and love.

Mutual Respect:

Respect is the key element in every relationship. One should never hit below the belt and never disrespect each other. Don't belittle your partner in an argument. Self-respect is equally essential in a relationship; never do something that gives a notion to your partner that you no longer respect them.

Practice Assertive Communication:

Use "I statements" rather than doubtful ones, be assertive but don't be aggressive. There is a fine line between these two. Effective communication is the key to a healthy relationship. Talk to your partner or anyone with who you have a conflict about your needs and explicitly ask them to tell you what they expect from you.

Set Limits & Never cross them:

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

Control your anger:

Try to be polite with each other, don't be argumentative and rowdy.