

## How Healthy is My Relationship Worksheet

Try to be honest as much as possible.

	Characteristics of a healthy relationship	Rate each component on a scale of (1-10)
1	Trust	
2	Honesty	
3	Respect	
4	Communication	
5	Loyalty	
6	Happiness	
7	Compromise	
8	Safety	
9	Independence	
10	Partnership	

**Any issues/Things You would like to address or talk to your partner about:**

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