

Relationship worksheets pdf: Version 2

Rate each component on a scale of (1-10) Based on what is important to you in your relationship:

Trust	Respect	Safety	Loyalty	Happiness
Honesty	Communication	Independence	Partnership	Compromise

Then sit with your partner and share.

Communicate with each other about your concerns and problems, alongwith that. Make a plan to solve your issues too:

Problems	Weaknesses	Ways to resolve the issues

TIPS TO BUILD HEALTHY AND STRONG RELATIONSHIPS:

Below are some of the most common tips for maintaining a healthy relationship. So mutually sit together and decide that no matter, whatever happens, you will follow these rules no matter whatever happens. These are some basic rules; you can always create your own as desired and needed.

- Rather than losing a relationship, it's better to lose an argument
- One thing at a time
- Watch your tone
- Never disrespect each other
- Never cross a boundary
- Express your feelings, how you feel, not your anger
- Empathize with each other
- Understand each other's perspective

- Don't hit at each other's weaknesses
- Don't bring Past issues; the Past is past. Leave the past issues in the past. Focus on the presents.
- Maintain healthy boundaries.