

Relationship Check-In

Relationships (both romantic and platonic) can change over time. As you grow and mature you might need to re-evaluate your relationships. Check to make sure your relationships continue to be healthy and what is best for you.

Healthy

- They are trustworthy.
- We have shared interests or values (list below):

- My friends and family like them and approve of us being friends/dating.
- They are a good listener.
- They are respectful to me and to others.
- They have goals and dreams of their own for their future.
- I feel safe around this person.
- This person is happy for me when I have a good day, or I am able to accomplish something.
- They are kind.
- They are fun to be around.
- This person encourages me to do my best.
- This person has a great sense of humor.
- They like to hang out with my friends and family.
- I am impressed because this person pays attention to what I say and remembers what I like/dislike.
- They realize I have other priorities in my life like school, work or family in addition to this relationship.
- This person helps me to feel more confident about myself.
- This person is caring towards their friends and family.
- We want the best for each other.

Unhealthy

- Sometimes they do things that I don't agree with and that make me feel uncomfortable.
- I feel that I need to hide our relationship from my friends and family because I don't think they would approve.
- They are mean to others and say hurtful things.
- They are critical of me.
- This person wants me to spend all of my time with just them.
- Often, they complain about my family or friends.
- They are jealous of the things that I have accomplished. I feel I need to downplay my successes or not try as hard, so they won't say anything.
- They become angry easily.
- I feel stressed when I am around them that I might not do or say the right thing.
- They are clingy and can't seem to do activities on their own.
- This person makes me feel insecure and unsure of myself.
- I don't feel like this person listens to me, they don't seem to care about what I am talking about.
- This person tries to control what I eat, who I talk to or what I wear.
- I feel my personality changes when I am with them – for the worse.
- This person encourages me to cheat, use drugs or something else that I normally wouldn't do.

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