

How Healthy Are Your Closest Relationships?

Of course, nobody is perfect, and few people will display all healthy relationship qualities at once. However, this checklist can give you an idea of which relationships in your life are the most healthy and rewarding to you.

Fill in the names of the three people close to you. Then go through the list below for each person, marking yes or no for each of the 15 healthy relationship traits.

1. They are realistic and practical. They don't have a problem accepting uncomfortable truths.
2. They use both their thinking and feeling brain.
3. They are reliable and/or consistent; you know what to expect from them.
4. They give the benefit of the doubt and don't take things too personally.
5. They respect your needs and rights (meaning: they have good boundaries).
6. They give about as much as they take.
7. They easily compromise.
8. They are open-minded toward your ideas, recommendations, and preferences.
9. They tell the truth.
10. They apologize when appropriate.
11. They readily empathize with you.
12. They both give and accept comfort.
13. They look for ways to improve their actions and relationships.
14. They see you for who you are.
15. They make you have a good time.

Name			Name			Name		
1.	Yes	No	1.	Yes	No	1.	Yes	No
2.	Yes	No	2.	Yes	No	2.	Yes	No
3.	Yes	No	3.	Yes	No	3.	Yes	No
4.	Yes	No	4.	Yes	No	4.	Yes	No
5.	Yes	No	5.	Yes	No	5.	Yes	No
6.	Yes	No	6.	Yes	No	6.	Yes	No
7.	Yes	No	7.	Yes	No	7.	Yes	No
8.	Yes	No	8.	Yes	No	8.	Yes	No
9.	Yes	No	9.	Yes	No	9.	Yes	No
10.	Yes	No	10.	Yes	No	10.	Yes	No
11.	Yes	No	11.	Yes	No	11.	Yes	No
12.	Yes	No	12.	Yes	No	12.	Yes	No
13.	Yes	No	13.	Yes	No	13.	Yes	No
14.	Yes	No	14.	Yes	No	14.	Yes	No
15.	Yes	No	15.	Yes	No	15.	Yes	No