

# Relationship Reality Check: A Comprehensive Worksheet

## Introduction

Healthy relationships are built on mutual respect, trust, and growth, but it's normal to wonder how your partnership measures up. This 4-page worksheet helps you evaluate the overall health of your relationship by comparing key qualities of a healthy partnership with your current experiences. Use this tool to reflect honestly, identify strengths and areas for improvement, and inspire positive change. Whether you're in a romantic, familial, or platonic relationship, this guide offers a structured approach to assess dynamics, set goals, and foster growth. If you feel unsafe or experience abuse, prioritize safety by contacting a crisis hotline or professional before proceeding (see resources at the end). This worksheet is for personal reflection or collaborative discussion with a partner, therapist, or support network—start here to gain clarity and build a stronger connection.

## Section 1: Understanding Healthy Relationship Dynamics

### What Makes a Relationship Healthy?

Healthy relationships are characterized by qualities that promote mutual respect, safety, and growth for all involved. These dynamics foster trust, communication, and individual well-being, even during challenges. Recognizing these qualities helps you assess your relationship's health and identify areas for improvement.

- **Key Qualities of a Healthy Relationship:**

- Mutual respect and trust: Each person values the other's opinions, boundaries, and autonomy.
- Open and honest communication: Partners share thoughts and feelings freely, without fear of judgment.
- Feeling supported and encouraged: Each person uplifts the other's goals, dreams, and challenges.
- Compromise and problem-solving together: Both partners work collaboratively to resolve conflicts and meet needs.
- Healthy conflict resolution: Disagreements are handled respectfully, without blame or escalation.
- Ability to express individual needs: Each person feels safe voicing their desires and expectations.
- Maintaining personal boundaries: Each partner respects the other's limits, space, and independence.
- Having fun and enjoying time together: The relationship includes joy, laughter, and shared activities.

- Feeling safe and secure: Both partners feel physically, emotionally, and psychologically protected.
- Space to grow as individuals: Each person supports the other’s personal development and autonomy.
- **Why It Matters:** These qualities create a foundation for trust, intimacy, and resilience, reducing stress and enhancing well-being. Gaps in these areas may signal unhealthy patterns, abuse, or the need for growth—identifying them empowers change.

**Tool:** Use a relationship health journal to track these qualities over time, noting specific incidents, emotions, and progress. Review monthly to assess patterns and set goals.

## Section 2: Evaluating Your Relationship

This section provides a template to compare healthy relationship dynamics with your current experiences. For each quality, reflect on whether it’s present in your relationship and describe how it’s demonstrated (or not) with real-life examples. Customize as needed to include qualities most important to you.

### Relationship Reality Check Table

For each healthy relationship dynamic, rate its presence in your relationship (Strongly Present, Somewhat Present, Not Present) and provide a specific example or explanation in the “My Relationship” column. Add your own dynamics if desired.

<b>Healthy Relationship Dynamics</b>	<b>Presence</b> (Strongly Present, Somewhat Present, Not Present)	<b>My Relationship</b> (Specific Examples or Descriptions)
Mutual respect and trust		
Open and honest communication		
Feeling supported and encouraged		
Compromise and problem-		

Healthy conflict resolution		
Ability to express individual needs		
Maintaining personal boundaries		
Having fun and enjoying time together		
Feeling safe and secure		
Space to grow as individuals		
<i>(Add your</i>		

*own, e.g.,  
“Shared  
financial  
responsibility  
”)*

## Examples for Completing the Table

- **Healthy Relationship Dynamic:** Mutual respect and trust
  - **Presence:** Somewhat Present
  - **My Relationship:** “My partner respects my opinions most of the time, like when they listened to my career goals last month. But I don’t fully trust them because they checked my phone without permission last week, leaving me feeling violated.”
- **Healthy Relationship Dynamic:** Open and honest communication
  - **Presence:** Not Present
  - **My Relationship:** “We rarely share honest feelings—I avoid discussing my concerns because they get defensive and say, ‘You’re overreacting,’ making me feel unheard and anxious.”
- **Healthy Relationship Dynamic:** Feeling supported and encouraged
  - **Presence:** Strongly Present
  - **My Relationship:** “When I was nervous about a job interview, my partner helped me practice answers, cheered me on, and celebrated my success, making me feel valued and confident.”

**Tool:** Use a relationship assessment tracker (e.g., spreadsheet or journal) to log your ratings and examples over time, noting changes, emotions, and progress. Highlight 2-3 dynamics with the greatest gaps for focused reflection.

Fill out the table with at least 5-7 dynamics, rating their presence and providing specific, real-life examples or descriptions. Reflect on how these observations feel and whether they reveal patterns or concerns.

## Section 3: Reflecting on Your Relationship Health

After evaluating your relationship, reflect on its strengths, gaps, and emotional impact. This section provides prompts and strategies to guide your insights and inspire action.

### Reflection Prompts

- **Are there significant gaps between the “Healthy Relationship Dynamics” and what you see in your own relationship?**
  - **Example:** “There’s a big gap in open communication and feeling safe—I feel anxious sharing my needs, and their defensiveness makes me doubt the relationship’s health.”
- **Which areas of your relationship feel the strongest?**
  - **Example:** “Having fun and enjoying time together feels strong—we laugh during movie nights, which brings us closer and lifts my mood.”
- **Where do you see the greatest need for improvement?**
  - **Example:** “I need to improve trust and healthy conflict resolution—my partner’s control tactics and gaslighting leave me feeling unsafe and unheard.”
- **How do the discrepancies between the two columns make you feel?**
  - **Example:** “I feel frustrated, scared, and isolated by the gaps, but also hopeful that identifying them can lead to change with support.”

**Tool:** Use a reflection journal to answer these questions weekly, tracking changes in your feelings, relationship dynamics, and progress. Set a goal (e.g., “Discuss one gap with my partner or therapist by next week”).

Write down your reflections, including at least one specific feeling or example for each prompt. Reflect on how these insights motivate you to take action or seek support.

## Action Steps

Based on your reflections, take proactive steps to address gaps, strengthen healthy dynamics, and prioritize your well-being.

1. **Set Boundaries:** Identify 2-3 areas where boundaries are needed (e.g., “No checking my phone” for trust issues) and practice assertive communication (e.g., “I need you to respect my privacy—it’s important for our trust”).
  - **Tool:** Use a boundary-setting worksheet (available on [psychologytoday.com](https://www.psychologytoday.com)) to outline your needs, consequences, and communication plan. Refer to the “Healthy Boundaries” worksheet for scripts.
2. **Seek Support:** Reach out to a trusted friend, family member, therapist, or domestic violence hotline to discuss your concerns and gain perspective, especially if you suspect abuse or feel unsafe.
  - **Tool:** Call the National Domestic Violence Hotline (1-800-799-7233) or, in Canada, the Canadian Women’s Foundation (1-866-863-0511) for confidential guidance. Check local shelters or crisis centers (e.g., [ShelterSafe.ca](https://www.ShelterSafe.ca) for Canada) for region-specific help.
3. **Improve Communication:** Practice open, honest communication in safe, low-stakes situations (e.g., sharing a small need). Use “I” statements (e.g., “I feel unheard when you interrupt—can we talk calmly?”) to express concerns.
  - **Tool:** Refer to the “Breaking Toxic Patterns in Your Relationship” worksheet for active listening and problem-solving strategies.
4. **Assess Safety:** If you feel physically or emotionally unsafe (e.g., control, threats), create or update a safety plan immediately (see “Creating Your Safety Plan” worksheet for guidance).

- **Tool:** Work with a domestic violence advocate to develop a tailored escape plan, including safe places and emergency contacts.
5. **Celebrate Strengths:** Acknowledge and nurture the strongest areas (e.g., enjoying time together) with small, intentional actions (e.g., planning a fun date, sharing gratitude).
- **Tool:** Use a relationship strengths journal to log positive moments, noting how they enhance your connection and motivation.

**Brainstorm:** Write down 3-5 specific actions you'll take based on your assessment, including timelines (e.g., "Set one boundary within a week" or "Discuss communication needs with my partner in two weeks").

## Section 4: Customizing and Growing Your Relationship Check

No relationship is perfect, and every partnership requires effort and growth. This section offers strategies to tailor this worksheet and foster long-term improvement.

### Customization Prompts

- **What qualities are most important to you in a healthy relationship, beyond the listed dynamics?**
  - **Example:** "Shared financial responsibility, spiritual connection, and physical affection are crucial for me—I'll add these to the table."
- **How can you adapt this worksheet to fit your unique relationship or needs?**
  - **Example:** "I'll add a column for 'My Goals for Improvement' to track specific actions, like 'Practice active listening weekly.'"
- **Are there external factors (e.g., stress, past trauma) influencing your relationship's health that you should consider?**
  - **Example:** "My partner's work stress may contribute to conflict—I'll explore ways we can support each other through it."

**Tool:** Use a customization checklist to add or adjust dynamics (e.g., "Shared Financial Responsibility: Open Communication About Budgets"; "Physical Affection: Regular Hugs or Touch"). Test your updated table with one dynamic to ensure it's meaningful and actionable.

Write down your customized dynamics, including at least one example or goal for each. Reflect on how tailoring this worksheet enhances its relevance and motivation for growth.

### Long-Term Growth Strategies

- **Regular Check-Ins:** Revisit this worksheet monthly or after significant changes (e.g., conflict, life transitions) to assess progress and adjust goals.
  - **Tool:** Use a relationship health calendar (e.g., Google Calendar) to schedule reviews, noting improvements and challenges.
- **Collaborate with Your Partner:** If safe and appropriate, share this worksheet with your partner to foster mutual reflection and growth. Frame it as a desire for improvement (e.g., "I want us to grow together—can we discuss this?").

- **Tool:** Use the “Breaking Toxic Patterns in Your Relationship” worksheet for collaborative communication and problem-solving strategies.
- **Seek Professional Help:** If gaps suggest deeper issues (e.g., abuse, mistrust), consult a therapist or counselor for relationship or individual support.
  - **Tool:** Use Psychology Today (<https://www.psychologytoday.com/>) to find a local therapist specializing in couples or trauma, setting a goal to schedule a session within two weeks.
- **Practice Self-Care:** Prioritize activities from the “Rebuilding Strength” worksheet (e.g., grounding, joy-and-comfort activities) to manage stress and maintain resilience during growth.
  - **Tool:** Use a self-care tracker to log activities, noting how they support your relationship reflection and well-being.

**Reflection:** Write a paragraph about how this reality check has clarified your relationship’s health or inspired change. Are there areas where you need more practice, support, or safety? How might consistent reflection and action improve your connection long-term?

## Additional Notes

- **No Relationship Is Perfect:** Every partnership requires effort, communication, and growth—focus on progress, not perfection. Gaps don’t mean failure; they highlight opportunities for improvement.
- **Be Honest and Specific:** The more detailed your examples, the clearer your insights and actions will be. Use real-life incidents to ground your reflections and goals.
- **Prioritize Safety:** If your relationship involves abuse, control, or threats, prioritize safety over improvement—create a safety plan (see “Creating Your Safety Plan” worksheet) and seek help immediately.
- **You Deserve a Healthy Relationship:** Recognizing gaps doesn’t diminish your worth—it empowers you to seek respect, trust, and growth, whether within or beyond this relationship.

## Further Resources

- **National Hotlines:**
  - U.S.: National Domestic Violence Hotline – 1-800-799-7233, <https://www.thehotline.org/>
  - Canada: Canadian Women’s Foundation – 1-866-863-0511, <https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html>
- **Local Support:** Contact your local domestic violence shelter or crisis center (e.g., ShelterSafe.ca for Canada) for region-specific help and relationship counseling.
- **Books:**
  - *The Seven Principles for Making Marriage Work* by John Gottman – Practical tools for building healthy relationship dynamics.
  - *Hold Me Tight* by Dr. Sue Johnson – Strategies for fostering trust, communication, and connection in relationships.
- **Online:**



- The Gottman Institute (<https://www.gottman.com/>) – Articles, quizzes, and resources on healthy relationship dynamics.
- Psychology Today (<https://www.psychologytoday.com/>) – Find therapists and articles on relationship health and growth.
- **Apps:**
  - *Lasting* – Guided exercises for couples to improve communication, trust, and problem-solving.
  - *Calm* – Mindfulness tools to manage stress and enhance relationship reflection and self-care.

## Final Thoughts

Conducting a relationship reality check is a powerful step toward understanding, improving, and strengthening your partnership. This worksheet helps you assess healthy dynamics, reflect on your experiences, and take action to foster growth and safety. You deserve a relationship built on respect, trust, and joy—start by completing this assessment, setting one goal, or seeking support today. If you feel unsafe, prioritize safety by reaching out for help—your well-being is the priority. Keep reflecting, communicating, and growing—your journey to a healthier relationship begins here.