Healthy Relationship Checklist

20 Signs to Look For | FamiWise

Trust & Emotional Safety

- [ ] You trust each other.
- [ ] You feel safe to be yourself.
- [ ] You can rely on each other.
- [ ] You do not feel fear or constant anxiety in the relationship.

Communication & Conflict

- [ ] You can talk openly and honestly.
- [ ] You listen to understand, not just to respond.
- [ ] You can disagree without disrespect.
- [ ] You work through conflicts and find solutions together.

Respect & Boundaries

- [ ] You respect each other's opinions and choices.
- [ ] You support each other's boundaries.
- [ ] You give each other privacy and personal space.
- [ ] You never try to control or manipulate each other.

Equality & Support

- [ ] You share responsibilities fairly.
- [ ] You support each other during good times and difficult times.
- [ ] You celebrate each other's successes.
- [ ] You encourage each other's individual growth and independence.

Connection & Growth

- [ ] You enjoy quality time together.
- [ ] You feel emotionally and physically connected.
- [ ] You can discuss important expectations and future plans.
- [ ] You feel like partners, not competitors.

A quick note: This checklist is a reflection tool, not a test. A healthy relationship is not about checking every box perfectly. What matters most is feeling safe, respected, supported, and valued.