Healthy Relationship Checklist

A healthy relationship should feel safe, supportive and respectful. Use this checklist as a gentle guide to reflect on the relationships in your life.

1. Respect

You feel valued, heard and treated with dignity. Your opinions matter and you are not criticised for expressing them.

2. Trust

Both people feel comfortable being themselves. There is honesty, reliability and no pressure to prove loyalty.

3. Healthy Communication

You can talk openly without fear. Disagreements are handled respectfully and both people listen to each other.

4. Boundaries

Your boundaries are understood and respected. You can say no without guilt, and your personal space and privacy are honoured.

5. Support

The other person encourages your growth, wellbeing and independence. They celebrate your achievements and respect your goals.

6. Equality

Both people share decisions, responsibilities and emotional labour. Power is balanced, not one-sided.

7. Safety

You feel physically, emotionally and mentally safe. You do not experience fear, pressure, manipulation or intimidation.

8. Independence

You both maintain your own friendships, interests and identity. There is no controlling behaviour or jealousy disguised as concern.

9. Accountability

Both people can apologise, reflect on mistakes and take responsibility for their actions.

10. Kindness

You are treated with care and compassion. The relationship supports your sense of peace rather than draining your energy.