



Foundations of a Healthy Relationship Worksheet

1. Write down questions you would like to be addressed. Note the responses of each partner in the relationship.

Question	Partner 1 response	Partner 2 response
E.g. what is your partner's most liked activity		

2. Do not ignore your partner in times of conflict. Open channels for

Partner 1	Partner 2
I am fond of my partner when	I admire my partner when.....

3. Identify your attachment style.

Attachment style	Describe the style
Secure	
Anxious	
Avoidant	
Disorganized	

4. Reflect on the patterns of your past relationships and the positive emotions associated with them

Relationship	Positive emotions	Attachment style

5. Note down the communication method you have. Write a small description for elaboration.

Communication style	Describe it
Assertive	
Passive	
Aggressive	
Passive-aggressive	

6. Create a secure environment. List down ways in which you can do so.

7. Make boundaries that are healthy and communicate them with each other.

8. List down the plans that both you and your partner have in mind or would want to achieve.

References

1. [Close relationship processes and health: Implications of attachment theory](#)
2. [The Effectiveness of Couples Therapy Based on the Gottman Method](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.