

Relationship Clarity Checklist

What's Actually Happening in Your Relationship

Communication Check

- ■ We talk openly about feelings
- ■ Difficult conversations feel safe
- ■ We listen without interrupting
- ■ We resolve disagreements respectfully

Emotional Connection

- ■ I feel understood by my partner
- ■ I feel supported during stress
- ■ There's warmth and affection regularly
- ■ We share laughter and joy

Balance & Equality

- ■ Effort feels mutual (not one-sided)
- ■ Decisions are made together
- ■ Responsibilities are shared fairly
- ■ We both feel valued

Warning Signs

- ■ Frequent silent treatment
- ■ Feelings are dismissed
- ■ Blame replaces understanding
- ■ Emotional distance feels unresolved

Reflection

What feels healthy right now?

What feels unclear or off?

One action step I will take this week: