

What Not To Do in a Relationship

A Relationship Awareness Checklist

This checklist helps you identify behaviors that quietly damage relationships — and shows healthier alternatives so you can build emotional safety, trust, and connection.

Communication Mistakes to Avoid

- ■ Ignoring problems instead of addressing them
- ■ Using sarcasm, insults, or passive-aggressive comments
- ■ Interrupting or dismissing your partner's feelings
- ■ Shutting down or giving the silent treatment

Emotional Behaviors That Create Distance

- ■ Withholding affection as punishment
- ■ Making your partner feel guilty for their emotions
- ■ Invalidating feelings by saying 'you're overreacting'
- ■ Expecting mind-reading instead of clear communication

Control & Boundary Violations

- ■ Checking phones or messages without permission
- ■ Pressuring your partner to change who they are
- ■ Ignoring stated boundaries
- ■ Using jealousy to control behavior

Unhealthy Conflict Habits

- ■ Bringing up the past to win arguments
- ■ Threatening breakups during disagreements
- ■ Refusing to apologize or take responsibility
- ■ Turning disagreements into personal attacks

What To Do Instead

- ■ Communicate concerns calmly and early
- ■ Validate emotions even when you disagree
- ■ Respect boundaries and personal space
- ■ Take accountability and apologize sincerely
- ■ Focus on solving problems, not winning arguments
- ■ Choose curiosity over assumptions

Reflection

Which habits do I want to change first?

What would a healthier response look like next time?

You don't need to be perfect — awareness is the first step to a healthier relationship.