



DeafHope

Healthy Relationship Checklist

1. You have fun together.
2. You are able to be yourself
3. You are able to have different opinions and interests.
4. You listen to each other.
5. You are both able to compromise, apologize and resolve disagreements.
6. You don't spend all your time together. You are able to spend time alone or with your family and friends.
7. You are free to say " no" to the things you don't want to do.
8. You feel safe and unafraid to be with this person.
9. You feel free to see other friends and family when you need to or want to.
10. You feel free to express your opinions and beliefs and to act upon them.
11. You feel free to change your mind.
12. You feel good about yourself when you are with that person.
13. You feel free to end the relationship if you want.